

◆ U6 Activities for Week 6 ◆

Coaches,

Here is the practice plan for week 6. We would like to review **Basic Passing Techniques and STOPPING the Toe-ball Tendencies.**

Week 6,.....

Staff session – 15 min

Treasure Hunt – 8 min

Caught Red Handed – 8 min.....Coach starts off being the first tagger to help set tone

Maze (**passing phase**) – 8 min

Scrimmage – 21 min.....Make 1 or 2 passes before shooting on goal.

Continue on spreading out players on offense.

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Treasure Hunt

**Age Appropriate: 4-18**  
**Function: Dribbling & Passing**

**Equipment:**

- Entire team
- One ball per player
- 7 cones

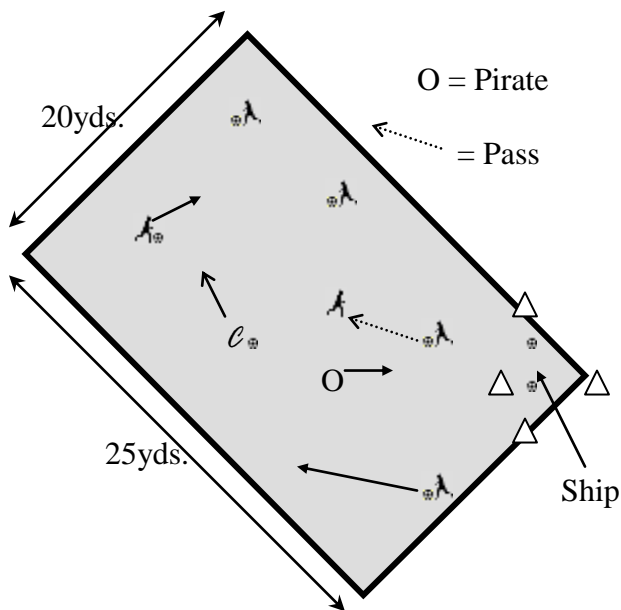
**Objective:** Work as a team to maintain possession of the balls.

**Description:**

- All players but one are dribbling their balls in a designated area. One “Pirate” without a ball is trying to collect as many balls as possible and take them back to the ship. When a player has lost his ball he may help out his team by supporting and being open to be passed too (2v1, 3v1 combination). When all the balls are on the ship the game is over.
- Last person with possession of a ball becomes the next Pirate.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have 2 Pirates
3. After every 30 seconds, a ball is played back in from the ship
4. Split up the group into two teams; half collecting the other half passing for possession. The team with best time wins



**Key Points for game success!**

- Keep instructing players on what they should be doing.
- Help guide Pirate(s) on where they should go.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Willingness to pass
- Technique of passing
- Dribbling to open space

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Caught Red Handed

Age Appropriate: 5-8  
Function: Dribbling & Passing

**Equipment:**

- Entire team
- One ball per player
- 1 vest
- 4 cones

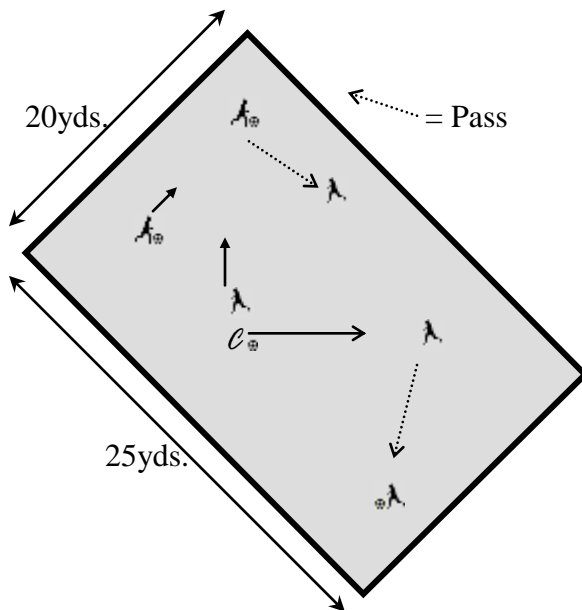
**Objective:** Not to have possession of the ball when coach is near (Keep away from Coach).

**Description:**

- Divide all players into pairs with one ball between them. The objective is for the pairs to pass and move in the kitchen grid. The coach is moving around tagging players with possession of the ball.
- A player can't be tagged if they don't have possession of a ball.
- Players may only pass to their partner.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have more than one person tag players
3. If tagged, players must do 5 jumping jacks and start playing again



**Key Points for game success!**

- Keep instructing players on what they should be doing.
- Give players a chance to pass before tagging them.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Technique of passing and receiving

