

◆ U6 Activities for Week 7 ◆

Coaches,

Here is the practice plan for week 7. Let's continue to **show the players to Stay Spread Out enough so players have Room to Dribble away from opponents as well as get some passes in.**

Week 7,.....

Staff Session – 15 min

Red Light Green Light – 7 min

Sharks-n- Minnows – 8 min

Elephant Toss – 8 min

Scrimmage 3v3 – 22 min (Show the triangle shape and always have a support player behind the ball).

◆ U6 Activities for Week 7 ◆  
**Red Light, Green Light**

**Age Appropriate: 4-8**  
**Function: Dribbling**

**Equipment:**

- Entire team
- One ball per player
- 4 cones

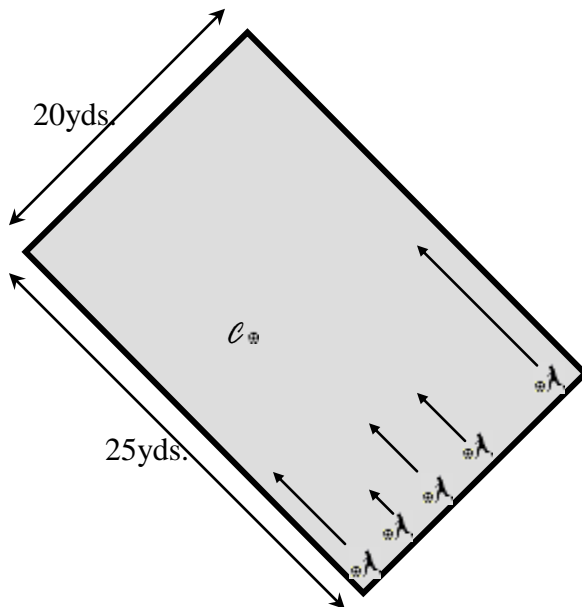
**Objective:** To get to the other side first.

**Description:**

- Just like the original game. Have the player's stand on one line of the street (grid). Inform the players that "Red light" means stop and "Green light" means go. The coach is the facilitator "Traffic Light." The players are to try to get to the other side first.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have adults on the other side to help motivate them
3. Let the winner become the Traffic Light
4. All players dribble around until Red Light gets called



**Key Points for game success!**

- Make sure they know how to stop a ball.
- Try to trick them on Red or Green.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Control of ball
- Stopping technique
- Quickness of restarts

◆ U6 Activities for Week 7 ◆  
Sharks & Minnows

Age Appropriate: 4-8  
Function: Dribbling

**Equipment:**

- Entire team
- One ball per player
- 4 cones

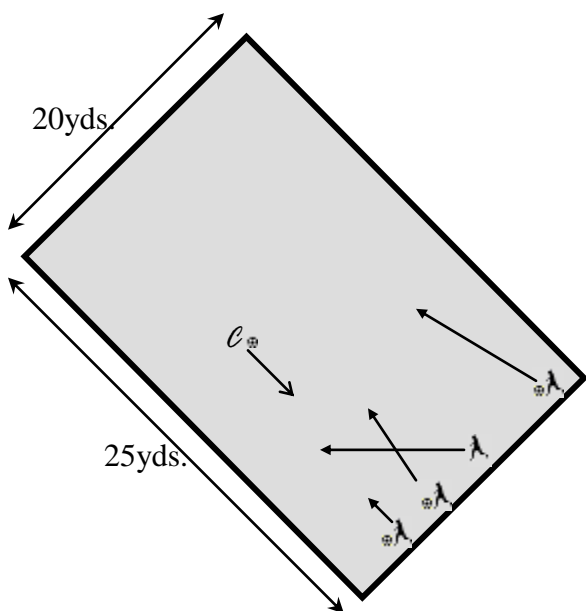
**Objective:** To get to the other side without losing your ball.

**Description:**

- Have the players stand on a line with a ball. Have one player be a shark (without a ball), and the rest of the players are minnows (with a ball). The object is for all the minnows to reach the other side of the grid without the shark stealing the ball. If the ball is stolen, then they become a shark. This goes on until all minnows become sharks.
- The last minnow becomes the shark for the next game.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. All minnows dribble around until a shark gets their ball
3. One shark only



**Key Points for game success!**

- Quick and clear instructions
- Might want to play without a ball for the first game.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Control of dribbling
- Avoid defender by going to open space
- Change of speed and direction
- Stopping ball

◆ U6 Activities for Week 7 ◆  
Elephant Toss

Age Appropriate: 5-8  
Function: Dribbling

**Equipment:**

- Entire team
- One ball per player

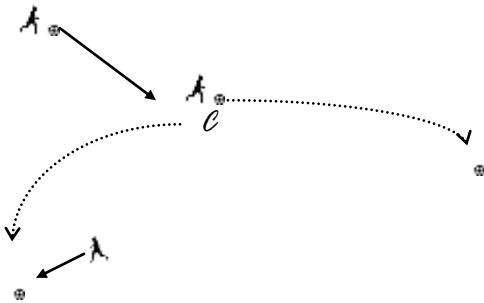
**Objective:** To toss the ball out for the player to retrieve it.

**Description:**

- All players are to dribble their ball to the coach. The coach will then toss the balls about 15-20 yards away in all different directions. The players are to go and dribble the ball back as fast as possible for another toss.

**Some variations for the game:**

1. Have the players dribble with only their right or left foot
2. Pair players with one ball between them. The pair race after the ball to see who can return it
3. The coach can toss the ball between legs, overhead or try to fake toss to one direction then toss to another



**Key Points for game success!**

- Change the return variations every 2 minutes.
- Keep instructing players on what they should be doing.
- Try to give each player a variation in toss and direction.
- Coach is performing in the activity.
- Be creative in tossing the ball.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Controlling the ball while dribbling