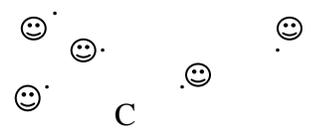
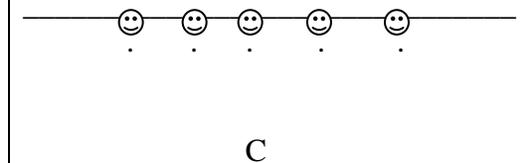
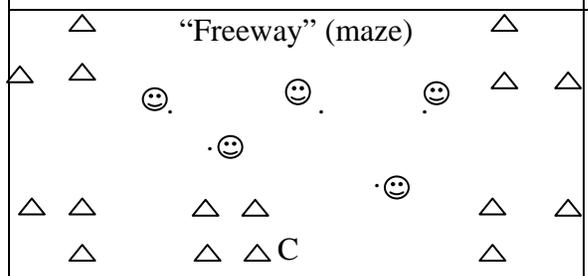
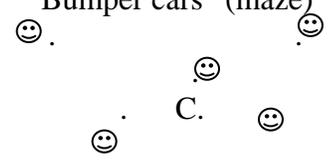


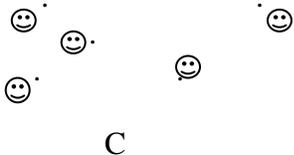
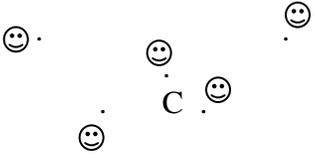
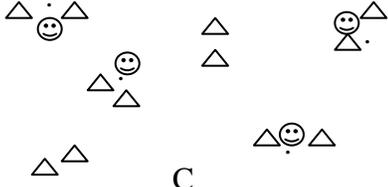
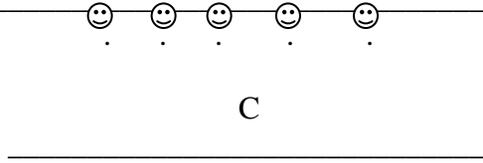
## U6 Activities

### “Become Friends with the Ball”

ACTIVITY	ORGANIZATION/OPTIONS	GUIDING QUESTIONS
<p>“Everybody’s It” (body awareness)</p> 	<p>Tag as many people as you can Same, and try not to get tagged Progress to everyone with a ball</p>	<p>How do we tag someone in a safe way? Instead of running away, what’s another way to move to avoid getting tagged?</p>
<p>“Red Light Green Light” (target)</p> 	<p>Players each with a ball Coach turns back and calls “Green light” Players start dribbling toward Coach’s line Stop ball and freeze when Coach calls “Red” and turns around Send players who are still moving back to start.</p>	<p>What part of your foot can you use to dribble? What part of your foot can you use to stop?</p>
<p>“Freeway” (maze)</p> 	<p>Players choose what kind of car they are Identify various stops along the road; e.g. home, pizzeria, toy store Ball in hands as steering wheel first, then at feet Call out gears or red/yellow/green lights Try to make L/R/U turns, reverse Cars that crash go to body shop for “fixing”</p>	<p>What does your car sound like? Can you stop in all the different places? How can you turn your car around? How can you avoid a crash? Can you do 5 toe taps to get fixed?</p>
<p>“Bumper cars” (maze)</p> 	<p>Coach dribbles ball around and players each with a ball try to hit coaches ball to knock off a piece of the car (fender, bumper, mirror) until the car can’t go anymore. Can start with ball in players’ hands to throw and move to ball at feet for kick.</p>	<p>How can you hit my moving car? How would you get closer to my car before you shoot at it? Can you use a different part of your foot to try to hit my car?</p>

