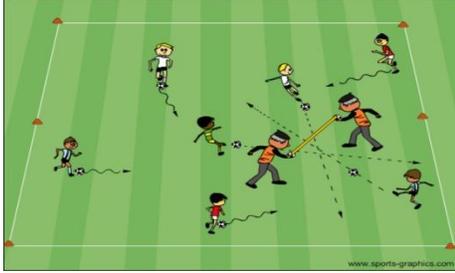


(U6) --- Week 3

Activity 1	Continue to practice soccer ready position and toe touches for the first few minutes of practice Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	6 minutes
Activity 2	Activity Description	Time
	<p>Find The Treasure:</p> <p>Players with a ball start in a designated area as a group. On the coaches command players dribble the ball inside the playing area & look under each cone trying to find the hidden treasure. Players who find the treasure must dribble back to starting area with treasure and they get to hide it for the next game.</p> <p>Coach: Treasure can be water bottle, pinny, etc.</p>	6 minutes
Activity 3	Activity Description	Time
	<p>Ball Tag:</p> <p>All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	6 minutes
Activity 4	Activity Description	Time
	<p>Moving Goal:</p> <p>All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p>Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	6 minutes
Scrimmage	Activity Description	Time
3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.	25 minutes