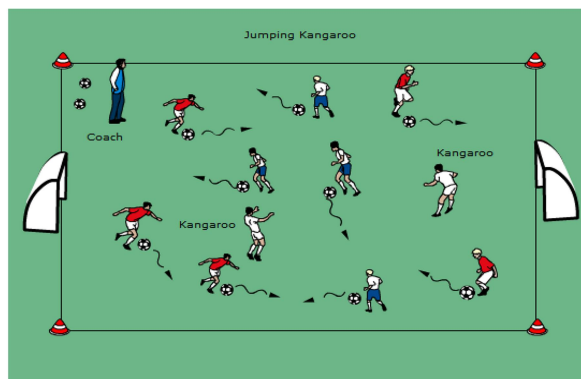
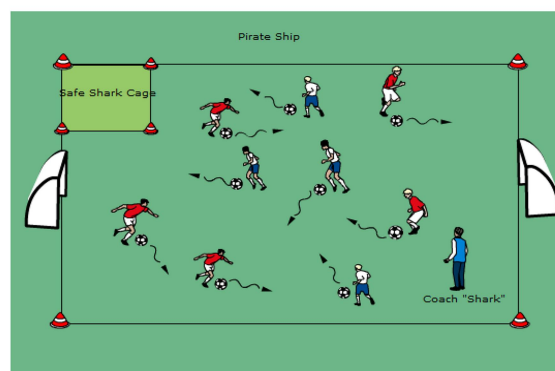


# U6 --- Week Seven

**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:** “Bend your knees a little”; to help them control the ball better. **Don’t forget to use previous week(s) phase(s).**

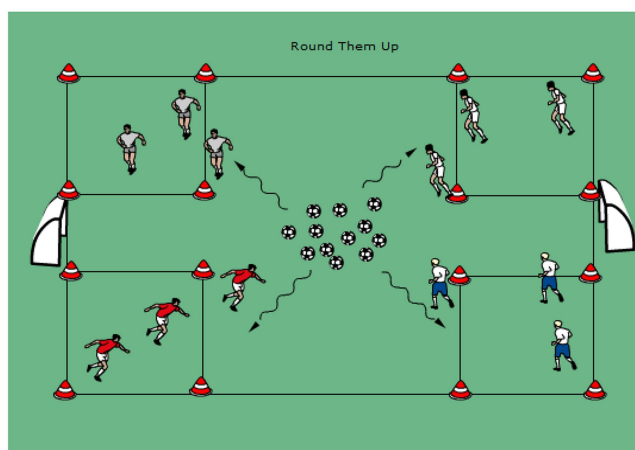
**1) Pirate Ship--- (8 minutes):** Set up a 20x20 grid (Pirate ship deck) with a small 6x6 grid (safe shark cage) just in one of the corners of the field. Coach makes up variations and adds them to their pirate ship journey one at a time. Variations on the ship can be: **Scrub the deck**—players must 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.

**2) Jumping Kangaroo --- (6-8 minutes):** All players except two begin with a ball. Players without balls are kangaroos (start outside the field) 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. Re-start the game with two different kangaroos.

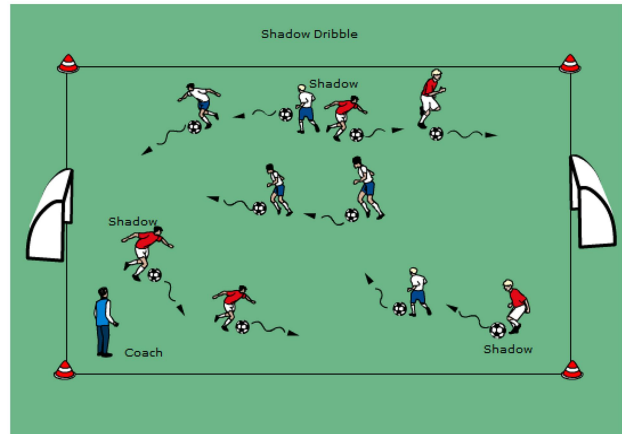
**3) Round Them Up--- (8-10 minutes):** Set up three or four “home bases” (squares) with cones roughly 3-4 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach’s command the 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 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



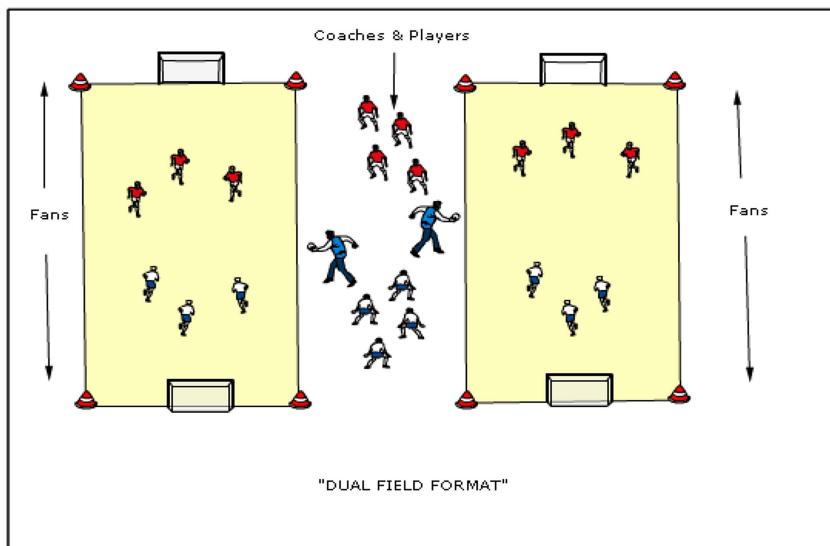
minute to make up a new team strategy before playing again.

***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) 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.



**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.***