



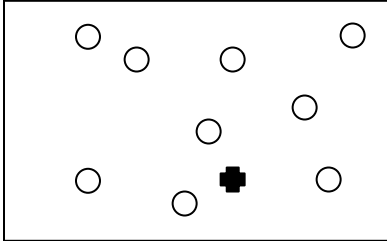
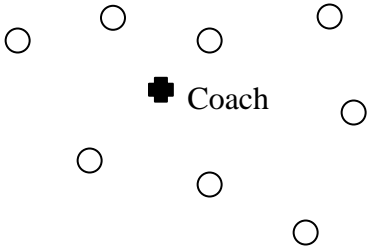
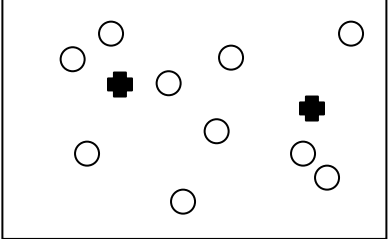
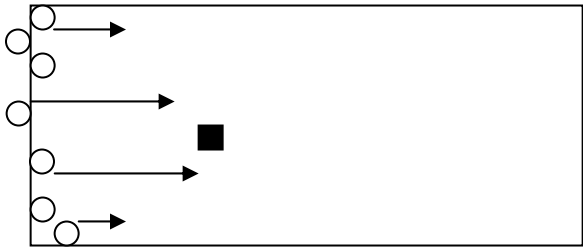
# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball Exploration, Dribbling

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Coach is "it"</i></p> <p>All the players run around randomly inside a rectangle. The coach chases players and tries to either tag the players or tap their ball out of the grid. Start without ball to get use to spacing and use of a grid.</p> <p>Progressions: Everybody is it and have them try and tag as many players as possible making sure to dribble the ball at same time.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Body Part Dribble</i></p> <p>Body Part Dribble: Coach calls out body part and players must put body part to their ball (i.e. elbow, knee, ear, etc...)</p> <ul style="list-style-type: none"> <li>-Elbow</li> <li>-Foot</li> <li>-Back</li> <li>-Stomach</li> </ul> <p>Progression: Give 2 body parts at a time, vary speed of calls</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Alien Attack</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach (alien). The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can vary how fast they are moving depending on the level of the players. Have players strike below knee. Give points out (i.e. now worth 100 points, 1,000 points, etc...)</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Alligator River</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. The coach is the alligator and tries to tag the other players as they try to get to the other line. When a player is tagged they become an alligator helper.</p> <p>Progressions: Alligators have to kick the balls out of the river (the sidelines). Add 2 alligators (children lead).</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>New Ball</i></p> <p>Two teams play. Give out team names (i.e. ketchup and mustard) to distinguish what team players are on and what direction to go. Every time a ball goes out of bounds or into the goal, coach calls out "new ball" and the children play. This helps avoid the "bee-hive".</p> <p>Progressions: Add more then one ball at a time</p>	