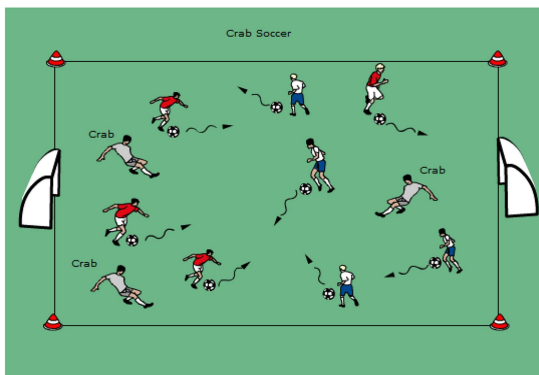
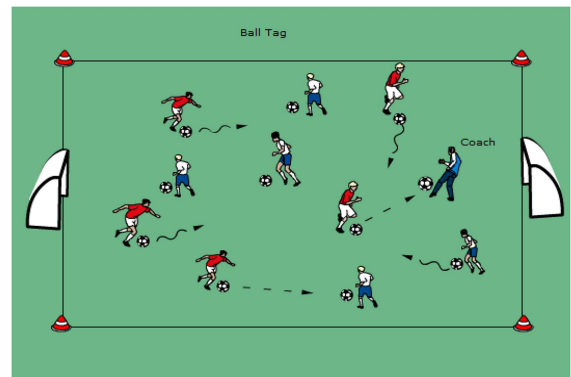


# U6 --- Week Five

**OBJECTIVE:** To create an atmosphere that is SAFE and FUN and to maximize ball touches for every player. Therefore, almost all the activities will require one ball per player. During the “practice” portion, our aim is to tap on the child’s imagination and play age appropriate games that help them make a connection between the brain and nervous system to create muscle memory. During the “games” portion our aim is to let them play and gain “soccer/game smartness”. Each session should be one hour. 25 minutes of “practice” and 35 minutes of “games”.

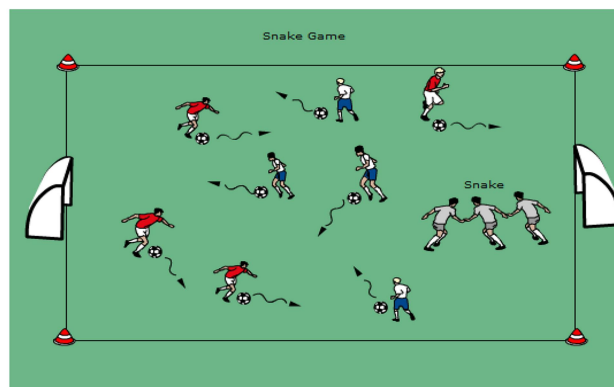
**Today’s phrase:** “After a move, speed-up 2-3 steps”. *Don’t forget to use previous week(s) phase(s).*

**1) 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.



**2) 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.

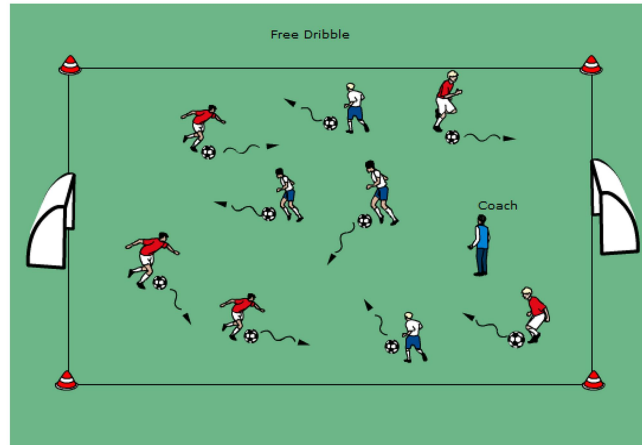
**3) Snake--- (8 minutes):** In an appropriate space for the numbers (players) you have, all players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting tagged by the snake. 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.



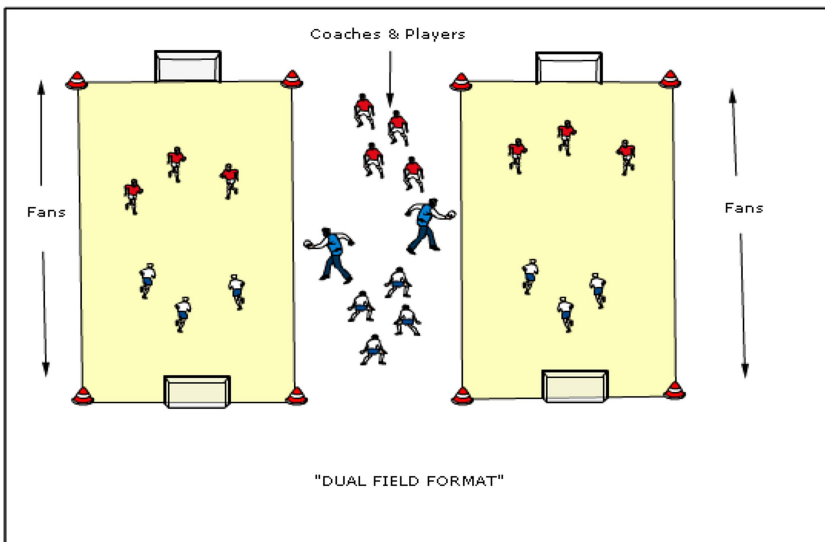
***If you go too fast in the first 3 activities then you can play the next one. We'll start with Game #4 next week.***

**4) 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.



**5) Games---“dual field format” 3v3 NO GK's (35 minutes):**



NO instruction. NO intrusion. This is their world, their game in their terms. We are simply going to let them play and figure out things on their own.

**What can we do? You Ask?**

- Make sure they know which direction they are going
- Do not let them play outside the lines (they must learn to play within boundaries)
- There are no corner kicks, goal kicks,
- kick-offs or throw-ins. When the ball goes out of bounds the team that did not kick it out re-starts by placing the ball on the line and they can pass it in or dribble it in
- Coach by positive reinforcement: “great goal, great move” or “that was a good try; next time you'll get it”

- Celebrate not only the “successes” but also all the “attempts”.
- Let's encourage them: “What can you do with the ball? Don't just kick it”, “Where can you go to help out?”, “What do you see? Can you play fast?”, “NO goalies!”

**Review:** Before dismissing the players, go over a couple of the big phrases.

**Remember- Youth Games are a “participant's” sport and NOT a “spectator's” sport. It will never resemble the real game.**

