

## U6 Week 2

## Practices 1 and 2

## 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.)

- Hit the Dirt (Keep head up. Keep the ball close.)
- Tail Tag
- Snakes
- Freeze Tag
- 3v3 Scrimmage

### End of Practice

#### Team Talk

Highland Soccer Club Core Value—**FAMILY**: Is there anyone else in your family who plays soccer with you? Who is it? What new skill can you show a family member? What things did we do at practice today that you could do at home with another member of your family?

**Individual drills to do at home:** Toe touches, Pendulums, Roll Overs, Pull back (Tell parents they can find videos on the website.)

### Touching Instruction/Practice (10 minutes)

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

### Kicking Instruction/Practice (10 minutes)

For each mode of kicking, 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.

**\*NEW\*** 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:** HIT THE DIRT  
**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

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

## ACTIVITY:

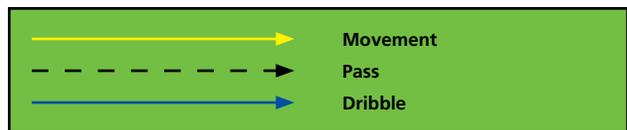
Each player dribbles within the area. When the coach says, "Hit the dirt," the players must stop dribbling and lie face down on the ground. When the coach says, "Up," each player gets up and dribbles again.

## VARIATION(S):

- When the coach says "Hit the dirt," the players hit the ground and jump up again.
- When the coach says "Hit the dirt," the players hit the ground, jump up again, and find someone else's ball.
- Time the event and see how many times the player can cross over in that amount of time.

## COACHING POINT(S):

- Dribble with the head up to avoid other players.
- Short touches so a player can stop the ball quickly whenever the coach says "Hit the dirt!"



**YouTube** Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)  
[http://youtu.be/6Y77\\_t34Mj8](http://youtu.be/6Y77_t34Mj8)

**SUBSCRIBE** to the Cal South Recreational Activity Guide YouTube channel for easy access to activity videos and accompanying documents from all sessions within the guide.

## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** TAIL TAG

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

## ORGANIZATION:

All players have a ball within a set 15x20 yard area. Players tuck a T-shirt or a scrimmage vest into the top of the back of their shorts so it looks like they have a tail.

## ACTIVITY:

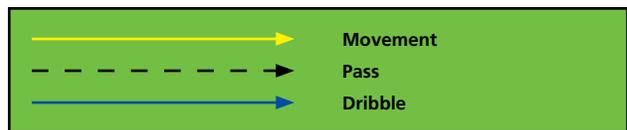
On the signal, the players see how many tails they can gather while dribbling within the area. Players that lose their tails should still continue to play. Play for 30-60 seconds. The player with the most tails wins the round.

## VARIATION(S):

- If the rounds go too quickly, another tail can be added to each player so the coach who can control the pace of the game.
- Can play game with or without balls.

## COACHING POINT(S):

- Changing direction. Balance. Quickness.
- Decision-making.
- Vision.



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<http://youtu.be/8Te9exa6uFU>

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: SNAKES**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball, with the exception of at least 2 players within a defined area.

## ACTIVITY:

All players with a ball should dribble within the area. The 2 players without a ball hold hands or lock arms to become a "snake." The snake players work together to try and tag those with a ball. If they tag someone, that player becomes part of the snake.

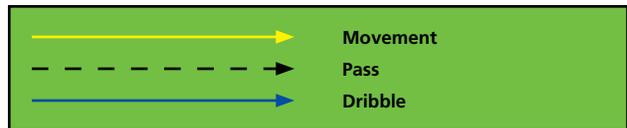
The snake must stay connected and not break into separate parts. Encourage the snake players to "hiss" like a snake while playing to add atmosphere to the game.

## COACHING POINT(S):

- Keep the ball under control to avoid the snake.
- Changes of speed and/or direction.

## COACHING QUESTION(S):

- How can you keep from getting tagged?



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<http://youtu.be/7yO9cw19ytk>

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# 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 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!")



Watch on [youtube.com/calsouthsoccer](http://youtube.com/calsouthsoccer):

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

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

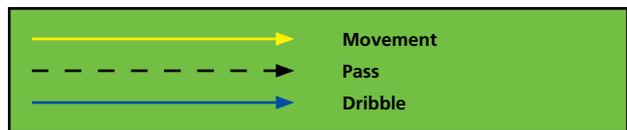
**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

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

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



**You Tube** Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)  
<http://youtu.be/7BSrdi1u7fl>

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