

## U6 Week 1

## Practices 1 and 2

## Focus: Me and My Ball

### Warm up (approx. 10 minutes)

1. Jogging across the field and back.
2. [High Knees](#) (Jog, bringing knees as high as possible.)
3. [Butt Kicks](#) (Jog with arms down, trying to touch heel to rear.)
4. [Side Shuffle](#) (Move laterally in shuffle style.)
5. [Knee Hugs and Walking Lunges](#) (Hug knee to chest to stretch hamstring, moving into a lunge; repeat with other leg.)
6. [Open the Gate/Shut the Gate](#) (Open the gate across width of field; close the gate on the way back.)
7. [Carioca](#) (Skip sideways across field, twisting at the hips. If moving to the left, right leg should be brought in front of the left leg and then behind the left leg, repeating all the way across the field.)
8. [High Kicks](#) (Slowly moving across the field, kick as high as possible with one leg and then the other.)
9. [Suicide sprints](#) (Start at endline to touch first cone and back; then to second cone and back; then all the way across field.)

### Activities (See next pages for descriptions and video links.)

- Crossover Dribble
- Tag
- Hospital Tag (Don't touch the same player twice in a row. Keep moving with the ball.)
- Outta Here!
- 3v3 Scrimmage

### End of Practice

**Team Talk:** Highland Soccer Club Core Value—**ENJOYMENT:** Did you have fun today? What did you like the most? Which activity would you like to do again?

**Individual drills to do at home:** Toe touches, Pendulums (Tell parents that they can find videos on the Club website.)

### Touching Instruction/Practice (10 minutes)

1. [Toe touches](#)
2. [Pendulum](#)
3. [Roll overs](#)
4. [Pull back](#)

### Kicking Instruction/Practice (10 minutes)

For each mode of kicking, demonstrate first. Then have players mimic you. Then have them practice the skill across the field and back. Move on to next mode.

1. [Shoelaces \(instep kick\)](#)
2. [Inside of foot](#)
3. [Outside of foot](#)

Practice dribbling within a 20 × 20-yd square keeping in mind the boundaries.

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: CROSSOVER DRIBBLING**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball and stands lined up with the other players along one side of a 15x20 yard grid.

## ACTIVITY:

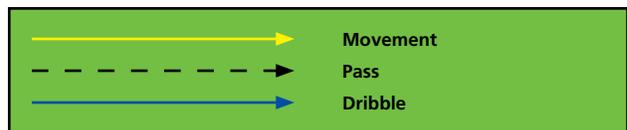
When the coach says, "Go," all players dribble to the opposite side of the grid. Once there, each player turns around and dribbles back across the grid to their original spots.

## VARIATION(S):

- When the players reach the other side, have them go to a different spot when they make the return trip.
- Time the event and see how many times the player can cross over in that amount of time.

## COACHING POINT(S):

- Dribble with the head up to avoid other players.
- Long touches or short touches to maximize speed and control?



**YouTube** Watch on [youtube.com/calsouthsoccer:](http://youtu.be/84Zfys6LjhA)  
<http://youtu.be/84Zfys6LjhA>

**SUBSCRIBE** to the Cal South Recreational Activity Guide YouTube channel for easy access to activity videos and accompanying documents from all sessions within the guide.

## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: TAG**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball.

## ACTIVITY:

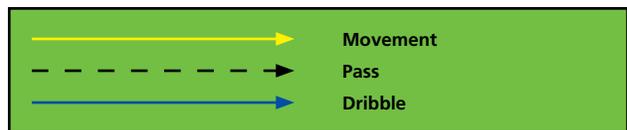
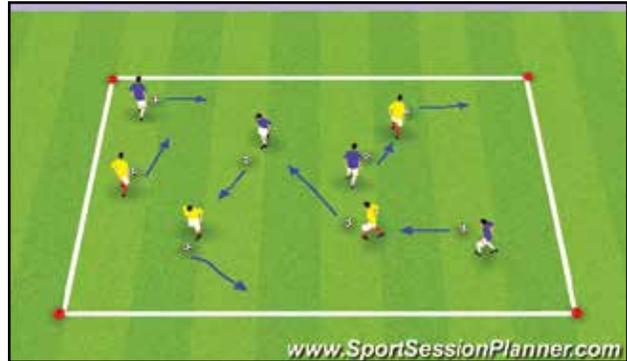
Players try to tag each other with their hands while dribbling a soccer ball. Players may not abandon their own ball while attempting to tag someone. Play for a pre-determined amount of time. Have players keep count of their own tag amounts and try to improve their score if playing more than one game.

