

Warm-Up
"I Can Do-Can U?"

LESSON PLAN: U6 COORDINATION

Listening
Coordination
Balance
Creativity

Players are all inside a little area. Coach starts off by saying "I can do something without a ball-can u?". Then the coach performs a simple motion like hopping on one foot, walking and clapping hands in front and behind, walking and clamping hands between legs.

Then the coach says , "I can do something with a ball can you?"

The coach then asks the group "Who can show us something we can all try with a ball?"



1st Activity "Shapes"

All players are in a grid. They dribble the ball around inside the grid. A coach will yell a shape. When a shape is called, dribble the ball and "paint" the shape.

So, if circle is called they have to dribble the ball around in a circle. Call triangles, diamonds, McDonald's arch, etc. Let them come up with their own shapes while dribbling a ball.

"What parts of the feet can we use to move the ball?" (outside, inside)



2nd Activity

3v3 endline soccer

Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field.

A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield. Coaches can serve more than two balls to spread out the groups and abilities.



Coaches can serve more than two balls to spread out the groups and abilities.

Game 3v3 Game

Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated goal. Balls are served in one at a time by the coach who is positioned outside the field at midfield. After a bit, tell them that "The boss is taking a break" and have them do their own kick-ins.



US YOUTH SOCCER

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LESSON PLAN: "U6 DRIBBLING WITH HEAD UP"

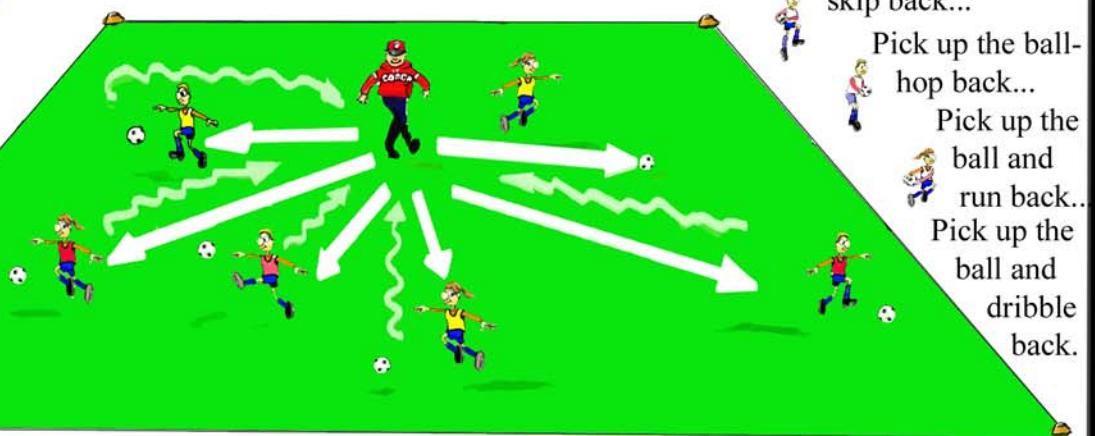
WARM UP: RETREIVAL ACTIVITY

Each player gives their ball to the coach. The coach tosses a ball out for each player to collect and bring back.

PURPOSE/COACHING POINTS:

- *INTRODUCTION TO DRIBBLING.
- *COORDINATION AND BALANCE.

PLAYERS MUST DRIBBLE WITH HEAD UP!!!



2ND ACTIVITY: MAZE GAME/RED LIGHT-GREEN LIGHT

All players are in a grid. When the coach says, "Green", players dribble their ball. When the coach says, "Red", players stop the ball with the bottom of their foot.

GUIDED DISCOVERY QUESTIONS:

- *WHAT PARTS OF YOUR FOOT CAN YOU USE TO DRIBBLE?
- *WHERE SHOULD YOUR HEAD BE WHEN NO ONE IS TRYING TO TAKE THE BALL FROM YOU???



Progress to a coach holding a colored cone or t-shirt. The coach now doesn't say anything, simply raises the item up for the players to see...

COACHING POINT:
KEEP THE BALL CLOSE...

3RD ACTIVITY: DIRECTION GAME

"Traffic" All players on the goal line. They must dribble from one line to the other. The coach calls, "Red" or "Green". Players dribble on "Green" and stop on "Red". If the ball is not stopped, then that player goes back even with the last player. Cones are spread around the area as "Pot-holes".

