



U6 --- Week Four

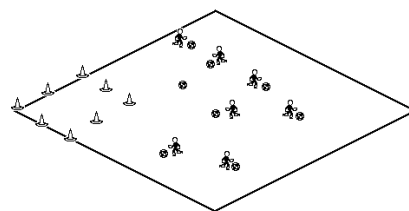
Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. (*Sessions should be about 45 minutes in duration.*)

1) Juggling--Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. *Version 2:* Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

2) Paint the Field--Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid. *Version 2:* Can ask them to paint with only their left foot, then their right foot. (8 minutes)

3) Red light/Green light--All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add lights of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

4) Pirate Ship--Set up a 20x20 grid (Pirate ship deck) with a small 6x6 grid (safe shark cage) just in one of the corners of the field. Coach makes up variations and adds them to their pirate ship journey one at a time. Variations on the ship can be: *Scrub the deck*-players must roll the ball back and forth with the sole of their foot, then coach can ask them to do this while moving all around the Pirate Ship deck. *Hoist the sail*-players can knock the ball back and forth between their feet (foundation), then dribble all around the Pirate Ship deck as fast as they can. *Walk the plank*-players must do toe touches on their soccer ball, then dribble all around the Pirate Ship deck as fast as they can. *Shark attack*-Coach (aka: ‘Shark’) runs after players and they have to try and dribble their soccer ball into the 6x6 (safe shark cage) before the ‘shark’ catches them. (8 minutes)



5) 3v3 or 4v4 Game--Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

