

◆ U6 Activities for Week 4 ◆

Coaches,

Here is the practice plan for the week 4. We would like to get into **Basic Passing Techniques and Stop the Toe Ball Tendencies**.

Staff session – 15 min

Can you do what I do (with a partner so they can pass) – 9 min

Changing of the guard – 9 min

Burglar – 8 min

Scrimmage 3v3 – 19 min (Make 1-2 passes before shooting on goal and all team players must be 5 feet apart on offense).

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Can You Do What I Do

Age Appropriate: 4-6
Function: Coordination

Equipment:

- Entire team
- One ball per player

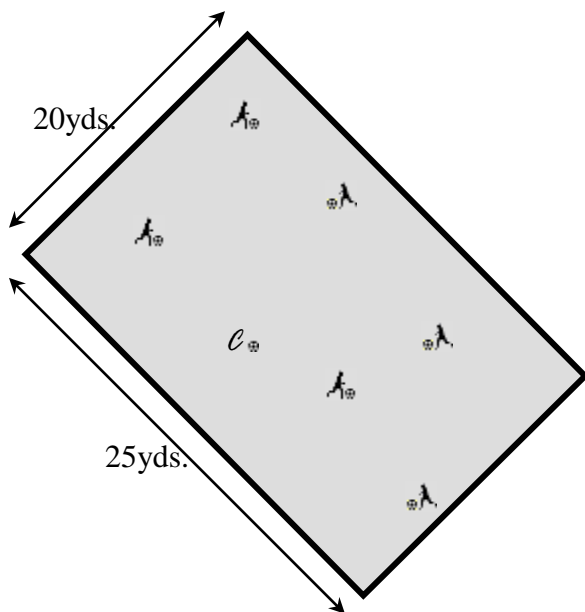
Objective: To see if the player can do what coach does.

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

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Exercise 2

Function: Passing

Equipment:

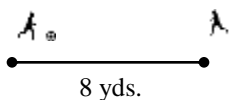
- Entire team
- One ball per player

Description:

1. Divide players into pairs with one ball between them. Have them pass 5 yards away to start with.
2. Move the players to 8-10 yards away from each other with continuous passing.
3. Move the players to 3 yards away with continuous passing.
4. Switch between steps 2 and 3 every 30 seconds. (You can also see which group can complete the most passes in 10 seconds)
5. Players are to receive, control and pass all within 2 touches.
6. Players are allowed only 1 touch to receive and pass the ball back.

Focus On:

- Toe up, heel down when passing and receiving a ball
- Taking at least one step into the ball before passing
- Passing with the instep and inside of foot. (Vary between the two)



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Changing of the Guard

Age Appropriate: 4-8
Function: Dribbling & Shielding

Equipment:

- Entire team
- One ball per player
- 4 cones

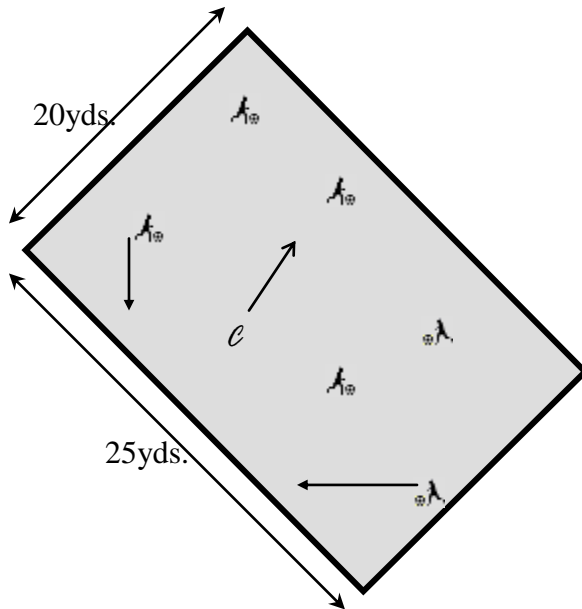
Objective: Not to let coach steal my ball.

