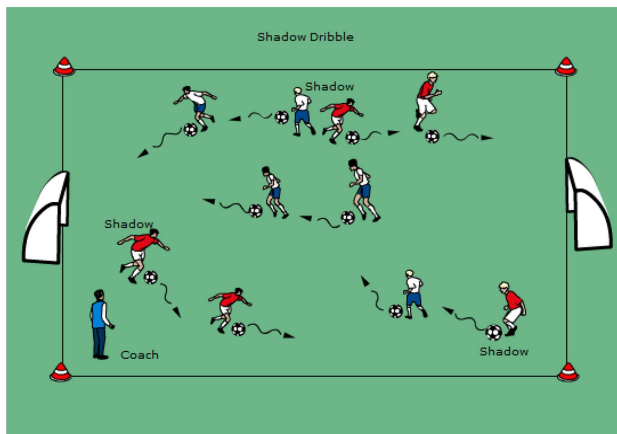


U6 --- Week Eight

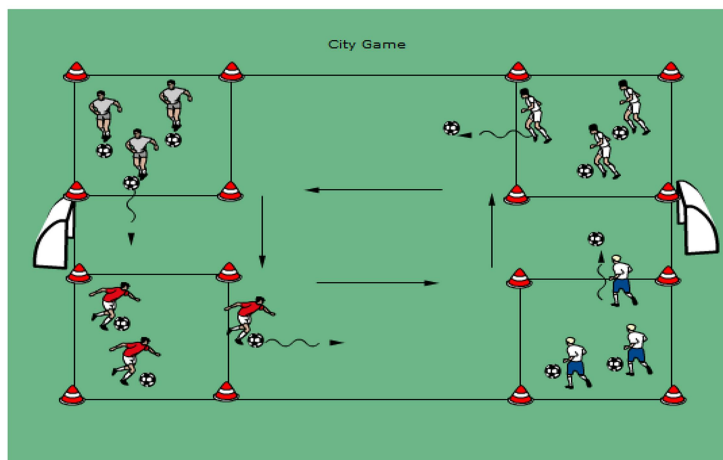
OBJECTIVE: To create an atmosphere that is SAFE and FUN and to maximize ball touches for every player. Therefore, almost all the activities will require one ball per player. During the “practice” portion, our aim is to tap on the child’s imagination and play age appropriate games that help them make 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 and on your toes”; to help them control the ball better. **Don’t forget to use previous week(s) phase(s).**

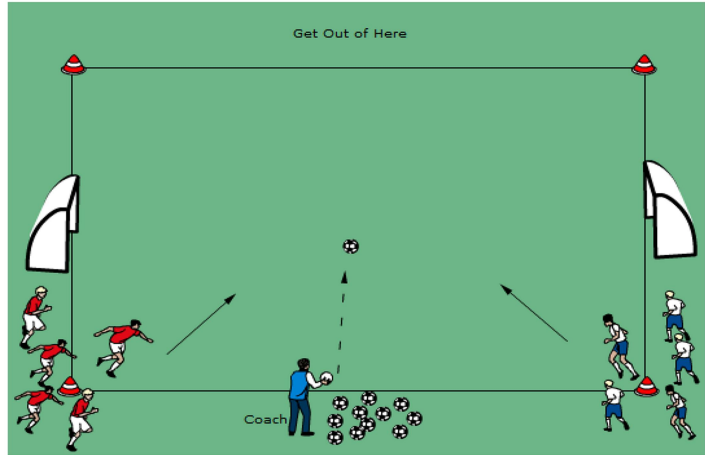
1) Shadow Dribble--- (8 minutes): One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader 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.



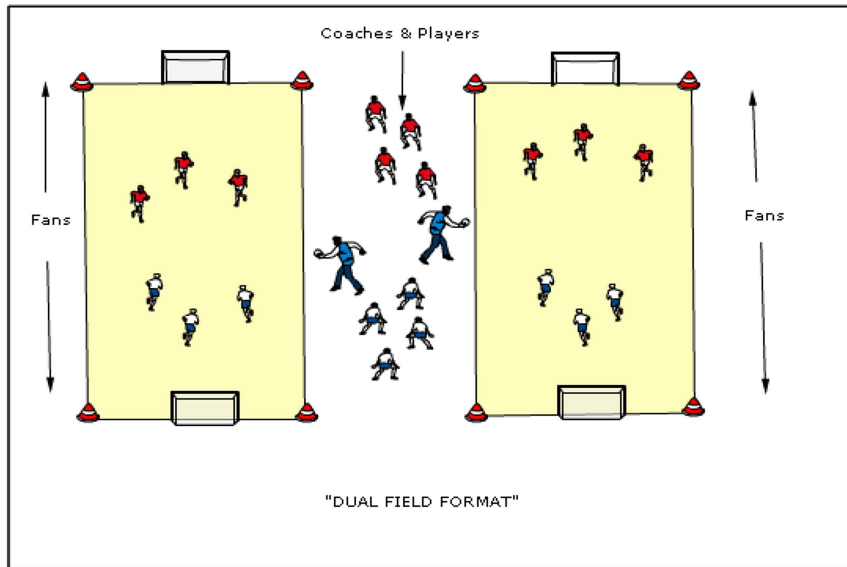
2) City Game--- (8 minutes): Set up cones into multiple squares in the corners (as shown) that serve as cities. Personalize it by giving names to each city. Coach can have all players follow same direction and have them dribble through the highways and through the different cities in clockwise or counterclockwise 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’.



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.



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. **Thank them for a great season.**

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

