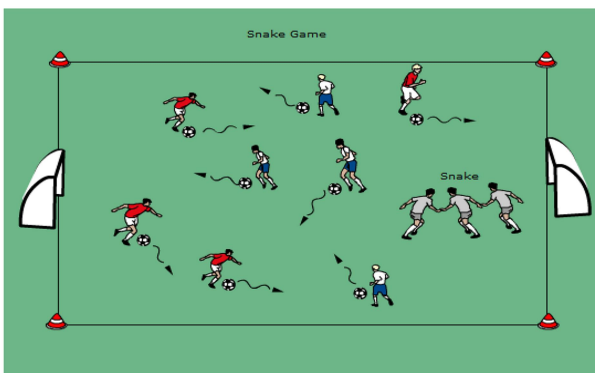
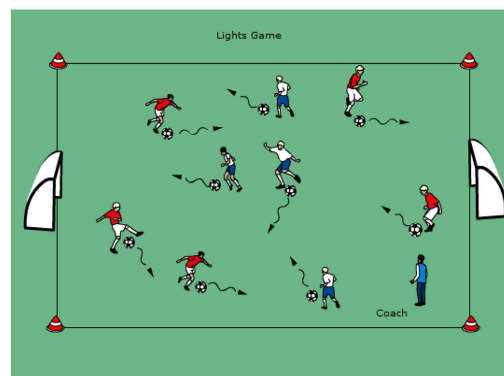


U6 - Week Two

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”.

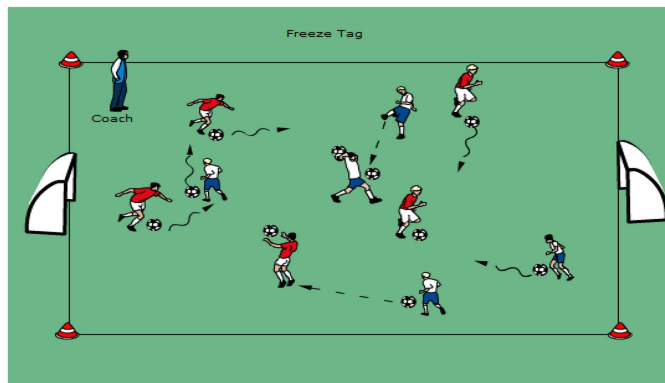
Today’s phrase: “No walking”. Everything must be done at game speed. **Don’t forget to use previous week(s) phase(s).**

1) 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.).



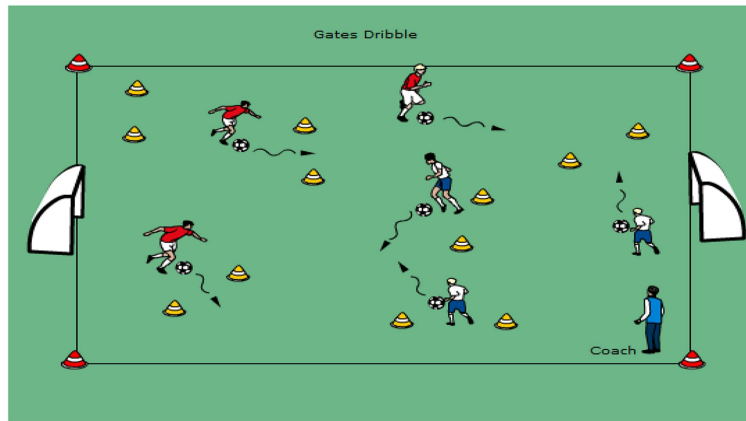
2) Snake--- (8 minutes): In an appropriate space for the numbers you have, all players dribbling soccer balls except for 2 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting tagged by the snake. If they are tagged,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

3) Freeze Tag--- (8 minutes): Everyone must dribble their soccer ball and tries to tag (freeze) everybody else. If they do tag a player, that player must freeze, place their ball above their head and spread their legs. Another player must kick (push) his/her ball through the frozen player’s legs to unfreeze. If all players are frozen, game ends. *Version 2:* Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion.

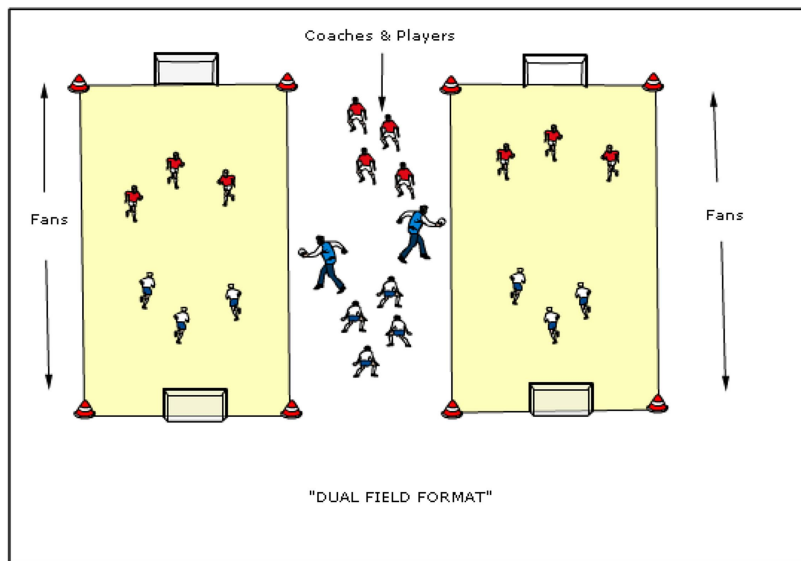


If you go too fast in the first 3 activities then you can play the next one. We'll start with Game #4 next week.

4) 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.



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.