

## U6 Week 4

## Focus: Me and My Ball

### Warm up (approx. 10 minutes)

1. Jogging across the field and back.
2. [High Knees](#) (Jog, bringing knees as high as possible.)
3. [Butt Kicks](#) (Jog with arms down, trying to touch heel to rear.)
4. [Side Shuffle](#) (Move laterally in shuffle style.)
5. [Knee Hugs and Walking Lunges](#) (Hug knee to chest to stretch hamstring, moving into a lunge; repeat with other leg.)
6. [Open the Gate/Shut the Gate](#) (Open the gate across width of field; close the gate on the way back.)
7. [Carioca](#) (Skip sideways across field, twisting at the hips. If moving to the left, right leg should be brought in front of the left leg and then behind the left leg, repeating all the way across the field.)
8. [High Kicks](#) (Slowly moving across the field, kick as high as possible with one leg and then the other.)
9. [Suicide sprints](#) (Start at end line to touch first cone and back; then to second cone and back; then all the way across field.)

### Activities (See next pages for descriptions and video links.)

- Paint the Field
- Red Light, Green Light
- Sharks and Minnows
- Freeze Tag
- Pirate's Treasure
- 3v3 Scrimmage

### End of Practice

**Team Talk:** Highland Soccer Club Core Value—**EXCELLENCE:** How can you be the best you can be? The more effort you put into something, the more you get back.

**Individual drills to do at home:** Pendulums, Pull Backs (Tell parents that they can find videos on the Club website.)

### Touching Instruction/Practice (10 minutes)

1. [Toe touches](#)
2. [Pendulum](#)
3. [Roll overs](#)
4. [Pull back](#)

### Kicking Instruction/Practice (10 minutes)

Demonstrate first. Then have players mimic you. Then have them practice the skill across the field and back. Move on to next mode.

1. [Shoelaces \(instep kick\)](#)
2. [Inside of foot](#)
3. [Outside of foot](#)

Practice dribbling within a 20 × 20-yd square keeping in mind the boundaries.

Dribble across the field using a part of the foot that the coach calls out (laces, inside, outside). At end of the field, use non-dominant foot to pull and go back to start.

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** PAINT THE FIELD

**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

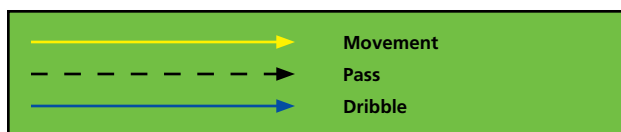
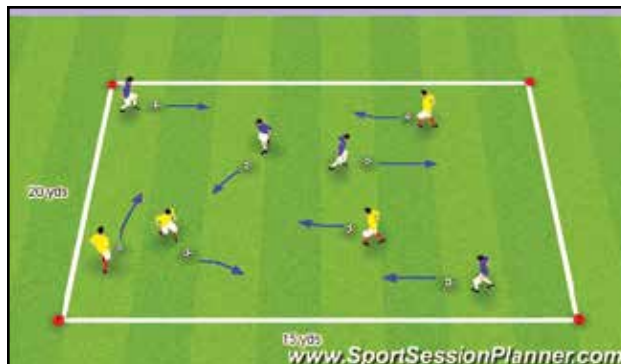
Each player has a ball within a 15x20 yard area.

## ACTIVITY:

All players dribble inside the area pretending the ball is a paintbrush. Players must "paint" as much of the grass as possible within a given amount of time.

## COACHING POINT(S):

- Use different parts of the foot when dribbling to paint the field.
- Use both feet when painting the field.



**You Tube** Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)  
<http://youtu.be/cCc6WrkHaUQ>

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: RED LIGHT/GREEN LIGHT**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball within a set 15x20 yard area.

## ACTIVITY:

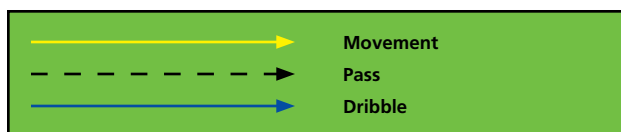
All players dribble freely within the area, and are designated as "cars." When the coach says, "Red light," the players must stop the ball. When the coach says, "Yellow light," the players must dribble slowly, and when the coach says, "Green light," the players must dribble fast. The coach controls the frequency of the light changes.

## VARIATION(S):

- Rather than speaking the commands, the coach holds three different pinnies in his hand -- red, green and yellow -- and holds up the corresponding pinnie to signal each change. The coach can move about the area to ensure that the players will need to pick their heads up.
- Have the players "honk" imaginary car horns if another car gets too close.

## COACHING POINT(S):

- Keep the ball close so the player can stop it quickly.
- Heads should stay up so players don't run into other cars.



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<http://youtu.be/Pf17RqQm4d0>

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: SHARKS AND MINNOWS**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Within a set 15x20 yard area, several players are designated as "minnows," with each one possessing a ball. All other players are designated as "sharks."