GUIDED DISCOVERY QUESTIONS:

- HOW FAR SHOULD THE BALL BE AWAY FROM YOU?
WHY DO YOU WANT TO AVOID A POT-HOLE???



Again, progress to a coach holding a colored cone or t-shirt. The players now look up and react to the coach's instruction and avoid pot-holes.

4TH ACTIVITY: 3V3 GAME-NO GK'S

Encourage players to be brave with the ball!



3v3 is really 1 against 5 at U6



US LESSON PLAN: DRIBBLING (GETTING away)

Warm-Up

"School of Fish"

All players in the middle without a ball.

"How can you change direction without the ball?"
(plant your feet and turn your body)
"How can you change direction with the ball?"
(same as above)

Four people that may be coaches and/or parents each go on a side of the square.

The parent, coaches or helpers take turns raising their arms.

The players are instructed to run towards the arm that is up.



2nd Activity

"Stinger Tag"

Every player has a ball. The coach has a "pool noodle" in his/her hand. The players have to dribble around and avoid a "stinger" (pool noodle) touch their ball.

"How do you keep your ball from being stung"?
(turn away from the stinger)
"If your ball is too far away from your foot, can the coach sting your ball too"? (yes)

If their ball gets touched they are frozen. They can be unfrozen when a parent helper touches them on the shoulder.

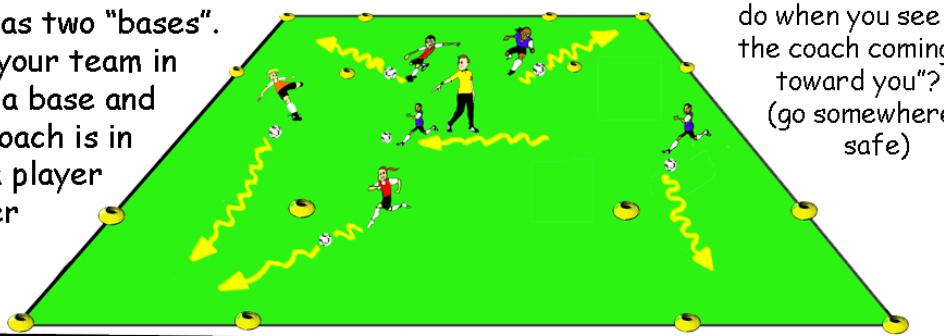


3rd Activity

"Bases"

Each player has a ball. Each team has two "bases". There can only be one player from your team in a base. There is a 5 second limit in a base and then the player has to leave. The coach is in the middle and can either tag a player who is not inside a base with his/her hand or a pool noodle. Teams have designated bases.

"What should you do when you see the coach coming toward you"? (go somewhere safe)



4th Activity

"The Game"

Play 3v3 game with no goalkeepers

LET THEM PLAY!

Tell them to be brave with the ball!



US LESSON PLAN

1st Activity (warm-up)

Players run around area at random, coach calls out of a group of players, or a player, who then become hunters. Who can tag the most players in a minute? Identifiers can be: hair color, t-shirt color, sock colors, letter of name, etc.



Progressions: Everyone has a ball; players dribble and "hunt" while keeping the ball close.



2nd Activity DOG AND MASTER

Each player (master) dribbles their ball (dog). The coach calls out various commands: keep him on a short leash, dog runs away - then catch it, master strokes dog, master jogs with dog, masters swap dogs, etc.

Introduce: tall cones as trees (stay away from trees); an evil dog catcher who kicks the ball out of the park (players have to see the park ranger (coach) to get back into the park)

"TIGERS IN THE JUNGLE"



3rd Activity

Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal, only tigers are not allowed. The tiger is most feared and kicks the ball out of the jungle into the swamp. If a ball is kicked into the swamp, the animals must bring it back, but must stand with legs apart and ball in air. When another animal dribbles though their legs, they are free to play again.

Progressions: Animals dribble only using left foot, outside of feet, etc.