Description:

- All players are dribbling around on the court (grid). When the coach says “change,” all players must stop their ball and find another ball to dribble. Throughout the game the coach tries to take the ball away from the players. The player must guard the ball he is dribbling and not let the coach take it. If the ball is taken, then the player must recover the ball.
- The coach dribbles a stolen ball till the player recovers it.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have more than one coach trying to get the balls
3. Have one or two players be the person who is trying to take the ball away from the other players



Key Points for game success!

- Don't wait too long for players to switch balls.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Technique on shielding & dribbling
- How to steal a ball from an opponent

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Burglar

Age Appropriate: 5-10

Function: Dribbling & Pull Backs

Equipment:

- Entire team
- One ball per player
- 4 cones

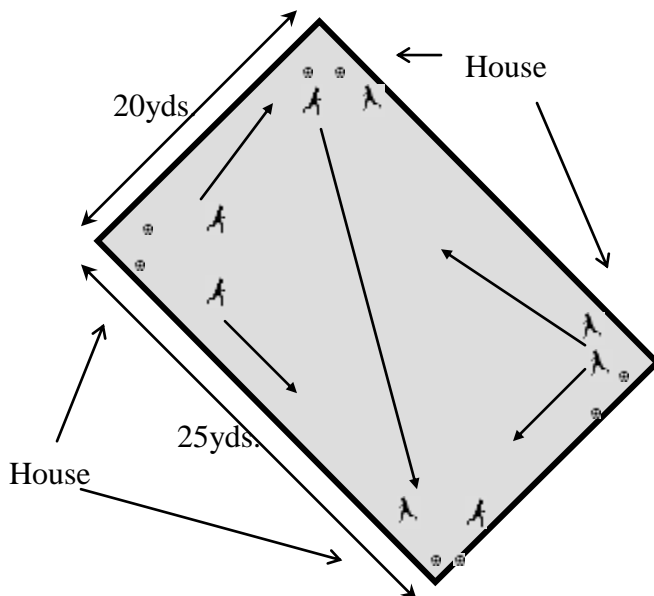
Objective: To collect as many balls as possible.

Description:

- Divide players into 4 even groups, placing one group on each corner of the rectangle. Evenly distribute the balls to each group. The objective is for the players to steal a ball (1 ball at a time) from another group and bring it back to their cone (house). None of the players in the first game can prevent or shield the ball from being stolen. At the end of 30 seconds, whichever group has the most balls at their house is the winner.
- In the second game you may have one teammate stay behind and defend their house.
- In the third game let it be known that anything goes. *For Example:* You may steal as many balls as you can dribble, pass back to the house, or steal a ball when someone else is dribbling it. Again, whichever team has the most balls at the end of the time wins.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Players can only dribble or pass balls back to their house
3. You may steal the ball from the actual robber during the burglary



Key Points for game success!

- Give a countdown when near 30 seconds.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

Coaching Points:

- Proper shielding technique is used
- Quickness of pullbacks are done
- Communication among teammates

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Passing

Passing is the art of manipulating the ball to a specific area of choice. There is a variety of possible passing styles (*For examples:* push pass, instep, volleys, chipping, outside of foot pass, etc).

Push Pass:

A push pass is the most basic of all passes. In this pass, a player uses the inside of his foot to strike the ball. Because it is the most basic, it is the easiest way for a player to learn to kick a ball with control.



Fundamentals in Push Passes (Inside of foot pass):

- You should approach the ball from an angle, as this will help you gain accuracy.
- The plant foot (foot not striking the ball) will step right next to the ball. This foot will point in the direction the ball will go. This is because the body will swing and get in alignment with the foot's position.
- The striking foot will open up and will make contact in the middle of the ball with the middle of the inside of the foot. Toes up/heal down approach is used when making contact with the ball.
- Follow through the kick straight through the ball.

5 Basic Fundamental Steps

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

Helpful Hints:

- Generally the further back the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

Always Tips:

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.