

U6 Week 6

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.)

- Edge of the World
- Egg Hunt
- Turkey Shoot
- Cops and Robbers
- 3v3 Scrimmage

End of Practice

Team Talk: Highland Soccer Club Core Value—**COMPETITIVENESS:** What does *competitiveness* mean? How can you be competitive? Can you be competitive and still have respect? Can you be competitive AND have good sportsmanship and respect for others? Can you be competitive and have fun? (The answer to all of those questions should be yes!)

Individual drills to do at home: Toe touches, Pendulums, Roll overs, Pull backs (Tell parents 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: EDGE OF THE WORLD

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Each player has a ball and stands on one sideline of a set area.

ACTIVITY:

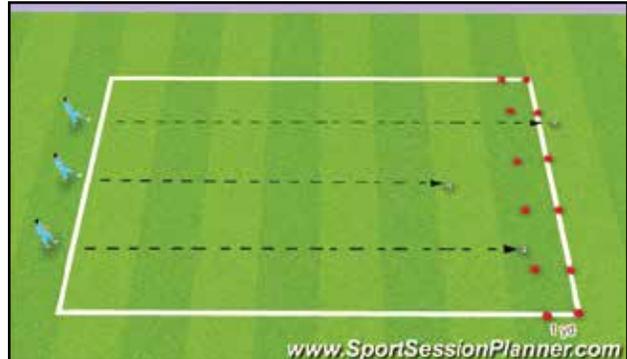
The objective is for players to pass the balls so they stop as close to the other sideline as possible. If the ball goes past the sideline, it falls off the "edge of the world." Players get points for getting their ball within a yard of the line without going over. Players retrieve their balls and compete in another round.

VARIATION(S):

- Players play balls with laces, inside of foot, etc.

COACHING POINT(S):

- Proper ball-striking technique.



You Tube Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)
<http://youtu.be/MK0epILWjh8>

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:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: EGG HUNT

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Have far more balls than players -- the more, the better!! Have all of the players line up across one end of the field. Take the balls ("eggs") and spread them out all around the field. At the other end of the field is a goal (use either small-sided goals or 4 cones to form a square) called the "basket."

ACTIVITY:

The object of the game is for players to get all of the eggs in the basket (like an Egg Hunt) as quickly as possible using their feet. All players are considered to be on the same team. Time them to see how long it takes them to get all the eggs in the basket. Play multiple rounds to see if they can beat their time. Count out loud when they are close to add to the excitement.

VARIATION(S):

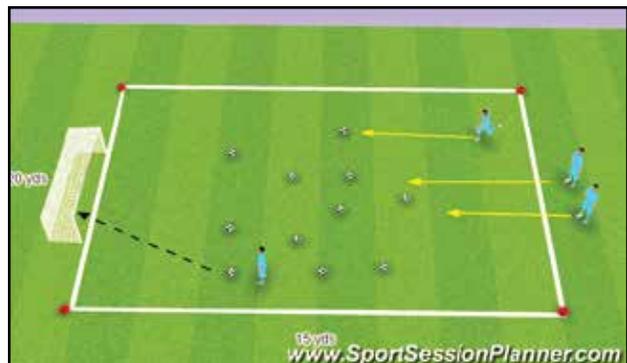
- Add a second goal and divide the kids into 2 teams. See which team can get the most eggs in their basket.
- Add a stipulation that players are not allowed to take a ball away from a teammate.
- Change the ball set-up to pose new problems.
- On the "Go" command, knock a few balls around, so that the kids have to react to the ball set-up challenge you have posed.

COACHING POINT(S):

- Positive and cooperative group interaction. Teamwork. Communication.
- Decision-making and problem-solving.
- Dribbling. Ball control. Potential passing and finishing.

COACHING QUESTION(S):

- With subsequent rounds, ask them for ideas on how they can break their record (e.g., pass to a teammate standing closer to the goal).



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http://youtu.be/vkAK_69p86s

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: TURKEY SHOOT
AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

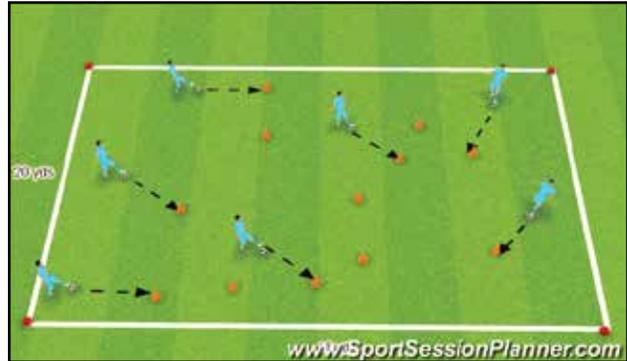
Set down a dozen cones over a wide area.

ACTIVITY:

Players are told that they are going on a "turkey shoot." The cones represent the "turkeys." Players are asked to keep track of the number of turkeys they shoot and to reset any cones they knock over (if you are using disc cones, place them upside-down). The only rule is that a player can't shoot the same turkey twice. Players should try to improve their accuracy with each try and get all 12 turkeys. Coaches can use a time limit (60 seconds), ask them to count the number of shots they take, or command them to "fire" to have everyone shoot at once.

COACHING POINT(S):

- Hitting a target with a pass/shot.
- Accuracy before power.
- Proper passing and shooting technique.



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<http://youtu.be/D98j5YzMqAY>

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: COPS AND ROBBERS

AGE: U6 TIME: 10 MINUTES

ORGANIZATION:

Within a 15x20 yard area, several players are designated as "robbers," with each one possessing a ball. 2 or 3 other players are designated as "cops." The coach sets up 8-10 tall cones ("banks") within the area.

ACTIVITY:

The robbers will try to knock down the banks with their ball. The cops try to set up all the cones before the banks get robbed. Play multiple rounds so everyone has a chance to be a cop and a robber.

COACHING POINT(S):

- Proper ball-striking technique.
- Head up to find available cones.
- Proper dribbling technique.



Watch on youtube.com/calsouthsoccer:

<http://youtu.be/aVwFETHJdTO>

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 3V3 GAME

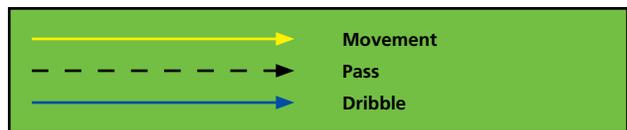
AGE: U6 TIME: 20 MINUTES

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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