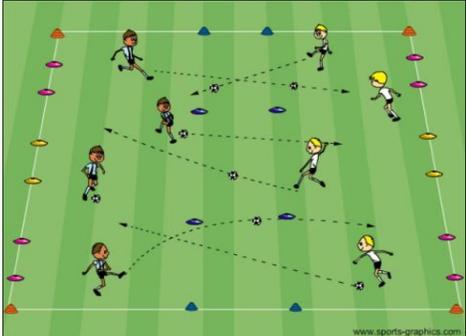


# (U6) --- Week 9

Activity 1	Activity Description	Time
	<p><b><u>Kangaroo Jack:</u></b> In a 15x20 yard grid two or three player are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p><b>6 minutes</b></p>
	<p><b><u>Clean Your Backyard:</u></b> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (<b>the buffer zone</b>) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals. <b>Coach:</b> Allow players to enter the buffer zone to retrieve any ball that has stopped in there. <b>Version 2:</b> Allow teams to defend the goals using their hands.</p>	<p><b>6 minutes</b></p>
	<p><b><u>Shrek/Spiderman/Sponge Bob:</u></b> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers. <b>Coach:</b> Make sure all players have a chance to be a Shrek.</p>	<p><b>6 minutes</b></p>
	<p><b><u>Cops and Robbers:</u></b> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. <b>Variation 2:</b> If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></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><b>25 minutes</b></p>