## VARIATION(S):

- May start without a ball to introduce activity.

## COACHING POINT(S):

- Activity will require players to dribble with their head up and keep the ball close in order to be successful.



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<http://youtu.be/iRVXIGuOT6I>

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: HOSPITAL TAG**  
**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball within a defined area.

## ACTIVITY:

Players dribble within the designated area while using their hands to tag the other players. When a player gets tagged, he must hold the spot on his body that he was tagged with his hand. Once a player has been tagged twice (i.e., has both hands holding spots where he was tagged), that player must run to the "hospital" to get well. The "hospital" is a space set around 10 to 15 yards away from the designated area to which the player must dribble and perform 4 ball touches. Once the player has completed the task, he can resume play with both hands free.

## VARIATION(S):

- Can play with or without a ball.
- Add a task once the player arrives to the hospital, i.e., toe taps, a dribbling move, etc.

## COACHING POINT(S):

- Keep the ball under control and close.
- Change of speed and/or direction.

## COACHING QUESTION(S):

- How can you keep from getting tagged?
- What can you do that will help you tag others?



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<http://youtu.be/Hm255YTk6qs>

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** OUTTA HERE

**AGE:** U6 **TIME:** 10 MINUTES

## ORGANIZATION:

Set up a 20x25 yard field. Establish a 1v1 match-up between 2 players. Each player will have teammates waiting in a corner. The coach will have a collection of balls on the touchline. Players, therefore, do not chase any balls out of bounds during the activity.

## ACTIVITY:

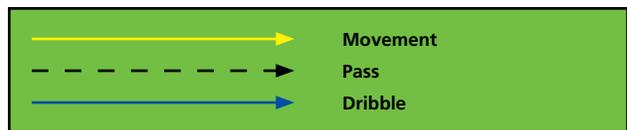
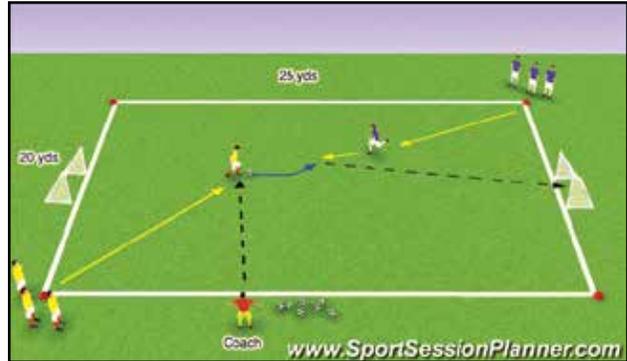
1v1 soccer. Once a player scores, the opposing player leaves the field and is replaced by one of his teammates from the corner. Players should rush onto the field when they replace someone so that play can continue uninterrupted. When the ball goes out of bounds, both players leave the field. New players from both teams rush onto the field and play continues. Coach can restart play to a certain team or player to ensure chance of success.

## VARIATION(S):

- May play 1v1, 2v2, 3v3, etc.

## COACHING POINT(S):

- This game should be very fast-paced.
- As soon as a ball goes out of bounds, throw another ball in immediately.
- Vary how balls are distributed into the playing area.



**YouTube** Watch on [youtube.com/calsouthsoccer:](http://youtu.be/NcAsUkNMg0Q)  
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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

Play 2 teams of 3 players each and 2 small goals.

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



**You Tube** Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)  
<http://youtu.be/7BSrdi1u7fl>

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