



# Soccer Chelsea

6/7 year olds  
Soccer Program  
10 Weeks

- Set-Up for 10 teams.
- 5 Stations
- Rotation 10-12 mins.
- Total Time: ~75 mins.

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Matches      2  
Games        2  
Relay(s)      1

- technique course  
- adventure course

The following grid shows the *starting station* for all teams. Teams stay together each week as they move through the rotations.



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	Game 1	Match 1	Relay Course	Game 2	Match 2
1	A v B	C v D	E v F	G v H	I v J
2	E v G	A v J	B v I	C v H	D v F
3	F v H	G v J	A v C	B v D	E v I
4	D v J	E v H	F v G	A v I	B v C
5	B v E	C v F	D v I	H v J	A v G
6	B v F	E v J	C v I	D v G	H v A
7	F v I	H v D	C v J	A v E	B v G
8	D v F	H v I	A v G	B v J	C v E
9	G v I	A v F	B v H	C v J	D v E
10	A v B	C v D	E v F	G v H	I v J



OTTAWA  
**ROYALS**  
SOCCER CLUB

## SESSION #1

GAME #1: "Fill/Empty" the Store (Game #6)  
GAME #2: Red Light – Green Light (Game #1)

Relay Course: Relay #2

Match 1 & 2: 4 v 4; no goal keeper; "kick-ins"

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## SESSION #2

GAME #1: The Ant's Nest (Game #3)  
GAME #2: British Bulldog (Game #4)

Relay Course: #3 Slalom Course

Match 1 & 2: 4 v 4; no goal keeper; "kick-ins"

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## SESSION #3

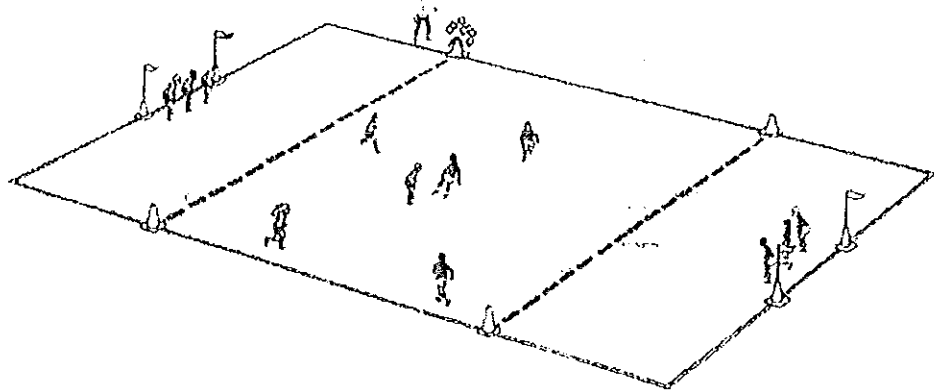
GAME #1: Cat and Mouse (Game #2)  
GAME #2: "What Time Is It?" (Game #5)

Relay Course: # 6

Match 1 & 2: Change Soccer

# MATCHES

## Change Soccer

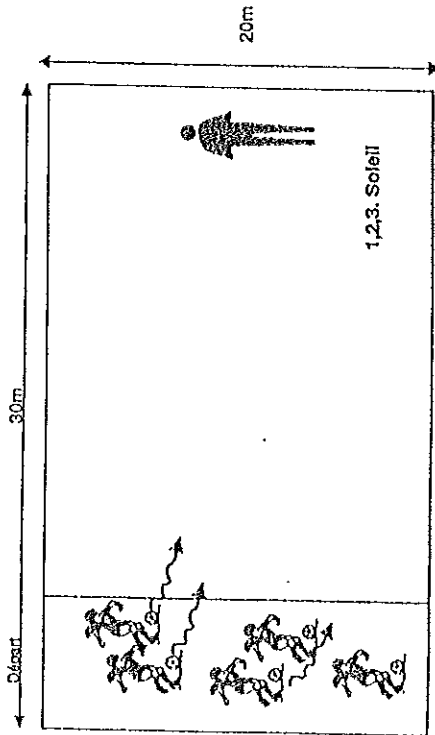


- Group is split into two; if odd number, coach joins in or plays strongest squad a player short;
- Three players on each team are collective goalkeepers – no handling and positioned no more than two yards off each goal line; three players from each team play a normal game.
- Coach shouts “Change” and on-field teams run back to goal line without touching the ball again – and to become the goal keepers.
- Goalkeeping teams become the on-field teams and move quickly to win possession
- Coach shouts “Change” at any time.
- Make goals wide enough so that it’s not too difficult to score
- Any major infraction means a free shot from half-way line, with no goalkeepers.

Encourage players to pass frequently;

Encourage goalkeeping team to move sideways together, as wall.

# GAME #1



## Red Light / Green Light

One player has his back to the other players; when he shouts "Green Light", players may move forward as much as they want.

As soon as he shouts "Red Light", he turns around and any player still moving is sent back to the starting line. The winner is the first player to reach the finish line.

Same with one ball per player. When "Red Light" is called, players must stop ball with foot and remains in that position until caller turns around.

Stop using right foot / Stop using left foot.

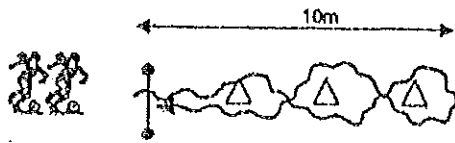
## 1, 2, 3, Soleil

Un joueur est place dos aux autres, itl compte très fort en tapant dans ses mains "1, 2, 3, Soleil" et se retourne. Tous les joueurs qui sont en mouvement à ce moment là doivent revenir sur la ligne de depart. Ils n'ont pour avancer que le temps (selon la volonté du joueur qui compte), compris entre le moment où est annonce "1" et celui où, après avoir annonce 'soleil', le joueur se retourne. Les joueurs qui ne veulent pas être pris doivent bloquer le ballon avec la semelle et la garder par-dessus avant que le joueur qui compte se retourne.

Le joueur gagnant est celui qui franchira le premier la ligne d'arrivée. C'est alors lui qui compte "1, 2, 3...soleil". Les autre joueurs reviennent au depart.

# RELAYS

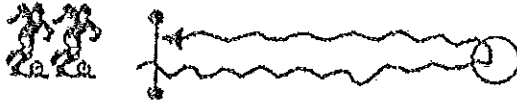
#1



Dribbling around cones and back;

Je conduis le ballon autour des cônes

#2



Stopping ball in hoop; second player takes off and dribbles ball back; stops it for 3<sup>rd</sup> player etc.

J'arrête le ballon dans le cerceau et je reviens; Mon coéquipier va chercher le ballon et le bloque pour le 3<sup>e</sup> partenaire.

#3



Slalom dribble;

Slalom entre les cônes

#4



Dribble around cones one full circle and back;

Faire un tour complet à chaque cône

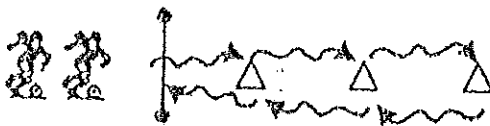
#5:



Shuttle Run; First cone back, second cone back, etc.

Conduire le ballon au 1<sup>er</sup> cône le bloquer et revenir en courant, aller chercher le ballon au 2<sup>e</sup> cône le bloquer et revenir en courant...

#6



Dribbling and stopping ball beside each cone.

Conduire et bloquer le ballon à chaque cône (faire un arrêt).

#7



Dribbling backwards out and forward on the way back;

Conduite de reculons à l'aller retour de face.