4th Activity

"DISNEY GAME"



TWO TEAMS OF EQUAL NUMBER STAND AT EACH END OF A 25 X 18 AREA. GIVE EACH PLAYER A DISNEY CHARACTER NAME (MAKE SURE THERE IS A MATCHING CHARACTER AT EACH END). COACH SENDS IN A BALL AND CALLS OUT A CHARACTER NAME: scored or the ball goes out, the players return to their starting spots.

Progressions: Two names for 2 v 2. With older players try calling out two different names. (First name from one end, second name from other)

Don't be afraid to play more than one 1 v 1 at a time!

5th Activity (the game)

"LET THE PLAYERS PLAY!"





United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity

Diagram

1st Activity (warm-up) Identifiers	All the players run around in a rectangle at random. The coach calls out identifier for a group of players or individual players, who then become hunters. The hunters see who can tag the most players within one minute. The hunters could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc. Progressions: Everyone has a ball.	
2nd Activity Dog and Master	Each player (master) dribbles with a ball (dog). Coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc. Progressions: Introduce tall cones as trees that the masters have to keep their dogs away from or an evil dog catcher that kicks dogs out of the game. The players have to see a park ranger before coming back in.	
3rd Activity Tigers in the Jungle	Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. NO tigers are not allowed. The tiger is going to kick the other animals' balls into alligator infested swamp. When an animal gets their ball kicked away they have to dodge the alligators, go get their ball, and stand holding the ball over their head making their animal noise. Another animal can unfreeze them by dribbling the ball through the frozen animals legs. Progressions: Animals dribble using only left foot, outside of feet, etc.	
4th Activity Tunnel Soccer	Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots or so the coach moves on again. Who can score the most points in one minute? Progressions: The coach specifies how the players must kick the ball (laces, inside of foot).	
5th Activity (the game) Disney Game	Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.	

Scrimmage 2v2 or 3v3



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Diagram

1st Activity (warm-up) Greetings Game	All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Progressions: Add dribbling.	
2nd Activity Red Light, Green Light	All players start in a line with the coach 15 yards away. With his back to players coach yells green light and the players try to dribble to the coach. When coach yells red light he waits a moment - then turns his back to face the players. Anyone not stopped moving has to go back to where the person farthest away from the coach is. Progressions: Add a ball. The coach can move around to make the game more challenging.	
3rd Activity Ouch!	Each player has a ball. The coach jogs around in a rectangle the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. Coach should yell "ouch" each time they are hit to make game more exciting. (Have fun with it)!! Progressions: Coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)	
4th Activity Frog Attack	The game takes place in a rectangle; the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog. Play until only two are left. Those 2 become the frogs for the next game. Progressions: Add a ball (for the players, not the frogs)	
5th Activity (the game) Disney Game	Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.	

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1st Activity (warm-up) <i>Musical Balls</i>	
<p>Everyone has a ball and is dribbling. The coach should sing or play music. When the music stops everyone stops dribbling and goes to find another ball. After a while, the coach can take a ball away each time. Whoever does not get to a ball must go report to the coach. The player should have to do some sort of task (Tick tock, tap dance, something with the ball) before they can get back in.</p> <p>Comments: Tell them they will get their ball back at the end.</p>	
2nd Activity <i>Dribbling Maze</i>	
<p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
3rd Activity <i>Torpedo</i>	
<p>Have the players form two teams and face each other. Everyone on one of the teams needs a ball. Two coaches should pass the ball between the two teams. The players with the balls try to pass their ball (torpedo) to hit the ball the coaches are passing. If the player misses the person standing across from them collects the ball and tries to hit the coaches ball on the next pass.</p> <p>Progressions: Kick with the laces, kick using a specific foot.</p>	
4th Activity <i>Moving Targets</i>	
<p>Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	
5th Activity (the game) <i>Disney Game</i>	
<p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

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Diagram

1st Activity (warm-up) Ball Retrieval	
<p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible.</p> <p>Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.</p>	
2nd Activity Traffic Officer	
<p>Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic officer) stands in the middle of the large area and directs the traffic (players) where to go. Have a different colored vest for each group of players.</p> <p>Progressions: Add a ball for each player. Have the different grids be different sizes. Send multiple groups to the same grid. Dribble with outside of feet only.</p>	
3rd Activity Steal the Bacon	
<p>Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)</p> <p>Progressions: Players must dribble the balls.</p>	
4th Activity Bumper Cars	
<p>All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p> <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>	
5th Activity (the game) Disney Game	
<p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

