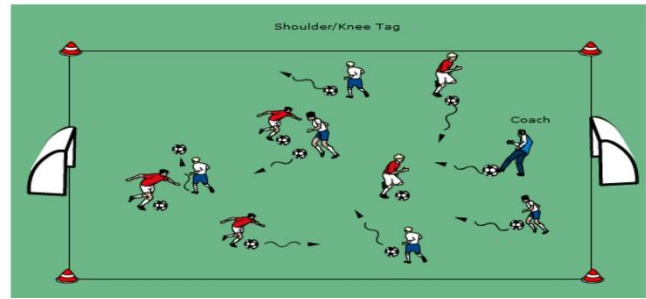
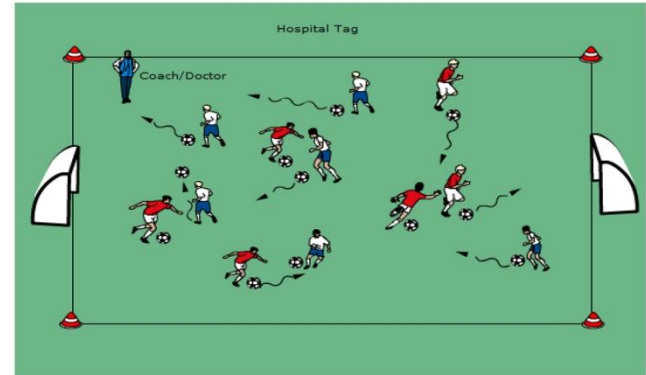


U6 – Summary Sheet

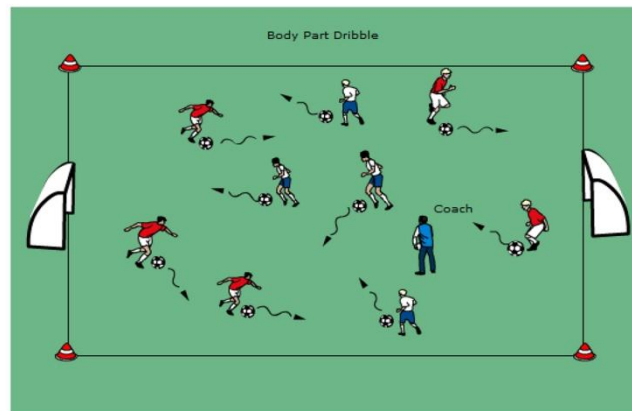
1) Shoulder/Knee Tag--- (8 minutes): Every child dribbles a soccer ball in the space defined with lines or discs while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees.



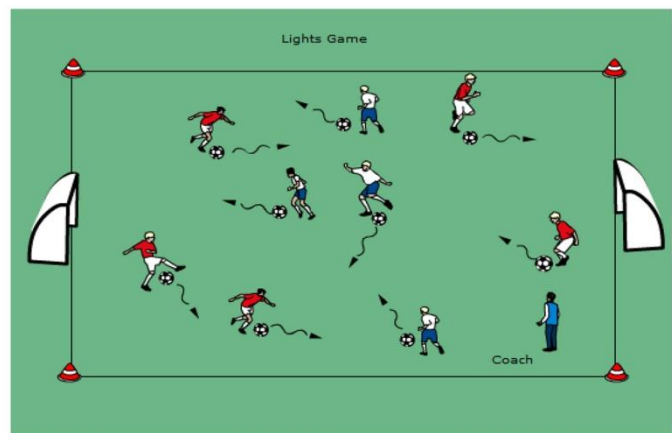
2) Hospital Tag--- (8 minutes): Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body at which they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal all the little soccer players so they can continue playing the game.



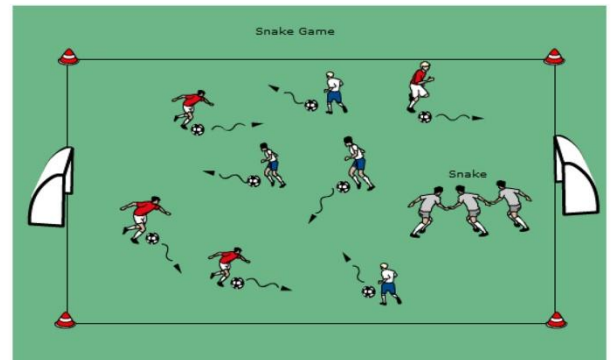
3) Body Part Dribble--- (8 minutes): In a defined area (marked with discs), coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must stop the ball that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out two body parts at once (i.e. two hands or both feet).



