

U6 Week 3

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 end line 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.)

- Individual Retrieval (Use feet only.)
- Paint the Field
- Ball Tag
- Gates
- Endline Soccer
- 3v3 Scrimmage

End of Practice

Team Talk: Highland Soccer Club Core Value—**SPORTSMANSHIP:** Our games start this week! What does it mean to be a good sport? Don't forget to treat everyone—including your teammates, the other team's players, your coaches, parents, and referees—with respect!

Individual drills to do at home: Toe touches, pendulums, roll overs, pull backs (Tell parents 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)

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.

Dribble across the field using a part of the foot that the coach calls out (laces, inside, outside). At end of the field, use non-dominant foot to pull and go back to start.

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: INDIVIDUAL RETRIEVAL

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

The coach begins with all of the balls.

ACTIVITY:

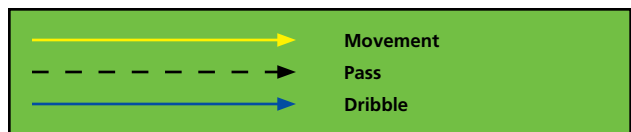
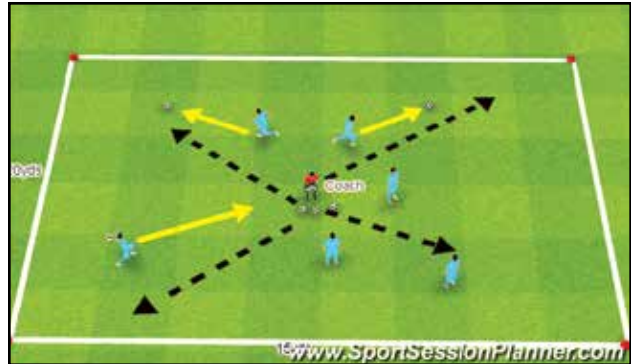
The coach throws the balls in different directions for each child, who must bring their ball back to the coach as quickly as they can. The children must bring the ball back by using their hands, i.e., rolling the ball with their hands, bouncing the ball with two hands, etc.

VARIATION(S):

- Once the children get the idea that they are to bring the ball back to the coach, then the coach has the children bring the ball back using their feet.

COACHING POINT(S):

- Creativity.
- Balance and coordination.
- Understanding.
- Completing the task quickly while staying under control.



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

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.

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: PAINT THE FIELD

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

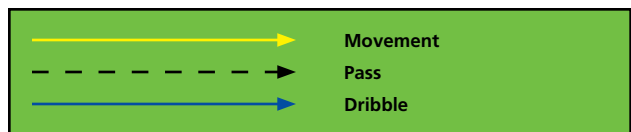
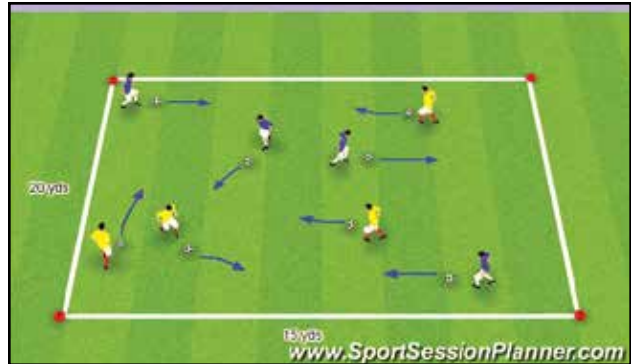
Each player has a ball within a 15x20 yard area.

ACTIVITY:

All players dribble inside the area pretending the ball is a paintbrush. Players must "paint" as much of the grass as possible within a given amount of time.

COACHING POINT(S):

- Use different parts of the foot when dribbling to paint the field.
- Use both feet when painting the field.



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<http://youtu.be/cCc6WrkHaUQ>

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NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: BALL TAG

AGE: U6 TIME: 10 MINUTES

ORGANIZATION:

Each player has a ball inside a 15x20 yard area.

ACTIVITY:

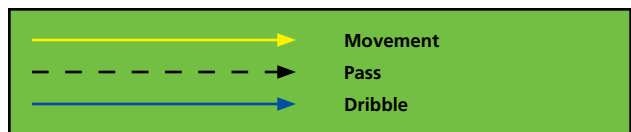
All players dribble and then try to kick and hit the other players' balls or feet with their ball. Play for a pre-determined amount of time. Have players keep count of their own tags and try to improve their score if playing more than one game.

