



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Dribbling

Activity

Diagram

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<p>1st Activity (warm-up) <i>Boss of the Balls</i></p> <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. 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>	
<p>2nd Activity <i>Copy Cat</i></p> <p>Have players copy coach. Hop, skip, and jump. Progress to having players manipulate a ball. Catch, roll, throw, etc...</p> <p>Show stopping, turning, and changing speeds.</p>	
<p>3rd Activity <i>Everybody's It</i></p> <p>Everyone is it. Start without a ball and progress to playing with a ball. Review how to tag safely. Have them count how many people they can tag. Vision up. Keep control of the ball.</p>	
<p>4th Activity <i>Stop and Go (Beginning of Gates)</i></p> <p>Set up many cones in open space. Have players run to a cone and stop. Start by having players carry their ball to a cone. Dribble to cone, kick ball to cone. Have them count how many cones they can get to in a designated time.</p> <p>Progression: Play 1v1 to a cone.</p>	<ul style="list-style-type: none"> ▪ Head up as you run ▪ Dribble at own speed for control and change of directions
<p>5th Activity (the game) <i>New Ball</i></p> <p>Make two teams and set-up a field with 2 large goals. Do not use goalies. Instead as the coach have a large supply of balls near edge in center of the field. Anytime a ball is scored or goes out of bounds, play a new ball in and call "new ball". After all balls are out have players collect and restart game. Keep game active and fun!!!</p>	