



Tri-County
Soccer Club

U6 Practice Plan: Session 6

Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. (*Sessions, including the 3v3 or 4v4 game, should be about 45-60 minutes in duration.*)

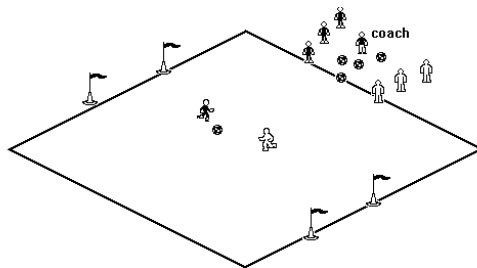
1) Tag---Every child dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees. (8 minutes)

2) Juggling---Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. *Version 2:* Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

3) Tail Steal--- All players tuck a pennie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked. (6 minutes)

4) Freeze Tag---Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. *Version 2:* Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else’s soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (8 minutes)

5) Get “Outta” There---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. *Version 2:* Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)



6) **3v3 or 4v4 Game**---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)