VARIATION(S):

- May start with one player as the designated tagger who has the ball in their hands.
- If players tag the coach, they are awarded 10 or 20 points. If players tag other selected players, they are awarded 50 or 100 points.

COACHING POINT(S):

- Activity will require players to dribble with their head up and keep the ball close in order to be successful.
- May introduce the technique of passing or striking a ball to ensure proper form.



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<http://youtu.be/09HBJIDksC8>

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ACTIVITY: GATES

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Set up several cone gates within an area. Each player will need a ball.

ACTIVITY:

Upon the coach's command, the players try to dribble through the gates.

VARIATION(S):

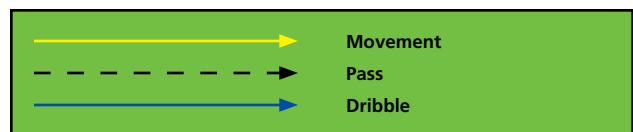
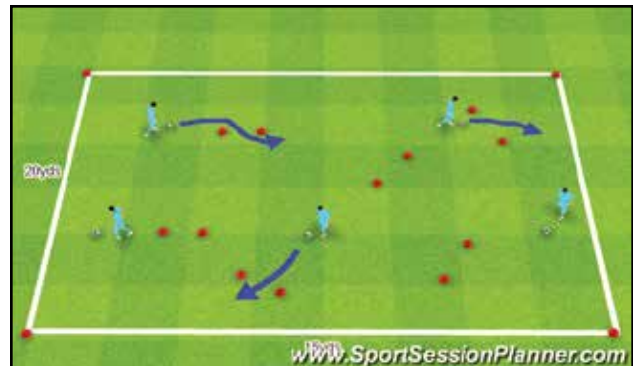
- Ask the players to dribble through the gates at different speeds, i.e., fast, slow, fast.
- Challenge the players to dribble through as many gates as they can in 30 seconds. Players are asked to dribble through more gates than their previous attempt. Go for several rounds and keep track of score.
- Add "guards" (adults) at the gates. Players must dribble through the gate that is "open." Only one gate at a time is open. The coach discreetly indicates to the guards which gate is open. Players can dribble through a gate again and again until it closes. Guards do not play defense.
- Children must dribble through all of the gates before they go through the same one again.

COACHING POINT(S):

- Ball control.
- Quality of touches.
- Vision – "Keep your heads up!"
- Speed of play.

COACHING POINT(S):

- Rather than asking who went through the most gates, ask the players if they went through more gates than in their previous attempt. "There is value in competing against yourself and improving because of it."
- How can you dribble through more gates?



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<http://youtu.be/2y8aaghFp6U>

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: ENDLINE SOCCER

AGE: U6 TIME: 10 MINUTES

ORGANIZATION:

Set up a 30x25 yard area with goals on each end. Within the area, establish a 3vs3 match, with a pile of balls situated on the sideline next to the coach.

ACTIVITY:

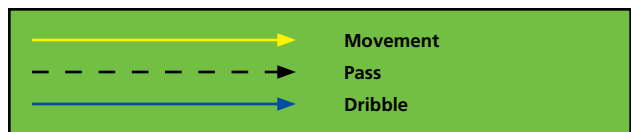
The players will play a 3v3 match to the endline. A player must dribble across the endline to score. When the ball goes out of bounds, the coach will put another ball into play.

VARIATION(S):

- Coach can serve the ball to the team that is not winning, or to a less involved player when the ball goes out of play. This will ensure a chance for involvement and success for all players.

COACHING POINT(S):

- Encourage children to dribble. There is no such thing as a "ball hog" here.



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<http://youtu.be/UgA5T-2OMok>

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 3V3 GAME

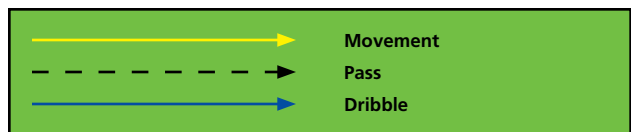
AGE: U6 TIME: 20 MINUTES

ORGANIZATION:

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

ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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