



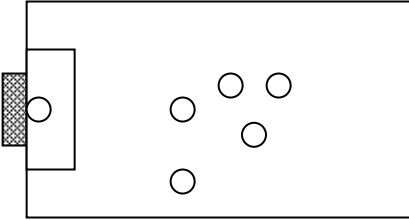
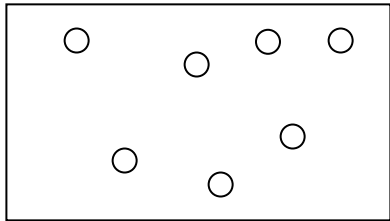
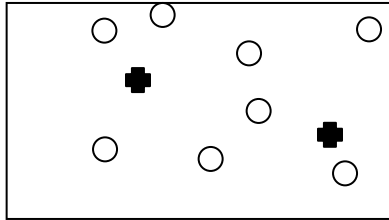
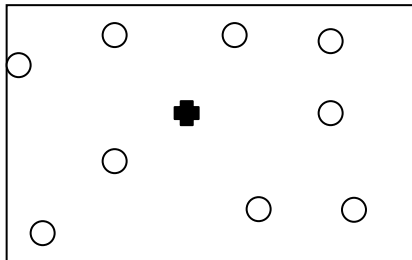
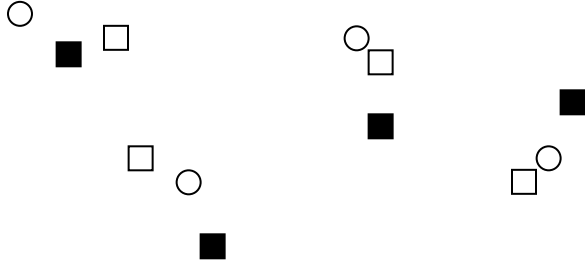
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball exploration, dribbling, passing

Activity	Diagram
<p>1st Activity (warm-up) <i>One Against the World</i></p> <p>As players arrive, have them join a game to one goal. Object is to score a goal. Whoever scores the goal becomes the next goalie. If players are shooting too close, make a safety line that they cannot shoot in front of.</p> <p>Progressions: Put into pairs, put into teams of 3</p>	
<p>2nd Activity <i>Free Dribble/Hospital Tag</i></p> <p>Players each have a ball. Have them dribble around grid watching where they are going. Begin with simple change of direction and speed. Show them different ways to turn or show them different feints. Hospital Tag: Each player is "it" they try and tag another player with hand. If tagged the player needs to put their hand on the part of their body (a band-aid). After third tag the player goes to coach and does a simple trick to get back into the game.</p>	
<p>3rd Activity <i>Space Invaders</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. 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 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)</p>	
<p>4th Activity <i>Giant Ant</i></p> <p>The game takes place in a rectangle; all the players start off with a ball. Choose one to be the Giant Ant. They do not have a ball. Others must dribble ball around in space. If tagged, dribblers must get ball out of grid and crawl on hands and knees (they become ant helpers). Play until only 1-2 dribblers are left.</p> <p>Progression: Ant helpers switch place with dribbler once tagged.</p>	
<p>5th Activity (the game) <i>Draw/Fire Pit</i></p> <p>Two Players stand facing each other with a ball between them. On coaches signal "draw", players pull ball back and play</p> <p>Object is to score by kicking ball into bag (or ball on a cone). Other player defends bag/ball. Make small circle with pinnies if player guards too close to goal.</p> <p>Progressions: Play 2v2, 3v3, etc... Play with 2 bags apart</p>	

Play 4v4 Game