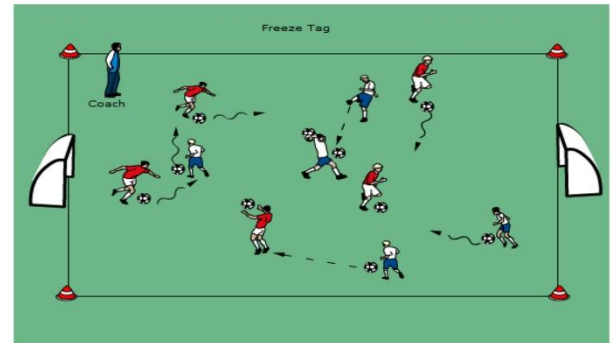
4) Lights Game--- (8 minutes): All players have a ball and dribble in a defined space. When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light 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.).



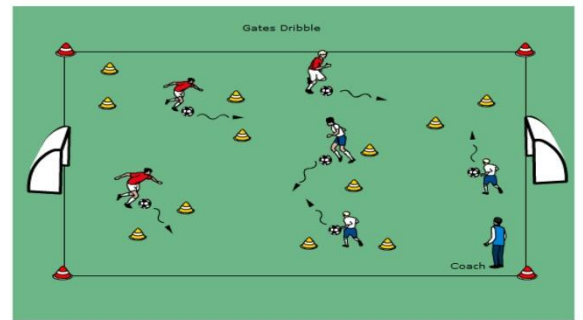
5) Snake--- (8 minutes): In an appropriate space for the numbers you have, all players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake. The snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss.



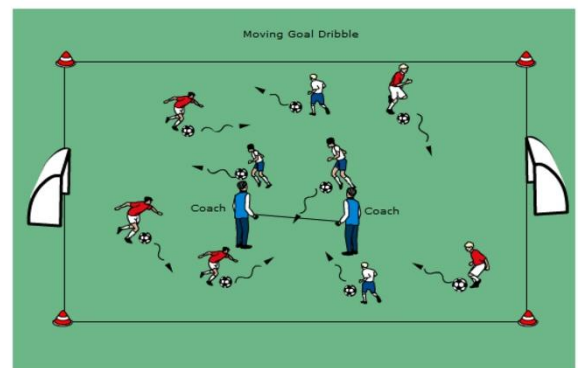
6) Freeze Tag--- (8 minutes): Everyone must dribble their soccer ball and tries to tag (freeze) everybody else. If they do tag a player, that player must freeze, place their ball above their head and spread their legs. Another player must kick (push) his/her ball through the frozen player's legs to unfreeze. If all players are frozen, game ends. *Version 2:* Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion



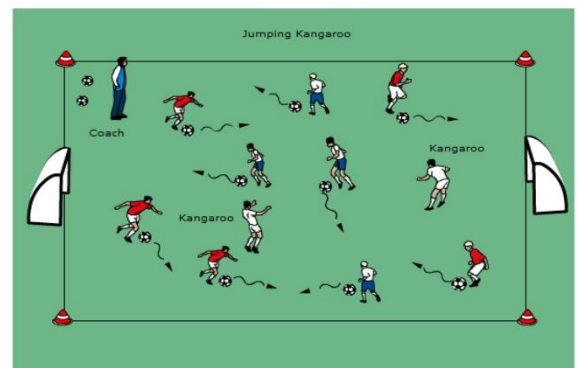
7) Gates Dribble--- (8 minutes): Set up many pairs of discs, roughly 2 steps apart, randomly placed (different distances and facing in different directions) around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score and when playing a second time ask them if they can beat their score by at least one goal. Coaches can vary this by asking players to dribble with left foot or right foot or make a dribbling move.