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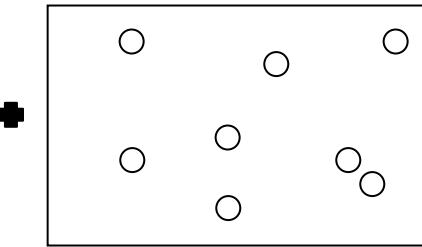
Activity

Diagram

1st Activity (warm-up) Body Part Dribble

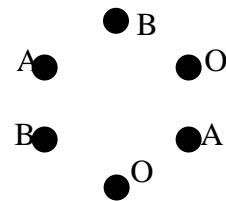
Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).

Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).

2nd Activity Fruit Salad

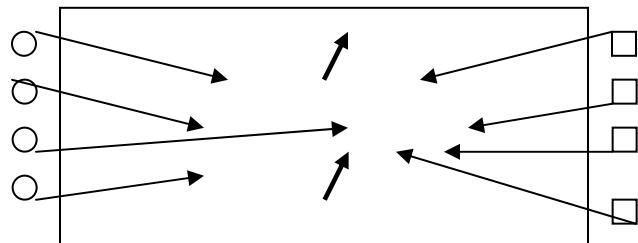
The coach makes a circle with cones; each player needs to stand by a cone (their should not be any extra cones, just one for each player). The coach assigns a fruit name to each player (apple, orange, banana). The coach calls out a fruit name and any player who has that fruit name must run to a different cone. When the coach yells fruit salad every player must run to a different cone.

Progressions: Add a ball for each player.

3rd Activity Cross the Bridge

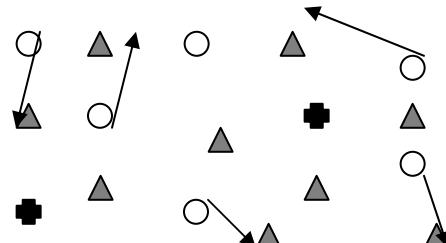
Divide the players into two groups, one on each endline of a field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?

Progressions: Slide the cones towards the center of the field to make the bridge shorter. Add a bridge keeper to kick balls away.

4th Activity Bingo

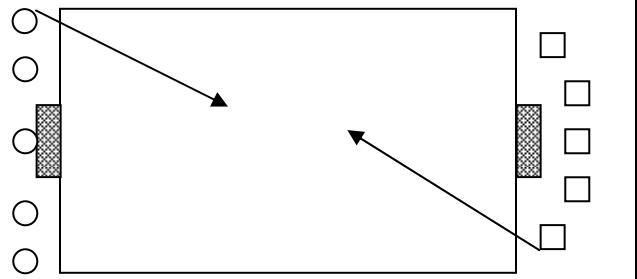
A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling "bingo" as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?

Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.

5th Activity (the game) Disney Game

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.

Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.



Scrimmage 2v2 or 3v3



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Practice Plan

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Age Group: _____ Theme: _____

Activity

Diagram

1st Activity (warm-up) I Can, Can You?	
<p>Coach asks players, "I can do something without the ball, can you?" Coach does some sort of physical movement without the ball (skip, walk and clap hands through legs, etc). After the coach does several examples - ask the players if they have any ideas and allow them to demonstrate.</p> <p>Progressions: Introduce the ball - Same type of questions - be patient with them - do not let one player dominate activity.</p>	
2nd Activity Around the World	
<p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns or schools in their area. Assign each cone a name. As the players dribble coach calls out a town/school name and players must dribble around that cone and then return to dribbling in the area.</p> <p>Progressions: Can be started without balls until the children get used to the game. Instead of having the cones there could be multiple small grids, each a different size. The players would have to dribble with speed when going from one town/school to the next.</p>	
3rd Activity Cross the River	
<p>Players go boating (run) from one shore (a line) to another shore. In the river between there are aligators (start off with two) that try to tag the boaters. If tagged, the boaters either become aligator or the two can switch places.</p> <p>Progressions: Add a ball for the boaters.</p>	
4th Activity Goal Chase	
<p>Sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
5th Activity (the game) Disney Game	
<p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3