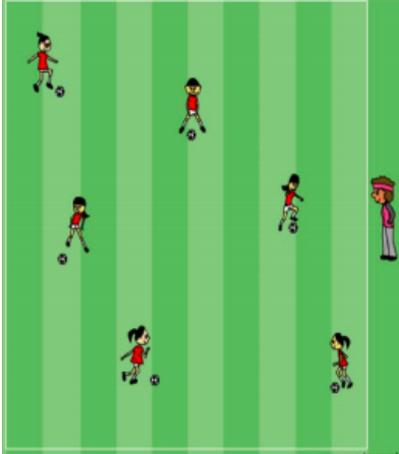


U6 Practice

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>
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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>
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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>
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