## ◆ U6 Activities for Week 6 ◆

### Maze

Age Appropriate: 4-18

Function: Dribbling, Passing and Coordination

#### Equipment:

- Entire team
- One ball per player
- 18+ cones

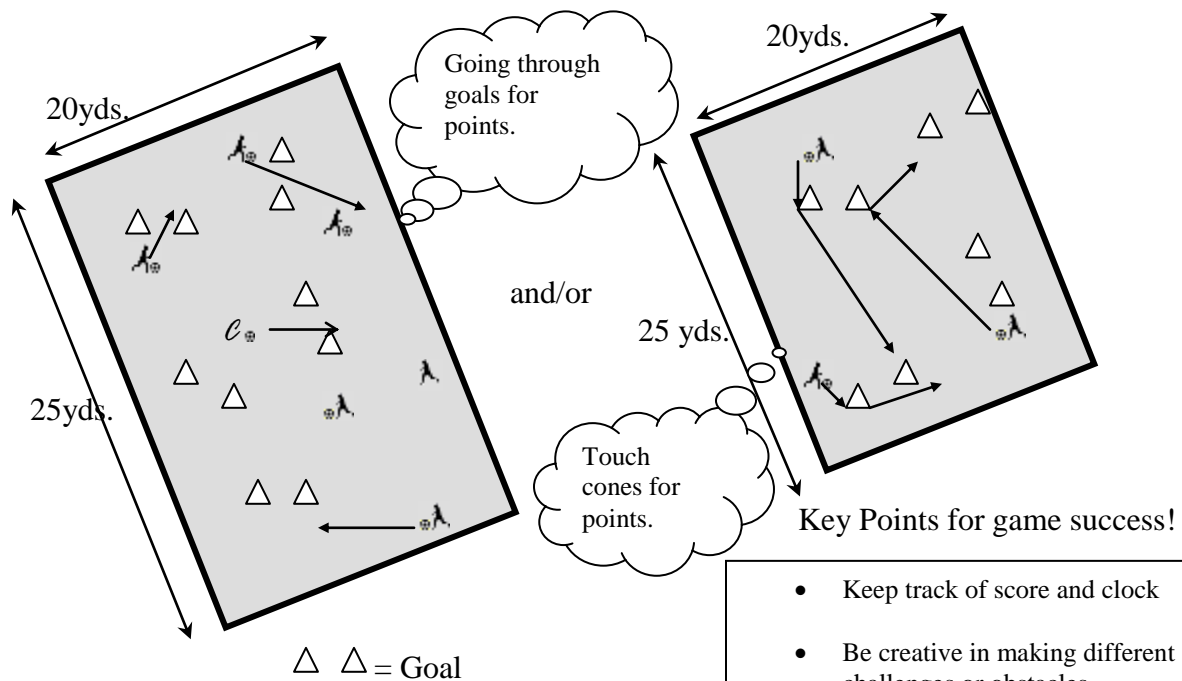
**Objective:** To be as quick and accurate as possible.

#### Description:

- The Maze set-up will enable you to work on multiple skills. First, look at the picture below for a better understanding. With this set-up you can have the players touch as many targets (cones) as possible with a ball in 30 seconds; dribble through as many goals in 30 seconds; dribble around as many targets as possible in 30 seconds; pass through goals (cones) to a partner within 30 seconds...

#### Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Make a wall pass between goals; dribble a figure eight between cones; go through a goal then perform a pull back to go back through the same goal
3. Add or take away goal to make a more challenging course
4. Be creative. The list of training activities are endless



#### Coaching Points:

- Control of dribbling
- Sense of awareness
- Quickness of touches and directional change
- Quality and accuracy of passes between goals
- Communication between players

- Keep track of score and clock
- Be creative in making different challenges or obstacles.
- Challenge them to go as fast as they can.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

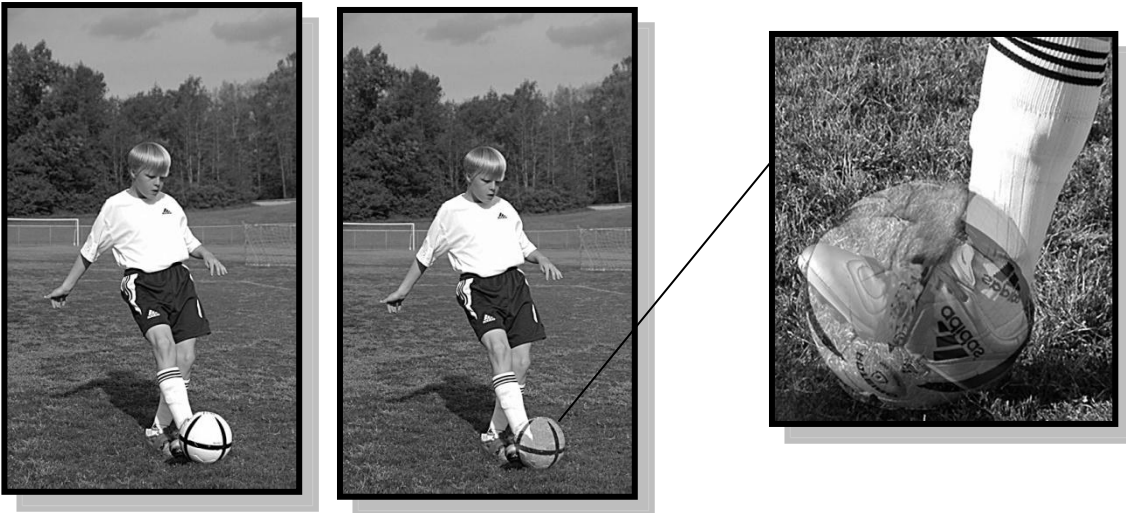
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### Passing

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.