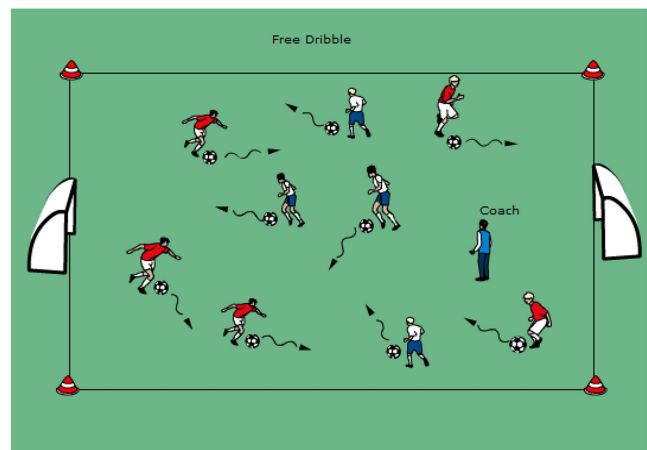


# U6 --- Week Six

**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:** “Shoot, don’t wait for the defender to come close to you”. **Don’t forget to use previous week(s) phase(s).**

**1) 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.



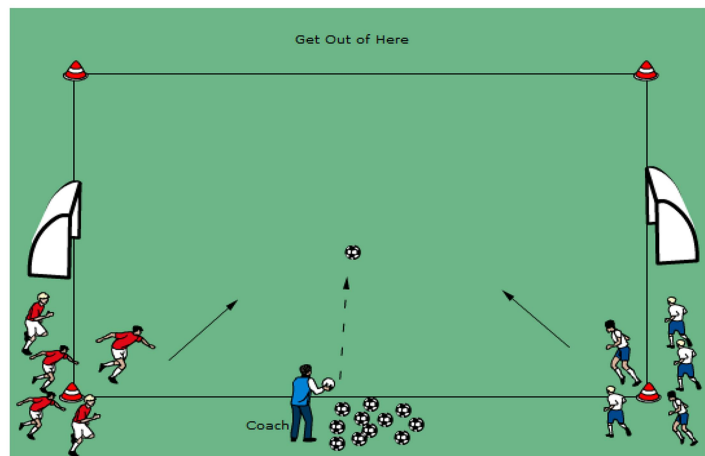
**Coaching Points:** 1. Practice grid cannot be too big or too small. The size on itself must create a little traffic that it’s forcing players to change direction and look up to avoid bumping into each other. 2. Be demanding.

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.

**2) Paint the Field Dribble--- (6-8 minutes):** 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. *Version 3:* Change color paint.

**3) Get Out of Here (1v1) --- (8-10 minutes):** Place two small (2 yard) goals at the end of a field 15 x 10 yards.

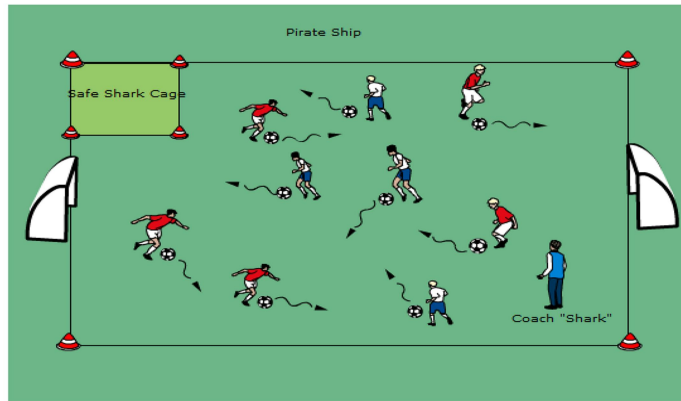
Place half of team behind each corner (as shown in diagram) and coach stands at halfway line with all balls. When coach plays out a ball the first player from each team run out and try to score on each other’s goal. If the ball goes in the goal or out of bounds, the coach yells “get out of here” and 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.



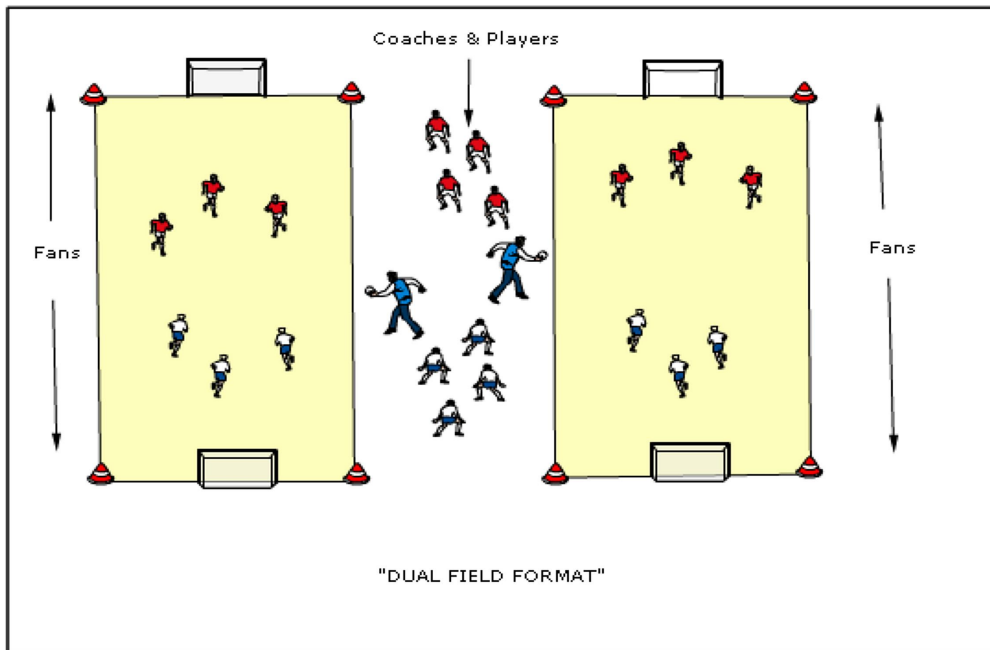
**If you go too fast in the first 3 activities then you can play the next one. We'll start with Game #4 next week.**

**4) 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.



**4) 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.*