◈ U6 Activities for Week 10 ◈

Coaches,

This practice is geared for **Possession and Different Dribbling Techniques**.

Can you get our players to try and dribble away from pressure so they don't bump into the person in front of them? Another words turning and cutting the ball just in front of a defender.

Staff Session – 15 min

Coaches Says – 6 min

Alien-n-Space Rangers – 9 min

Monster – 8 min

Scrimmage – 22 min U6 (Give them info on when to dribble and when it's better to pass). (Continue going over the triangle shape)

Age Appropriate: 4-8
Function: Dribbling, Coordination

Equipment:
- Entire team
- One ball per player

Objective: To work on the players' hand/eye coordination.

Description:
➢ Almost like the original Simon Says game, but now its "Coach Says." The coach uses a soccer ball and adds the phrase before each command "Can you…" This game will help work on the player's motor skills in a fun manner for all to enjoy. *For example:* Coach Says can you put your forehead on the ball; Coach Says can you stop the ball; Coach Says can you sit on the ball; Coach Says can you dribble the ball; Coach Says can you put your stomach on the ball…
➢ During the game the coach is also performing the activity to help give visual aid for the players.

Some variations for the game:
1. Shrink or enlarge playing area depending upon success
2. Let each player call out a "Coach Says"
3. See if you can trick them in doing something Coach didn't say

20yds

25yds.
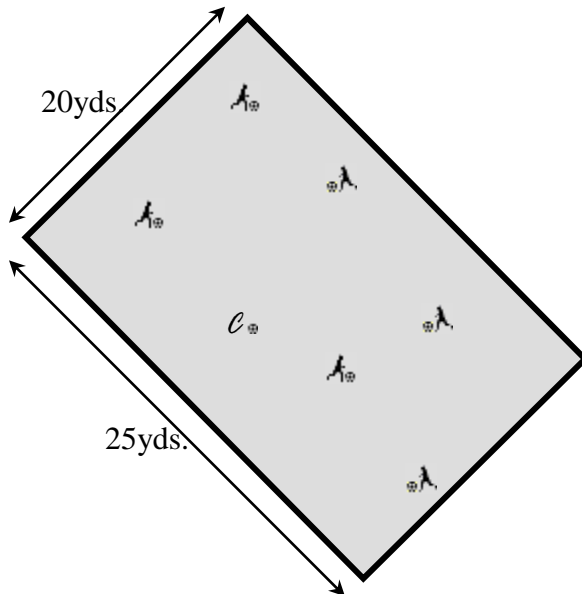
Key Points for game success!

- Coach is performing in the activity.

- Coach is creative with commands.

- Coach uses an enthusiastic tone.

Coaching Points:
- Mechanics on stopping ball
- Mechanics on dribbling ball
- Lots of movement and experimenting with the ball

◈ U6 Activities for Week 10 ◈
Alien & Space Rangers

Age Appropriate: 4-10
Function: Dribbling & Shielding

Equipment
- Entire team
- All but one player needs a ball
- 4 cones

Objective: Not to lose possession of your ball.

Description:
➢ All players need to stay inside the space ship (grid). All players but one are "Space Rangers" and need a ball. The player without a ball is the "Alien." The objective is for the Alien to take the ball away from a Space Ranger. When this occurs, they switch roles. The Space Ranger becomes the Alien and tries to find another ball to steal and dribble, while the Alien becomes the Space Ranger and continues to dribble. This game will last for 2-3 minutes to see who the last Alien is.

Some variations for the game:
1. Shrink or enlarge playing area depending upon success
2. Have 2 or more Aliens
3. Switch roles and let only one or two Aliens have a ball

O = Alien

20yds.

25yds.

O
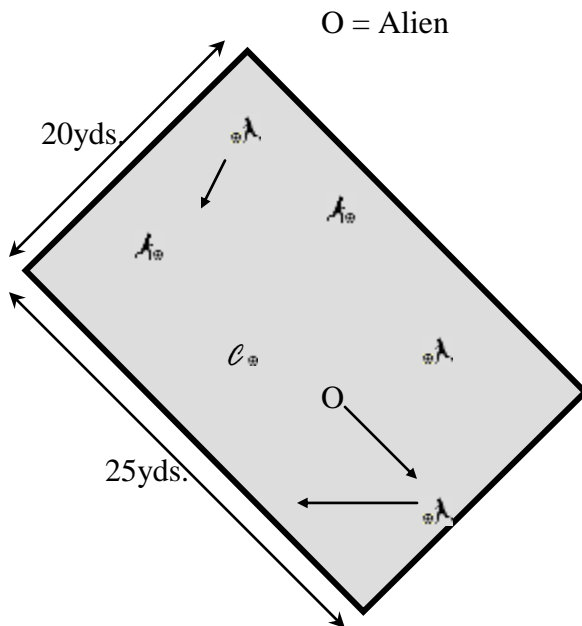
Key Points for game success!

- Keep instructing players on what they should be doing.
- Coach may start as first alien to get things going.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:
- Dribbling under control
- Using all foot surfaces to control the ball
- Proper shielding performed

◈ U6 Activities for Week 10 ◈
Monster

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Age Appropriate: 4-8
Function: Dribbling

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Equipment:
- Entire team
- One ball per player
- 4 cones

Objective: Not to get caught by the Monster (Coach).

Description:
➢ The coach pretends to be a big monster. Kids are to avoid the monster while staying in the cave (grid). If the monster gets a ball, he kicks it away from the player and the player must retrieve it before continued play.

Some variations for the game:
1. Shrink or enlarge playing area depending upon success
2. Monster dribbles ball till player takes the ball back
3. Have two monsters
4. Add a safe haven for players to go but must leave in 3 seconds

20yds.

25yds.
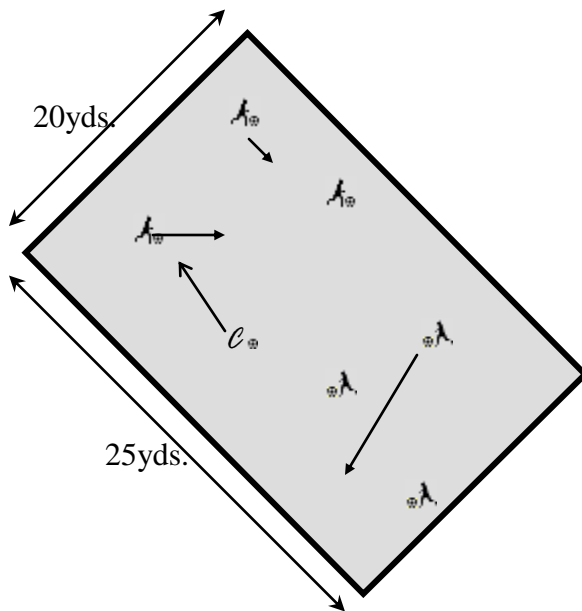
Key Points for game success!

- Coach, be easy and don't take everyone's ball too fast.

- Be careful not to scare players.

- Help instruct players as you chase.

- Coach is performing in the activity.

- Coaches use an enthusiastic tone.

Coaching Points:
- Dribbling with control
- Change of directions
- Speed of dribbling