

## ◆ U6 Activities ◆

Coaches,

This practice is geared towards learning the correct way of dribbling as well as space awareness. The games (activities) are set to help the player understand what open space is and how to recognize it.

Club demo on dribbling techniques – 15 min

Red light green light – 8 min

Elephant toss – 6 min

Scrimmage – 16 min (learning spacing and how to dribble away from pressure and go to goal) Use the KINS for your scrimmage

◆ U6 Activities ◆  
**Red Light, Green Light**

**Age Appropriate: 4-8**  
**Function: Dribbling**

**Equipment:**

- Entire team
- One ball per player
- 4 cones

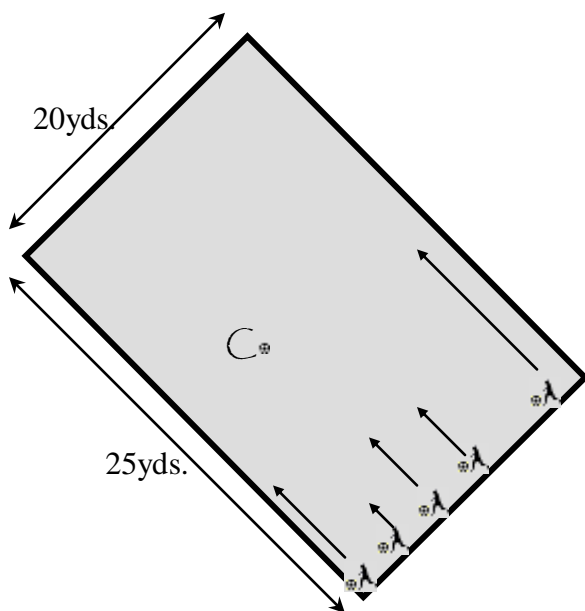
**Objective:** To get to the other side first.

**Description:**

- Just like the original game. Have the player's stand on one line of the street (grid). Inform the players that "Red light" means stop and "Green light" means go. The coach is the facilitator "Traffic Light." The players are to try to get to the other side first.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have adults on the other side to help motivate them
3. Let the winner become the Traffic Light
4. All players dribble around until Red Light gets called



**Key Points for game success!**

- Make sure they know how to stop a ball.
- Try to trick them on Red or Green.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Control of ball
- Stopping technique
- Quickness of restarts

◆ U6 Activities ◆  
Elephant Toss

Age Appropriate: 5-8  
Function: Dribbling

**Equipment:**

- Entire team
- One ball per player

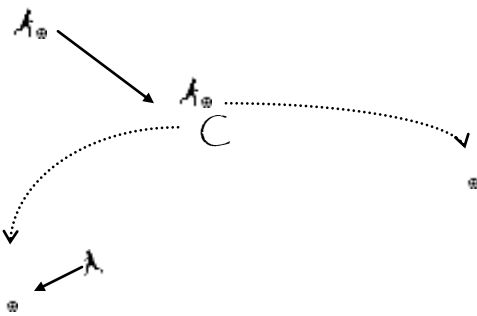
**Objective:** To toss the ball out for the player to retrieve it.

**Description:**

- All players are to dribble their ball to the coach. The coach will then toss the balls about 15-20 yards away in all different directions. The players are to go and dribble the ball back as fast as possible for another toss.

**Some variations for the game:**

1. Have the players dribble with only their right or left foot
2. Pair players with one ball between them. The pair race after the ball to see who can return it
3. The coach can toss the ball between legs, overhead or try to fake toss to one direction then toss to another



**Key Points for game success!**

- Change the return variations every 2 minutes.
- Keep instructing players on what they should be doing.
- Try to give each player a variation in toss and direction.
- Coach is performing in the activity.
- Be creative in tossing the ball.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Controlling the ball while dribbling