

## U6 Week 5

## 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.)

- Tail Tag
- Driving School
- The River
- Cops and Robbers
- 3v3 Scrimmage

### End of Practice

**Team Talk:** Highland Soccer Club Core Value—**EXCELLENCE:** How can you be the best you can be? The more effort you put into something, the more you get back.

**Individual drills to do at home:** Pendulums, Pull Backs (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)

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:** TAIL TAG

**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

All players have a ball within a set 15x20 yard area. Players tuck a T-shirt or a scrimmage vest into the top of the back of their shorts so it looks like they have a tail.

## ACTIVITY:

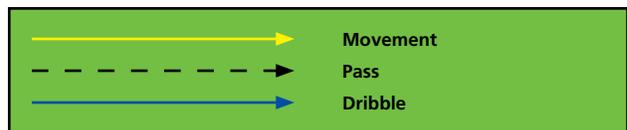
On the signal, the players see how many tails they can gather while dribbling within the area. Players that lose their tails should still continue to play. Play for 30-60 seconds. The player with the most tails wins the round.

## VARIATION(S):

- If the rounds go too quickly, another tail can be added to each player so the coach who can control the pace of the game.
- Can play game with or without balls.

## COACHING POINT(S):

- Changing direction. Balance. Quickness.
- Decision-making.
- Vision.



**YouTube** Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)  
<http://youtu.be/8Te9exa6uFU>

**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: DRIVING SCHOOL**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

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

## ACTIVITY:

All players pretend they are "cars." Players start dribbling when the coach says, "Green light," and stop their balls with the bottom of their feet when the coach says, "Red light." Introduce "yellow light," which indicates that everyone should dribble in slow motion.

After the players understand the basics, it's time to teach them how to park. Place cones throughout the grid equal to the number of players. When the coach says, "Park your car," players must find an open cone ("open parking spot") quickly. Only 1 car can be at each spot at a time. Slowly reduce the number of parking spots by 1 cone, then 2 cones, etc. to add to the challenge. Those that can't find a spot have to keep driving. Start combining the different commands and add in variations as needed. Make it fun. Have the players rev their engines and honk at other cars to add to the excitement.

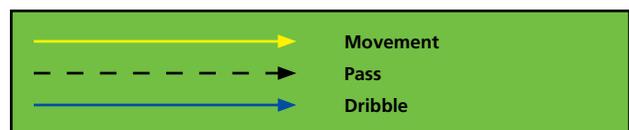
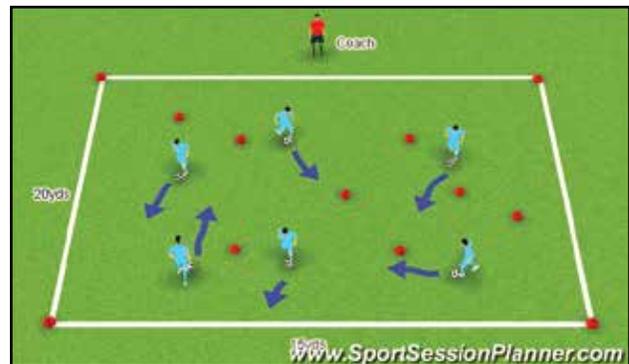
## VARIATION(S):

- Fill the car with gas by finding a gas station and pump the gas, i.e., toe taps, etc.
- Turn on windshield wipers, i.e., ball between their feet.
- Dribble around obstacles (coach, goal, garbage can, etc.) and then have them park their cars.
- Coach acts as police officer and hands out tickets to speeders (tagging a player is a speeding ticket -- kids love this; watch them try to speed away!) A ticket penalty can be Walley jumps.
- Let players be the police officer.

- Use colored bibs instead of speaking commands to make sure the players have their heads up while dribbling.

## COACHING POINT(S):

- Dribbling under close control.
- Promotes quick reaction time and balance.
- Decision-making. Anticipation. Listening for verbal cues.



**You Tube** Watch on [youtube.com/calsouthsoccer](http://youtube.com/calsouthsoccer):  
<http://youtu.be/ksLMF3ICInY>

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: THE RIVER**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Set up a "river" using cones. Each player will need a ball.

## ACTIVITY:

Each player stands on the "bank" of the river with a ball. Upon the command, "Go," each one strikes their ball across the river, past the other bank. Upon striking the ball, players are instructed to follow the coach around the river. The coach yells, "There are alligators in the river!!! Don't go through the river!" Players then retrieve their balls and line up on the opposite line. The process repeats.

After striking the ball several times, players are asked, "Can you kick the ball farther if you stand next to it or if you run up to the ball?" Regardless of their responses, players are moved back from the ball. Upon the command, "Go," they should run and kick the ball. After running and striking the ball a few times, players are asked, "Can you kick the ball farther with your laces or your toe?" Ask the players to strike the ball with their laces. Ultimately, players should be running up to the ball and striking it with their laces.

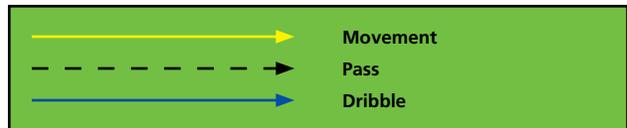
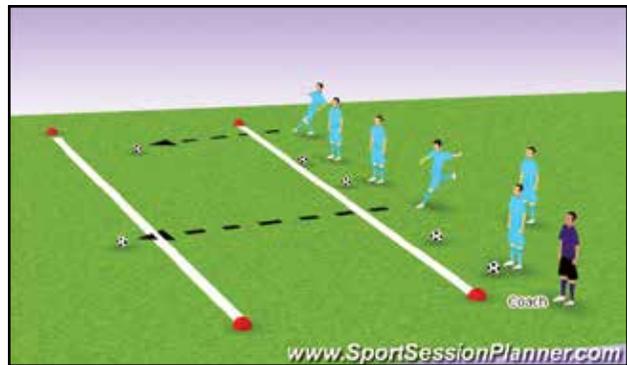
**CAUTION:** Allowing players to run through the river is NOT advised. A player might run through the river and get struck from behind by another player's ball.

## VARIATION(S):

- Striking the ball with the side of the foot. Who can stop the ball closest to the riverbank?

## COACHING POINT(S):

- Proper striking technique (toe down, laces, ankle locked, non-kicking foot, etc.)



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[http://youtu.be/m\\_ZN5Lh3c3E](http://youtu.be/m_ZN5Lh3c3E)

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: COPS AND ROBBERS**

**AGE: U6 TIME: 10 MINUTES**

## ORGANIZATION:

Within a 15x20 yard area, several players are designated as "robbers," with each one possessing a ball. 2 or 3 other players are designated as "cops." The coach sets up 8-10 tall cones ("banks") within the area.

## ACTIVITY:

The robbers will try to knock down the banks with their ball. The cops try to set up all the cones before the banks get robbed. Play multiple rounds so everyone has a chance to be a cop and a robber.

## COACHING POINT(S):

- Proper ball-striking technique.
- Head up to find available cones.
- Proper dribbling technique.



Watch on [youtube.com/calsouthsoccer](http://youtube.com/calsouthsoccer):

<http://youtu.be/aVwFETHJdTO>

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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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<http://youtu.be/7BSrdi1u7fl>

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