

◆ U6 Activities for Week 1 ◆

Coaches,

Here is the practice plan for **Week 1**. This week is geared towards learning the **Correct Way of Dribbling as well as general Space Awareness**.

The games (activities) are set to help the player understand what open space is and how to recognize it.

Club demo on dribbling techniques – 15 min

Sharks and Minnows – 8 min

Can You Do What I Do – 6 min

Scrimmage – 16 min (introduce the game and play 3v3 and KINS. Work on control rather than toe ball. Have them dribble)

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Sharks & Minnows

Age Appropriate: 4-8
Function: Dribbling

Equipment:

- Entire team
- One ball per player
- 4 cones

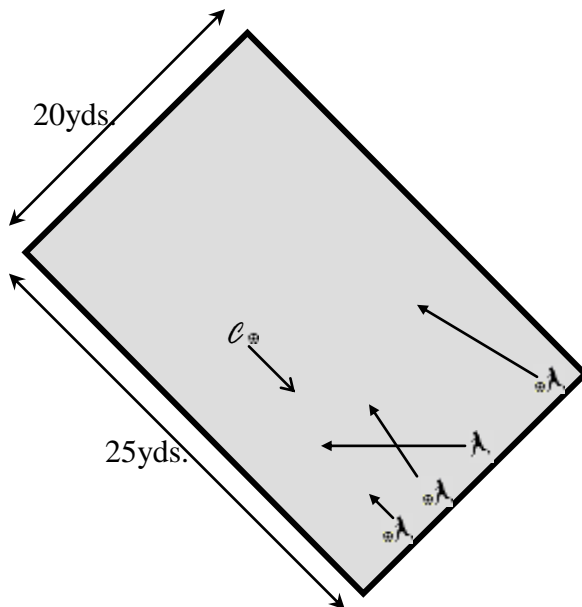
Objective: To get to the other side without losing your ball.

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

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Can You Do What I Do

Age Appropriate: 4-6
Function: Coordination

Equipment:

- Entire team
- One ball per player

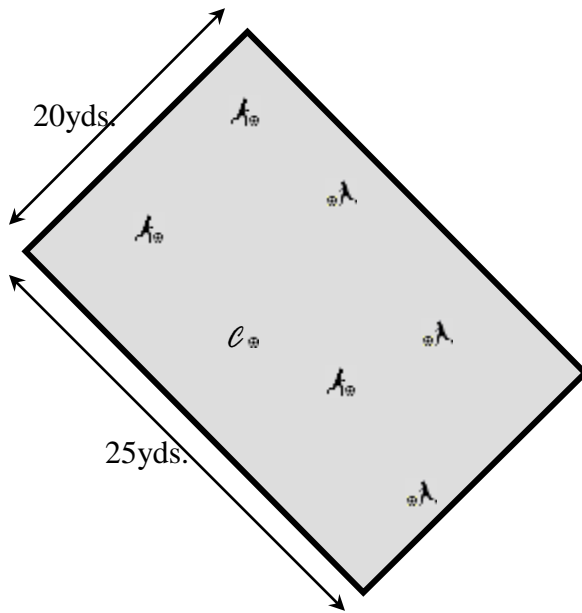
Objective: To see if the player can do what coach does.

Description:

- This works on the player's motor skills. Have the players spread out, but make sure you can see them all. Always use the phrase "Can you..."
- *Examples:* Can you throw the ball in the air and catch it? Can you throw the ball in the air and clap once or twice before catching it? Can you move the ball around your waist? Can you make a figure eight pattern on the ground with the ball (between legs)? Can you dribble? Can you stop...
- Be creative in what you are doing.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Do more soccer related skills. *For example:* passing, shooting, turning, moves...
3. Have each player come up with something



Key Points for game success!

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

Coaching Points:

- Using hand/eye coordination
- Movement with the ball
- All players engaged in the activity