



Tri-County
Soccer Club

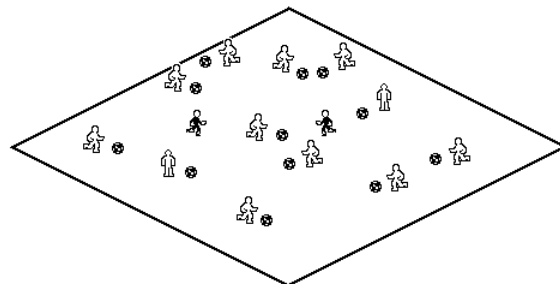
U6 Practice Plan: Session 9

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) 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)

2) Free Dribble---Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (outsides of the feet and toes), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands...”stop, go, turn, tap”. Kids can carry the ball towards someone and try a move. *Version 2:* As players get comfortable, the coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (8 minutes)

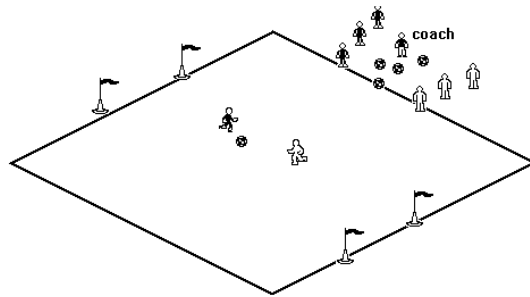
3) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player’s feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. **Options:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. (8 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)