## ACTIVITY:

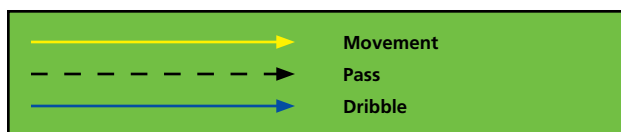
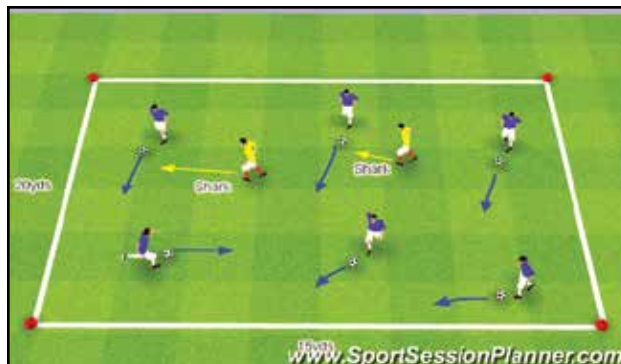
When the coach says, "Go," the minnows dribble their balls within the area while the sharks try to take the balls away. If a shark takes a ball from a minnow, the roles of those two players are reversed. The minnows are not allowed to leave their balls in order to evade the sharks. Several rounds can be played to allow everyone a chance to be a shark.

## VARIATION(S):

- The number of sharks can be varied to add or take away pressure.
- The coach can become a shark or minnow to add excitement to the game.

## COACHING POINT(S):

- Change of pace and direction.
- Different types of dribbling styles, depending on the time and space available.
- Keep head up to avoid the sharks.



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[http://youtu.be/d\\_4T1DMBy1A](http://youtu.be/d_4T1DMBy1A)

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** FREEZE TAG

**AGE:** U6 **TIME:** 10 MINUTES

## ORGANIZATION:

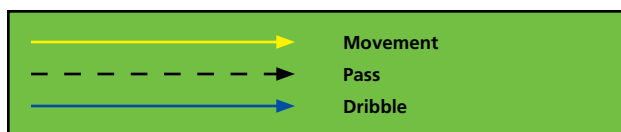
Each player has a ball and dribbles inside a defined area. One player without a ball is "It" aka "The Ice Monster."

## ACTIVITY:

When dribbling players get tagged by the Ice Monster, those players must stop and hold their ball overhead in an open stance (feet apart). Teammates can "restore" a frozen player by passing their own ball through their frozen teammate's legs. The objective is for the Ice Monster to freeze everyone, at which point a new Ice Monster is selected and play begins anew. The objective for the dribbling players dribbling is to keep the game alive by continually unfreezing other players. Feel free to add another Ice Monster if the first one is having too much difficulty freezing everyone.

## COACHING POINT(S):

- Dribbling. Quickness with the ball. Heads up.
- High activity. Quick reactions required.
- Team cooperation. High level of communication. ("Hey, over here - unfreeze me!")



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[http://youtu.be/wXAHc\\_deA5c](http://youtu.be/wXAHc_deA5c)

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** PIRATE'S TREASURE

**AGE:** U6 **TIME:** 10 MINUTES

## ORGANIZATION:

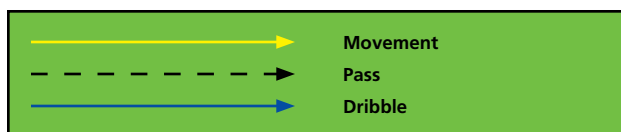
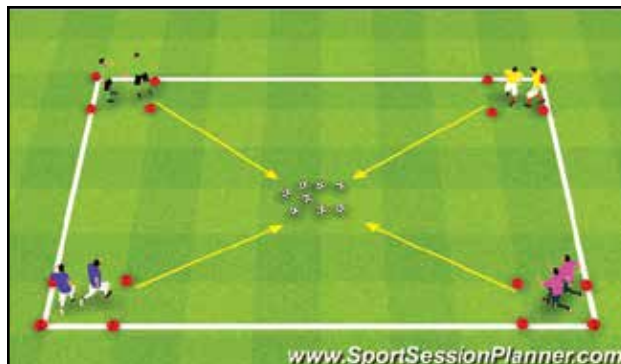
In a set area, divide players into equal teams with each team's "pirate ship" in one corner of the area.

## ACTIVITY:

All soccer balls are placed in the middle of the area with each team starting play at their pirate ship (corner). On the coach's command, the players try to retrieve the balls ("treasure") and return with them to their ship. They can also steal treasure from their opponent's ships. When the coach calls time, each team counts the amount of treasure they have in their ship.

## COACHING POINT(S):

- Keep the ball close to avoid getting it taken by the other teams.
- Keep head up to avoid opponents.



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<http://youtu.be/HAcS AerK9pg>

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

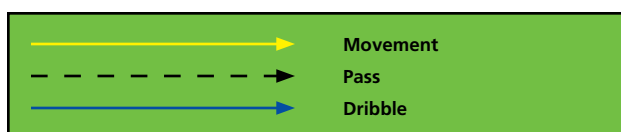
**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

Play 2 teams of 3 players each and 2 small goals.

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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