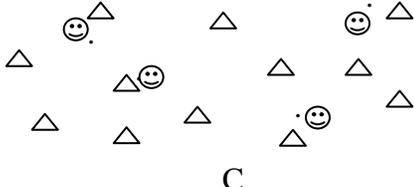
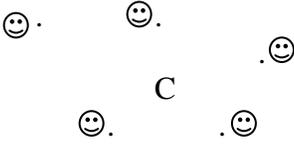
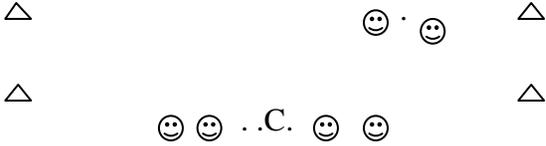
## U6 Activities

### “Become Friends with the Ball”

ACTIVITY	ORGANIZATION/OPTIONS	GUIDING QUESTIONS
<p>“Body Part Dribble” (body awareness)</p> 	<p>Coach calls out body part and players stop ball with that part e.g. foot, knee, elbow, forehead Coach calls stop and players decide how</p>	<p>Can you freeze like a statue with your ball? Can you use a different part to stop your ball?</p>
<p>“Bring it Back” (target)</p> 	<p>Players hand their ball to Coach Coach tosses ball away for player to retrieve - any way player wants to bring it back - with 1 hand, behind back, on top of head, jumping, 3 body parts, no hands, etc. - dribbling with feet Coach can move so players must find him/her</p>	<p>Can you bring it back as fast you can? Can you bring it back a different way? How would your favorite animal bring it back? If I move to a new spot, how will you find me?</p>
<p>“Gates” (maze)</p> 	<p>Move through gates in different ways w/out ball - run, walk, bkwards, skip, jump, etc. Hold ball in one palm while moving thru Dribble thru gates w/out collisions Dribble thru as many as you can Coach moves around to “guard” gates</p>	<p>Who can show another way to move thru gates? How can you keep ball close to your feet? If you got 4 last time can you now get 5?</p>
<p>“Sharks and Minnows” (target)</p> 	<p>Minnows run end-to-end without getting tagged by Shark. If tagged minnows join the shark to tag remaining minnows. Progress to minnows each dribbling a ball (fish food). Sharks try to step on ball to “tag” minnow. Option: Instead of minnows becoming sharks when tagged, they do 5 toe taps on ball.</p>	<p>How can you avoid the shark? How can you keep ball close to your feet?</p>

## U6 Activities

### “Become Friends with the Ball”

ACTIVITY	ORGANIZATION/OPTIONS	GUIDING QUESTIONS
<p style="text-align: center;">“Survivor” (maze)</p> 	<p>Scatter cones or vests all around 20x20 space            Players move in “ocean” in different ways with ball            On “shark” call players hurry to safety on an island            - can call out different colored islands            - can share islands or only 1 at a time            Can play tag-style with a shark in the water</p>	<p>How can you keep ball close to your feet?</p> <p>What to do if someone is occupying an island we want to use? (Share, or say “Excuse me” and they have to leave?)</p>
<p style="text-align: center;">“Can You Try This?” (body awareness)</p> 	<p>Coach or player demonstrates a body and/or ball trick and everyone tries to do it.            e.g. toss/clap/catch, thigh/catch, foot/catch, body control challenges, heel/toe on ball, toe taps, in/out of foot, turns</p>	<p>“Can you TRY this? - not can you DO this?”</p> <p>Who has a trick they’d like to show?</p>
<p style="text-align: center;">“Get Outta Here” (target)</p> 	<p>Coach plays ball in and 1 or 2 players from each line run onto field to play. When Coach yells “Get outta here” players return to end of own line and next players run on to play with new ball from Coach.</p>	<p>Which way are you going?</p> <p>How can you score a goal?</p>
<p style="text-align: center;">3v3 game to small goals (target)</p>	<p>Coach feeds new ball in when it goes out of play</p>	<p>Which way are you going?</p> <p>How can you score a goal?</p>