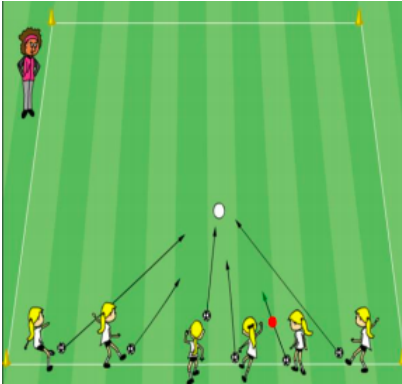



U6 Week 2 Practice #1

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
---------------	-------------	---------	-----------------

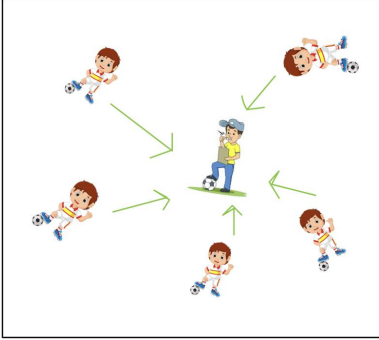
Warm Up (5 minutes)

<p>Soccer Marbles</p>	<ol style="list-style-type: none"> Use a larger ball as the target. Each child has a ball. Passing the ball, try to hit the bigger ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the larger ball out of the grid. 	 <p>The diagram shows a green rectangular field with a white ball in the center. A girl in a pink shirt stands at the top left corner. Several children in yellow shirts are positioned around the bottom and sides of the field. Arrows point from the children's balls towards the central white ball, indicating the goal of the activity.</p>	<p>This warm up game is an individual competition. It will help with accuracy and introduce the difference between a kick and a pass.</p>
-----------------------	---	--	---

Activity Name (10 minutes)

<p>Soccer Tag</p>	<ol style="list-style-type: none"> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. Have players keep track of their own tags. Have them do three rounds of 3 minutes. 	 <p>The diagram shows a green rectangular field with several children in various colored shirts (orange, green, yellow) scattered across it. Each child is holding a soccer ball, and their body positions suggest they are in motion, consistent with the activity description.</p>	<p>Technique: This activity will help with player awareness and ball control.</p>
-------------------	--	---	---

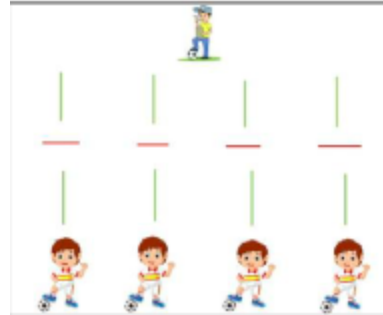
Activity Name (10 minutes)

<p>Bumper Cars</p>	<ol style="list-style-type: none">1. Make sure each player has a ball along with yourself.2. You will move a ball around, while the players try to kick their ball at yours and knock something off the coach's car i.e. one tire, fender etc. let them keep going until the car can't go anymore.	 An illustration showing a central figure representing a coach in a car, wearing a blue cap and a yellow shirt. Five children, each holding a soccer ball, are positioned around the coach. Green arrows point from each child towards the coach, indicating the direction of the activity.	<p>Technique: This activity will help players with timing and ball control.</p>
--------------------	---	--	---

Activity Name (15 minutes)

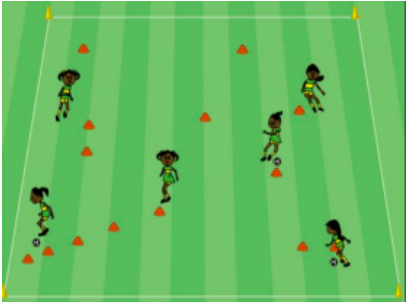
Red Light, Green Light

1. Have all players line up on the end line, each one with a ball.
2. Explain to the players the rules: Red light means stop, green light means go.
3. There will be three rounds: Round 1 the players will not use a ball and they will just play to give them a chance to understand the game. Round 2 the players will pick up the ball and play while holding it. In round 3 the players will attempt to dribble the ball.
4. Repeat each round 3 times.

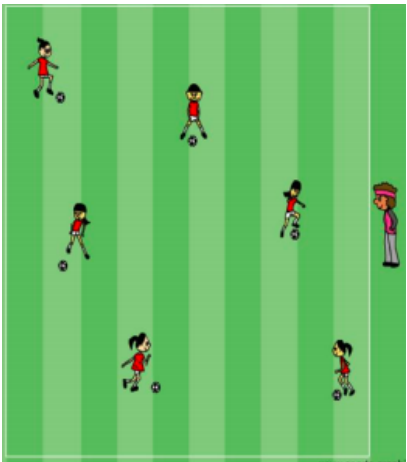


Psychology: This activity will help with players listening skills and improve their ball control.


U6 Week 2 Practice #2

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
Warm Up (10 minutes)			
Random Cones	1. Weave in and out of the cones. First without the ball, second with the ball (dribbling).		Keeping the players healthy and warming up their muscles should be the goal to help avoid injury. This warm up will also help with: Agility, body control and dribbling

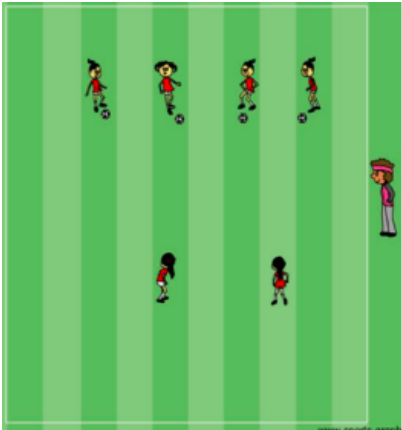
Activity Name (10 minutes)

<p>Goofy Stop and Go</p>	<p>1. Same set up as picture → . All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>		<p>During this activity ask the kids to use different parts of their foot to dribble and stop the ball.</p>
--------------------------	--	---	---

Activity Name (10 minutes)

<p>Shadow Dribble</p>	<p>1. The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. 2. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises..</p>		<p>This activity will enhance dribbling and movement. Show the kids dribbling skills that will help them move away from defenders and moves that will create scoring opportunities.</p>
-----------------------	---	--	---

Activity Name (15 minutes)

<p>Sharks and Minnows</p>	<ol style="list-style-type: none">1. Explain to the kids that the minnows are the players with a ball and the sharks are the kids without the ball.2. Line up the minnows on the end line and have two players be the designated sharks. The sharks will be positioned on the inside of the grid without balls.3. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.		<p>This activity will teach the players: Dribbling under pressure; decision making; change of speed; change of direction; defending. This is also an inclusive game...the players are either dribbling a ball or trying to get one back.</p> <p>As the kids get more familiar with the game level of intensity will increase.</p>
---------------------------	--	---	---