

HOLDEN YOUTH SOCCER

U6 Practice Week 1

**Based on MYSA guidelines*

1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)

2) Planets---Set up cones into multiple squares or triangles that serve as planets (or cities). All players must follow coach's order and dribble into the planet he calls out. Coach can have all players follow same directions or break up team so they start at different planet and then have them dribble through the solar system in clockwise or counterclockwise fashion. Coach can have groups dribble in opposite direction through the solar system. (10 min)

3) Tag---Every child dribbles a soccer ball in the space defined 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. (10 min)

4) Freeze Tag---Break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the taggers. Otherwise, stop game after a few minutes and have team reverse roles. *Version 2:* Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion. (10 min)

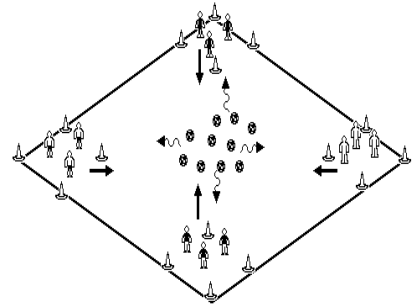
U6 Practice Week 2

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction.(10 min)
- 2) Kangaroo Jack---All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. (10 min)
- 3) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.) (10 min)
- 4) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball instead of their hand. Have them keep count of how many times they kick their soccer ball and tag another person. Have the tag count if their ball hits another player or that player’s ball. Can have the players tag the coach for 10 or 20 points. Then can have players tag other selected players for 50 or 100 points etc. etc. *Version 2:* Rather than having players tag each other, have them tag the coach by kicking their soccer ball. The coach moves around without a ball to avoid being tagged. Have players count up how many they got and can do the same variations as in the other game by affixing a lot of points to players. (10 min)

U6 Practice Week 3

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move.
Version 2: As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)

- 2) Capture the Balls---Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coaches command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others’ home bases. Coach calls time and counts up how many balls are in each space to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.(10 min)



- 3) Body Part Dribble---In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (10 min)
- 4) Snake---In an appropriate space for the numbers you have, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players, The players with balls try to avoid getting tagged by the snake. If they are tagged, the join hands with players making up the snake the snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss. ☺ (10 min)

U6 Practice Week 4

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)
- 2) Juggling---Everyone with a ball. Players practice keeping the ball in the air with feet, thighs, and head. Players count how many times they touch the ball before it drops to the ground. (10 min)
- 3) Shrek-Spiderman-Sponge Bob---Place a couple players in pennies and have everyone else get a soccer ball. Set up a 20 yd x 15 yd space and have the players with balls dribble around in the space. The players in pennies are Shrek or Spiderman or SpongeBob etc. etc. and try to tag the players who have soccer balls. When players are tagged they go to into the goal (castle, spidernet etc. etc.) and can only get back out if a teammate with a ball tags them or the coach uses his/her magic powers to let everyone free. Use any character or images you like for this and make sure all players get a chance to be one of the special characters at some point during every practice. (10 min)
- 4) Knockout---Have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times). (10 min)

U6 Practice Week 5

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)
- 2) Gates---Randomly place many pairs of cones making small goals (1 yd) in a large space (30x20yds) and have players dribble their balls through the goals for a point. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide. After doing it once, ask players to do it again and improve their first score. Challenge each player individually. (10 min)
- 3) Paint the Field---Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer ball all over the grid. (10 min)
- 4) 1v1 to Endlines---In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player's endline. (10 min)

U6 Practice Week 6

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)

- 2) Hospital tag---Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body at which they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal all the little soccer players so they can continue playing the game. (10 min)

- 3) Snake---In an appropriate space for the numbers you have, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players, The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake the snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss. ☺ (10 min)

- 4) 1v1 to Endlines---In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player's endline. (10 min)

U6 Practice Week 7

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)
- 2) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.) (10 min)
- 3) Knockout---Have players dribble balls while trying to knock other player’s balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times). (10 min)
- 4) 1v1 to Endlines---In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player’s endline. (10 min)

U6 Practice Week 8

- 1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 min)
- 2) Tag---Every child dribbles a soccer ball in the space defined 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. (10 min)
- 3) Snake---In an appropriate space for the numbers you have, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players, The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake the snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss. 😊 (10 min)
- 4) 1v1 to Endlines---In a space that is wider than long (15 x 20 yds) each player defends one endline and attacks the other. Players score by dribbling the ball in control over the opposing player's endline. (10 min)