

(U6) --- Week 1

Activity 1	Activity Description	Time
	<p><u>Body Part Dribble:</u> All players dribbling a soccer ball inside the practice area. Coach calls out a body part and the players must immediately put that body part on the ball.</p> <p>Coach: After a few turns call a couple of different body parts back to back. Keep it fun!</p>	<p>12 minutes</p>
	<p><u>Body Meet Cone:</u> All players dribbling a soccer ball without hitting the cones. When a coach yells out a body part (elbow!knee!) players must run to a cone and put that body part on the cone .</p> <p>Coach: Call out various body parts. Players return to their ball and continue dribbling until they hear next body part.</p>	<p>12 minutes</p>
	<p><u>Name Game:</u> Half of the players with a ball and half without. Players with the ball dribble inside the practice area. Players without the ball start by sitting down. Coach calls “switch” & players with the ball dribble to a player without the ball and exchange names and the ball.</p> <p>Coach: Call switch every few seconds. Players without the ball can start on their stomachs, etc.</p>	<p>12 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
	<p><u>Name Calling:</u> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (20yds X 20yds).</p> <p>Coach: Anytime a goal is scored everyone must call out that players name. If the ball goes out of bounds, the player kicking it in must call out a teammates.</p>	<p>20 minutes</p>
	<p>Activity Description</p>	
<p>Teach the soccer ready position</p>	<p>Foot on the ball looking at the coach for instructions</p>	