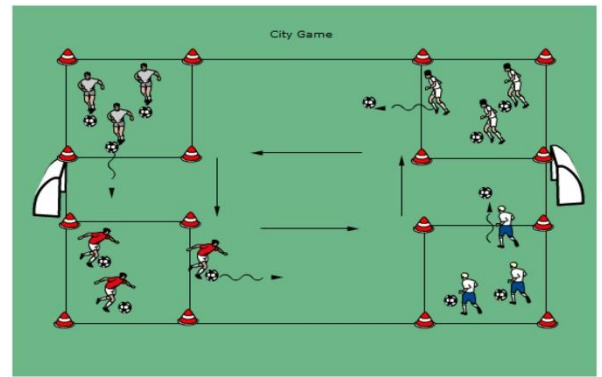
8) Moving Goal Dribble--- (8 minutes): 2 coaches use a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by dribbling their ball through the goal. However, the coaches constantly move and turn to force the players to keep their head up and to change direction as they dribble.



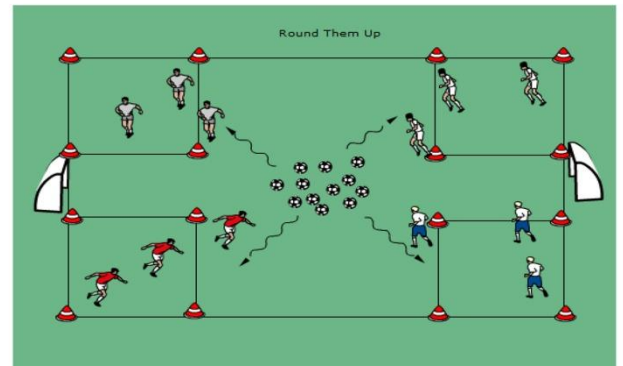
9) Jumping Kangaroo--- (8 minutes): All players except one or two begin with a ball. The one or two players without balls are kangaroo and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. Have players bring their ball to you outside the field before they become kangaroos.



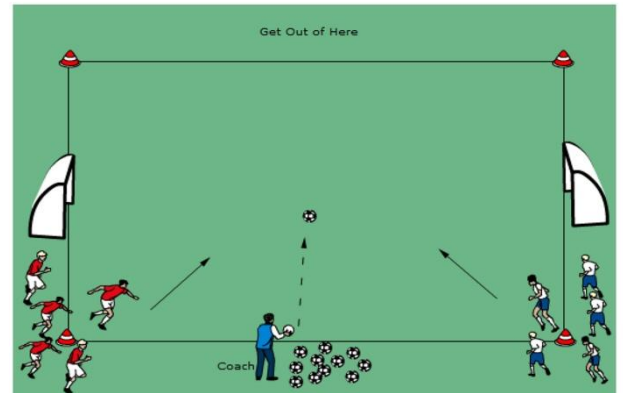
10) City Game--- (8 minutes): Set up cones into multiple squares in the corners (as shown) that serve as cities. Personalize it by giving names to each city. Coach can have all players follow same direction and have them dribble through the highways and through the different cities in clockwise or counterclockwise fashion. Coach can have one group(s) dribble in opposite direction through the highways (this will create more traffic and force players to look up and keep ball close to them). Coach can ask players to perform 5 toe taps or gorillas in each city before continuing to the next city. Make it competitive and have the group that finishes back into their city, step on the ball and raise their hands. All the other groups have to do a little punishment, like 3 'stars' or 'donkey kicks'.



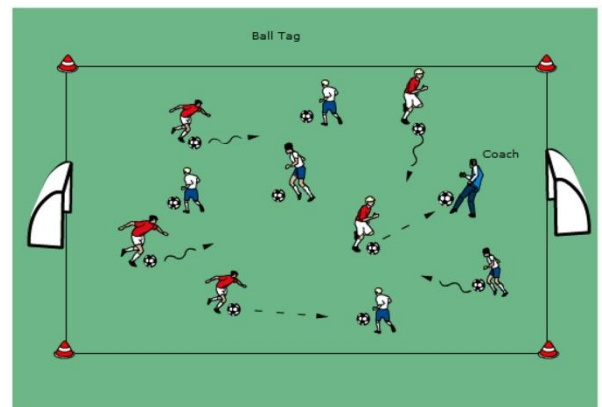
11) Round Them Up--- (8 minutes): Set up three or four "home bases" (squares) with cones roughly 3-4 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Coach calls time and count up how many balls are in each space to determine a winner. Coach allows teams 1 minute to make up a new team strategy before playing again.



