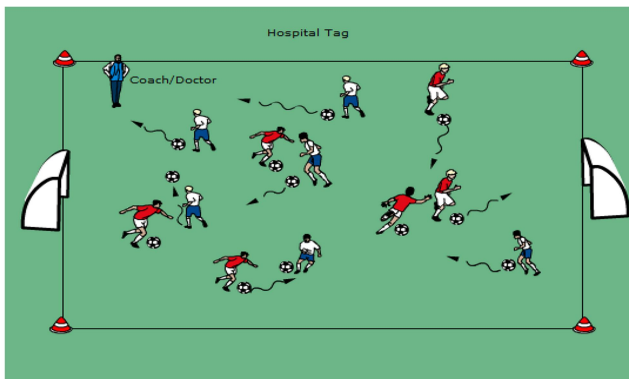
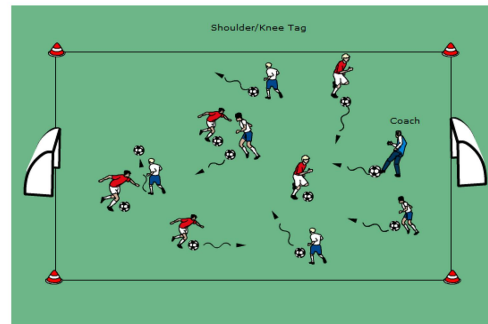


U6 - Week One

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: “Do not kick the ball, push it”. This will help them control the ball better by keeping it closer.

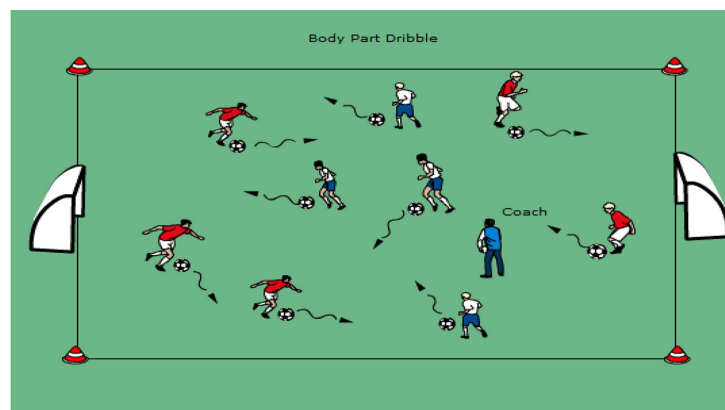
1) Shoulder/Knee Tag--- (8 minutes): Every child dribbles a soccer ball in the space defined with lines or discs while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players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

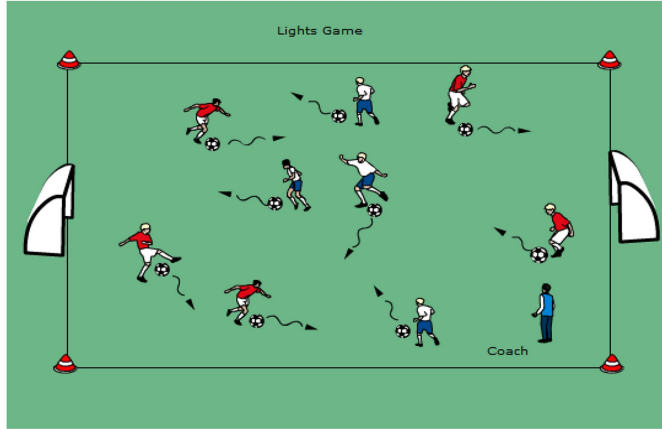
magical task (pretend) to heal all the little soccer players so they can continue playing the game.

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).

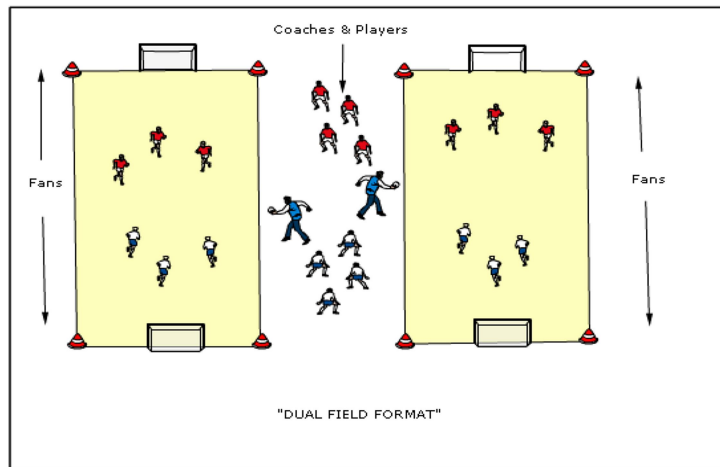


If you go too fast in the first 3 activities then you can play the next one. We'll start with Game #4 next week.

4) 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) 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, ask them. “How do you control the ball better, by kicking it or pushing it”?

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