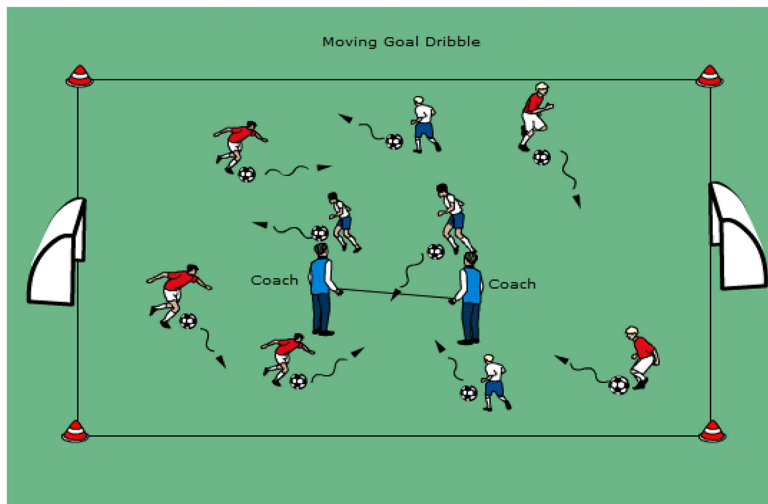
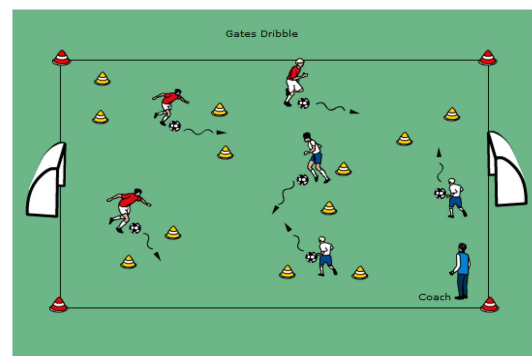


U6 --- Week Three

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”.

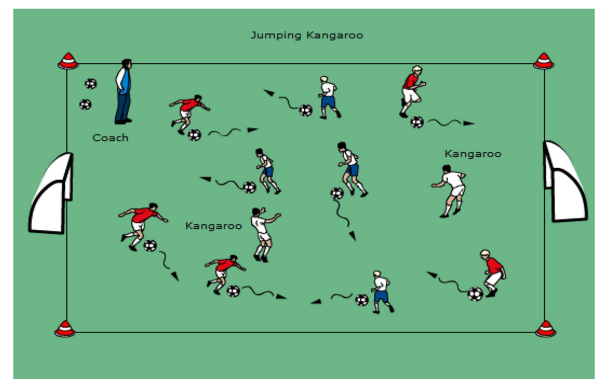
Today’s phrase: “Look up once in a while. Don’t bump into each other”. Help them dribble without looking at the ball. Don’t forget to use previous week(s) phase(s).

1) 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.



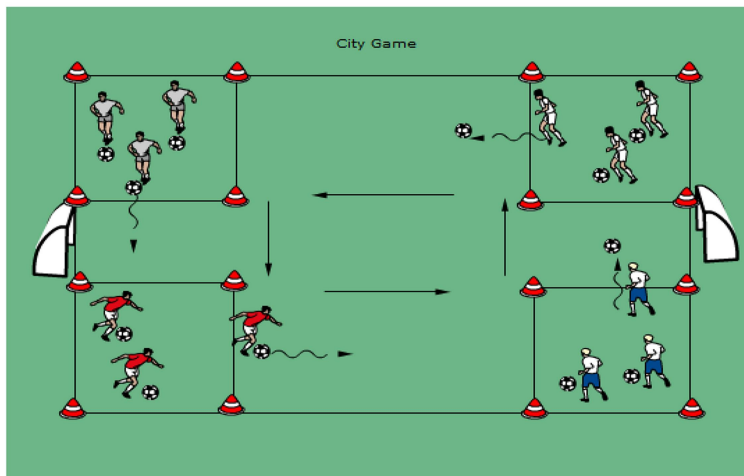
2) Moving Goal Dribble--- (8 minutes): 2 coaches use a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by dribbling their ball through the goal. However, the coaches constantly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

3) 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.

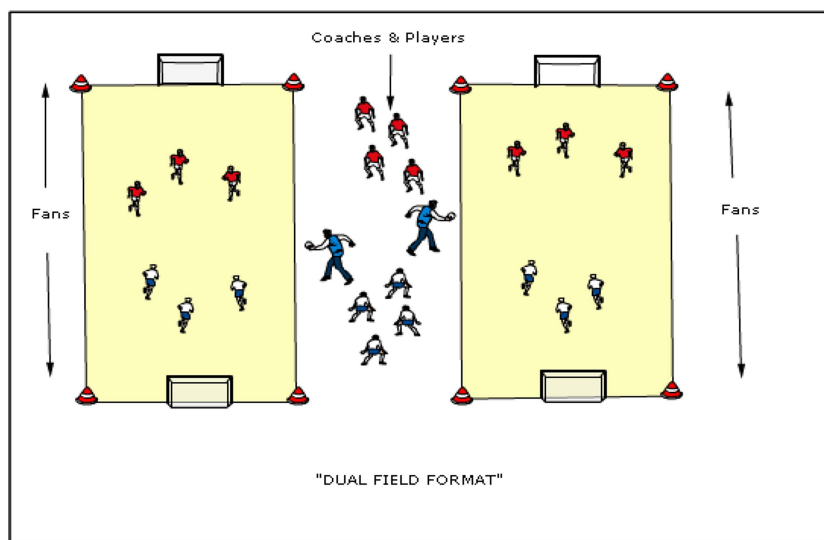


If you go too fast in the first 3 activities then you can play the next one. We'll start with Game #4 next week.

4) 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'.



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.