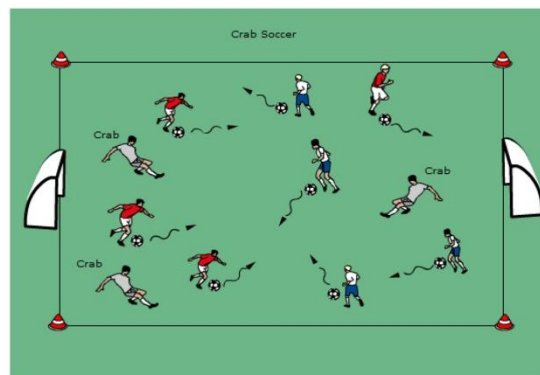
12) Get Out of Here (1v1) --- (8-10 minutes): Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each corner (as shown in diagram) and coach stands at halfway line with all balls. When coach plays out a ball the first player from each team run out and try to score on each other's goal. If the ball goes in the goal or out of bounds, the coach yells "get out of here" and plays in a new ball immediately for the next two players. *Version 2:* Coach can stop yelling "get out of here" after a while and see if players recognize when balls go out and are attentive. *Version 3:* Coach can vary service of ball. Sometimes play it to one team or down the middle of the field but always on the ground.



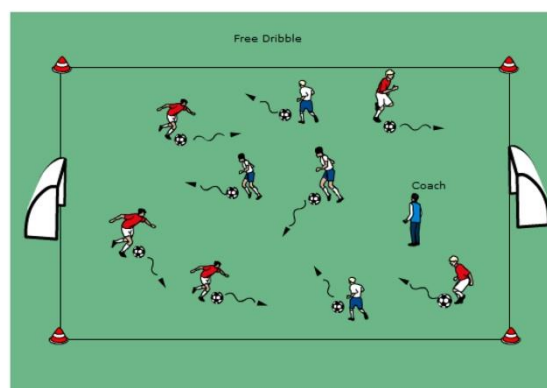
13) Ball Tag--- (8 minutes): Similar to other tag games except players try to tag others with their soccer ball instead of their hand. Have them keep count of how many times they kick their soccer ball and tag another person. Have the tag count if their ball hits another player or that player's ball. Can have the players tag the coach for 10 or 20 points. By the coach playing and bringing themselves into the activity, it makes it more interactive and a lot more FUN.



14) Crab Soccer--- (8 minutes): Set up a grid roughly 20yd x 15yd. Have 2-3 players inside the grid acting as crabs. These crabs do not have a soccer ball. Other players start at one end of the grid and when the coach says "Go", they dribble their soccer balls to the other end of the grid. The crabs try to kick the balls out of the grid. If a dribbler's ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs.

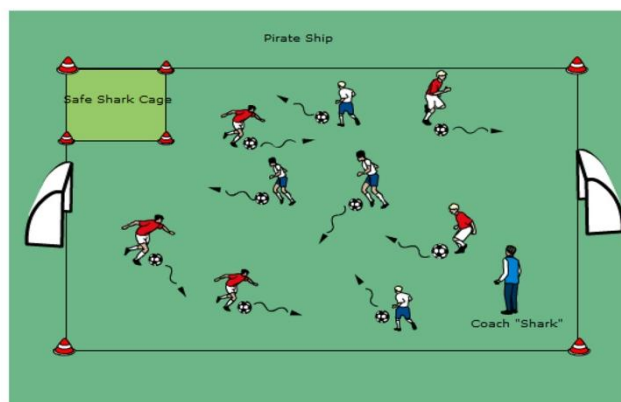


15) Free Dribble--- (8 minutes): Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction ("spin in" with inside of foot and "spin out" with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. **Coaching Points:** **1.** Practice grid cannot be too big or too small. The size on itself must create a little traffic that it's forcing players to change direction and look up to avoid bumping into each other. **2.** Be demanding. No walking. Practices have to done at game speed. If we are expecting players to play fast at games, than we have to prepare them for this at practices. **3.** "Push the ball; don't kick it". This way we are conditioning them to keep the ball close.



16) Pirate Ship--- (8 minutes):

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 grid (safe shark cage) before the 'shark' catches them. Make sure players don't stay there for then 10 seconds.



17) Shadow Dribble--- (8 minutes): One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader determines where they are going and the player who is the shadow tries to keep up with them. Then have roles reversed. Can use both feet to start, then can choose to use one foot, then the other. *Version 2:* Now the leader adds in moves while they are dribbling in the space and the player being the shadow must do the same.

