







Holden Youth Soccer --- U6 --- Week Four

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players can try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground. Also have the try it by allowing the ball to bounce.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch. <i>Please keep the patterns simple!</i></p>	<p>6 minutes</p>
	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending their soccer ball is a paintbrush and wherever it rolls is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to paint with their favorite color and try to paint with different parts of both feet.</p>	<p>6 minutes</p>
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach say “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p>6 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>