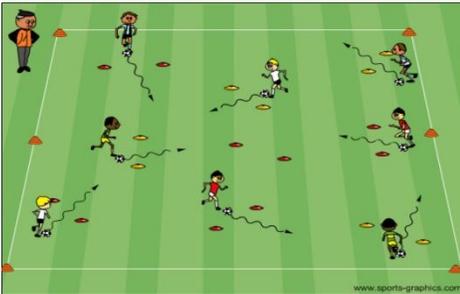


(U6) --- Week 5

Activity 1	Activity Description	Time
	<p><u>Musical Cones:</u> Players dribble their ball inside the playing area. On the coaches command they must dribble to a cone & get in the soccer ready position. Player who is last and does not have a cone does 5 toe touches and a new game begins.</p> <p>Coach: there should be one less cone than there are players. Just like musical chairs. If you can, bring music & when the music stops they must dribble to a cone.</p>	<p>6 minutes</p>
	<p><u>Gate Dribbling:</u> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p>6 minutes</p>
	<p><u>Ouch:</u> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit the coaches feet with their soccer ball. Players should keep count of how many times they hit the coach.</p> <p>Version 2: If the players hit the coach 5 times the coach has to do 5 pushups or jumping jacks.</p>	<p>6 minutes</p>
	<p><u>Catching Robbers:</u> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>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.</p>	<p>25 minutes</p>