



Improve the techniques of dribbling and passing: 6U

Week 5: GALAXY

PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

Organization: Set up two 15Wx20L fields with a small goal at each end. 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. (Play one 8 min game or multiple 2-3 minute games)

Rules: The ball is given to the first player with his/her pinny on to start the game.

Key Words: Move the ball around the opponents

Guided Questions: How do you engage all the players? When should the players be encouraged to shoot?

Answers: Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least

**Time: Play 3 one min games with 1 min break or multiple 2-3 minute games
Get the wiggles out!**



Dribbling Galaxy Hoppers

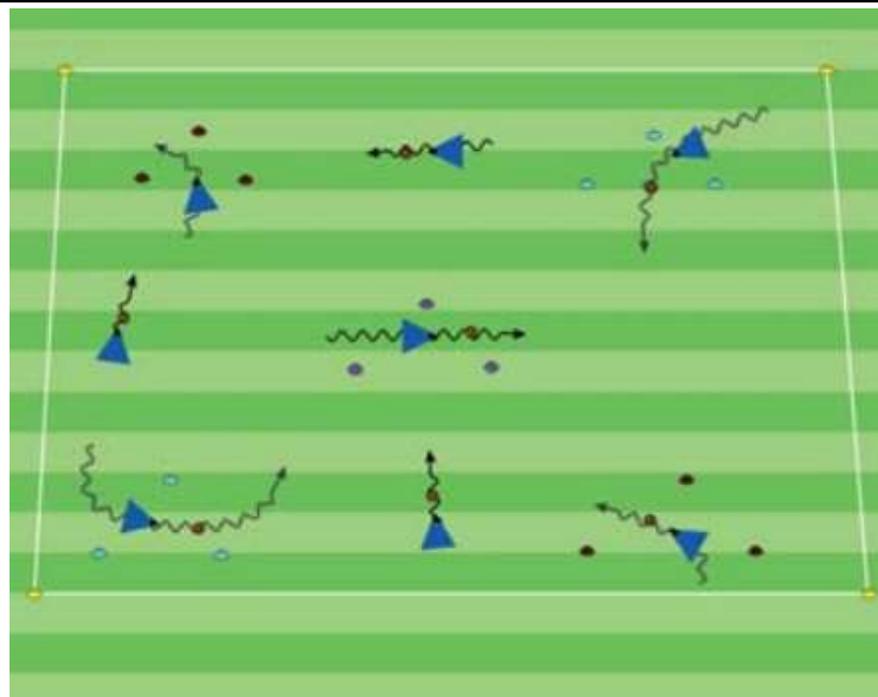
Organization: In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as they can. Players dribble from one galaxy to another (triangle on the field).

Rules: Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

Key Words: Find your way through the galaxies. Go fast with the ball if you see an open galaxy.

Guided Questions: Why is it important to pick your head up or look over your shoulder? Where would you have the players start?

Answers: Pick your head up and check over your shoulder to find the open galaxies. Continue to look around while dribbling slowly. You can either have the players start inside a galaxy or start outside of the galaxies (coach's choice).



Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals



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Guardians of the Galaxy:

Organization: In a 15Wx20L grid, with several 3-yard Spaceships (bases). Select 2 players to be it. They have their ball in their hands & are the Guardians of the Galaxy; they protect the ships. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship.

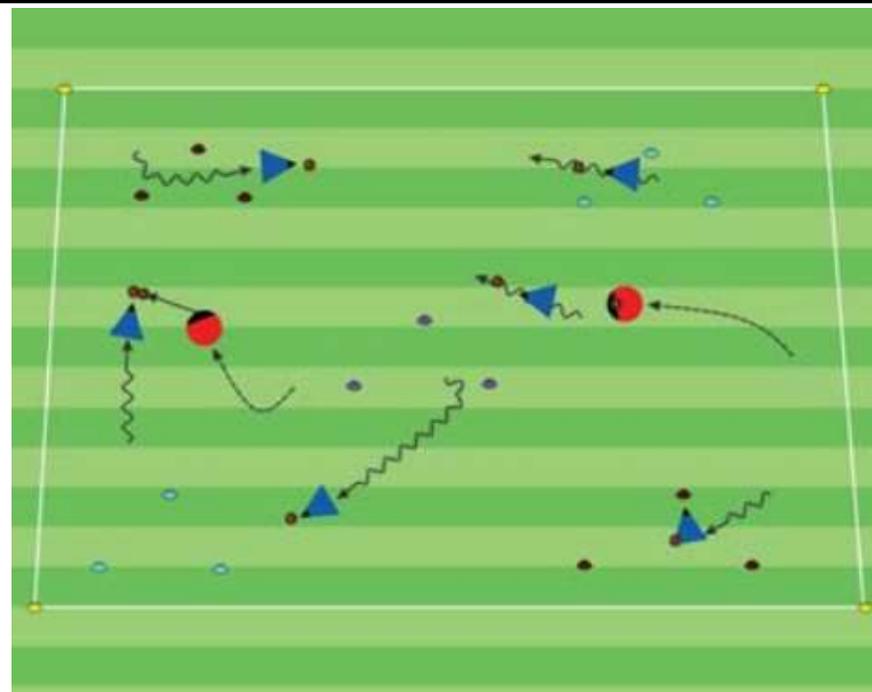
Rules: Play when coach says, "Go save the Galaxy". Guardians can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If you ball is hit, you lose your points.

Key Words: Stop your ball, look before you move to the next spaceship

Guided Questions: Were the triangle (spaceships) big enough for the players to stop the ball in? Can the players use their laces to dribble the ball?

Answers: Make the triangles bigger if the players are not successful. Coaches can help the players use their laces by encouraging them to point their toe down and make a fist with your toes.

Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals.



PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game.

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. No goal keepers allowed. Local game laws apply.

Key Words: Play the ball forward, Score goals
Guided Questions: What actions are you looking for from the players? How can you tell if the players have understood your technical demonstration?

Answers: Try to identify when the players are dribbling, stopping, turning or shooting. Have the players show you what they have learned.

Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals

