







Holden Youth Soccer --- U6 --- Week Six

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 will 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 or play a touch in between each bounce.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch. Keep the patterns simple.</p>	<p>6 minutes</p>
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> <p>Version 2: Players must tag other players' knees.</p>	<p>6 minutes</p>
	<p>Freeze Tag: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players, while dribbling a soccer ball, are also freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them.</p> <p>Version 3: Players can unfreeze each other by kicking the ball through their legs.</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 with their feet. 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 style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>



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3v3 - Dual Field Scrimmage

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.

25 minutes