



Improve the techniques of passing, dribbling & shooting Week 1, 6U

PLAY (1st and last activity)

Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game. Team with the ball attempts to dribble past opponents and score.

Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play.

On arrival: When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (10 Min.)

Scrimmage: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Play for 15 minutes, 2 intervals of 6 minutes with 2-3 minute break.



Red Light/Green Light:

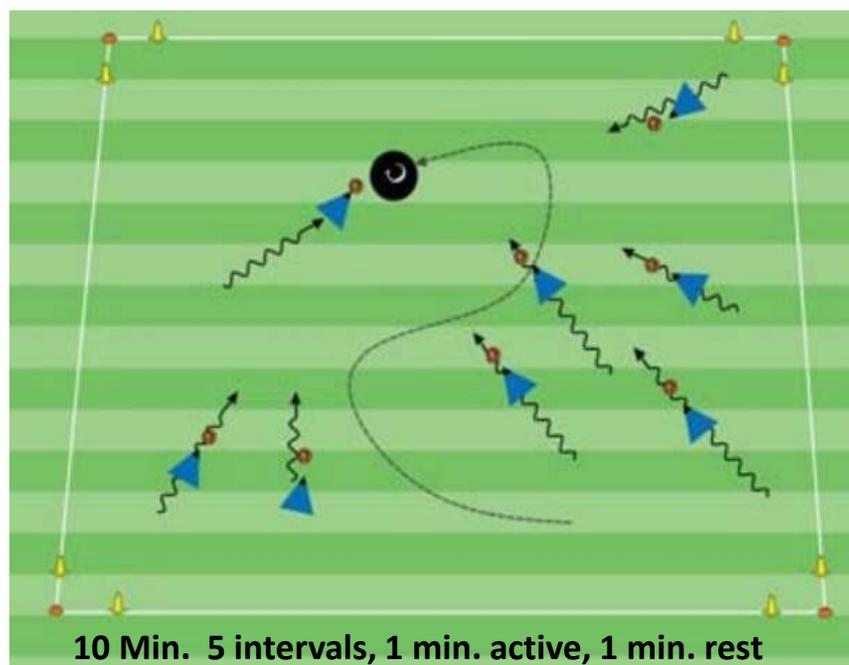
Organization: In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says “red light”, the players must stop their ball. If the coach says “green light”, the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond. Variations: Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball.

Rules: On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game.

Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

Guided Questions: Are the players able to stop the ball? Are all players able to use different surfaces of their feet?

Answers: Get close to the ball and softly touch the top of the ball with the bottom of the foot. Use terms like big toe and pinky toe instead of inside and outside of the foot.





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Demolition Derby:

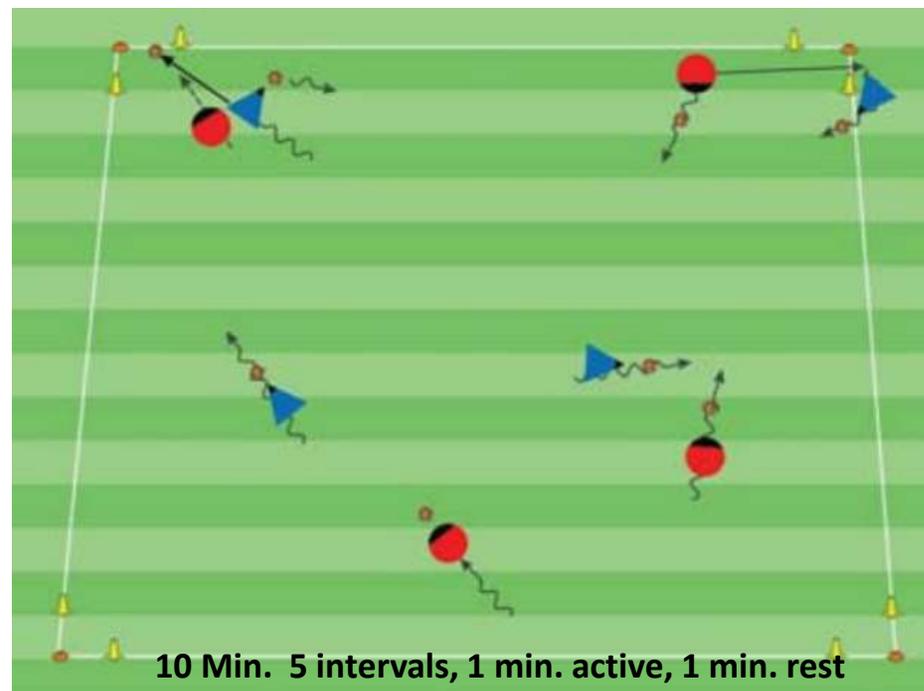
Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. Players try to protect their ball while dribble at the other players and try to knock their ball into 1 of the 4 goals. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals).

Rules: Play begins when coach says, "GO". If a player's ball gets kicked into a goal by an opponent, they must retrieve it & re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.

Key Words: Shield, Turn

Guided Question: What do you do to protect your ball? Where do you have to point your toe if you want your laces to kick the ball?

Answers: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.



Lightning McQueen vs Jackson Storm:

Organization: In a 15Wx20L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; Team McQueen vs Team Storm. One team on the coach's right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. (Play for 8 min - 12 intervals of 20 sec with 20 sec rest between intervals).

Rules: Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next player(s) to play.

Key Words: Find the open goal, accelerate towards it

Guided Question: What can you do to trick the opponent? When would you use the bottom of your foot?

Answer: Pretend to go to one goal then change direction to go to the other. Use the bottom of your foot to stop the ball or to change directions (pull back).

