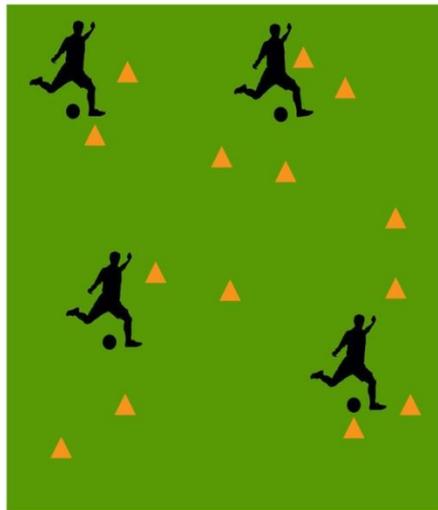


## U6 Objectives

Coaches should be instructing players to achieve the following goals: Dribbling, shooting, balance, running, and jumping. Players love to play – activities should be based on fun games. These games should maximize touches on the ball while combining motor skills (running, jumping, etc). Rotate responsibilities around players in order to develop a sense of team.

### Dribbling Activities

#### ***Gates***



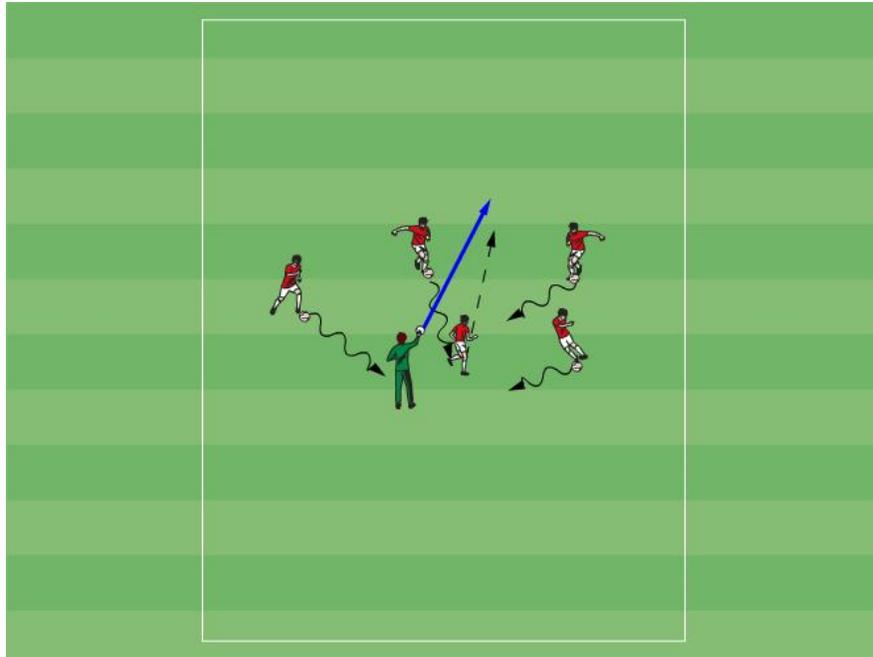
#### Gates

Set out cones in pairs to create gates. Each player has a ball and dribbles through the gates, changing directions to find the next gate after dribbling through a gate.

#### Coaching Points:

- When dribbling for speed, make sure toe is pointed down and laces or top of pinky toe is striking the ball.
- When changing directions, players should use the inside or outside of their foot

## ***Back to Coach***



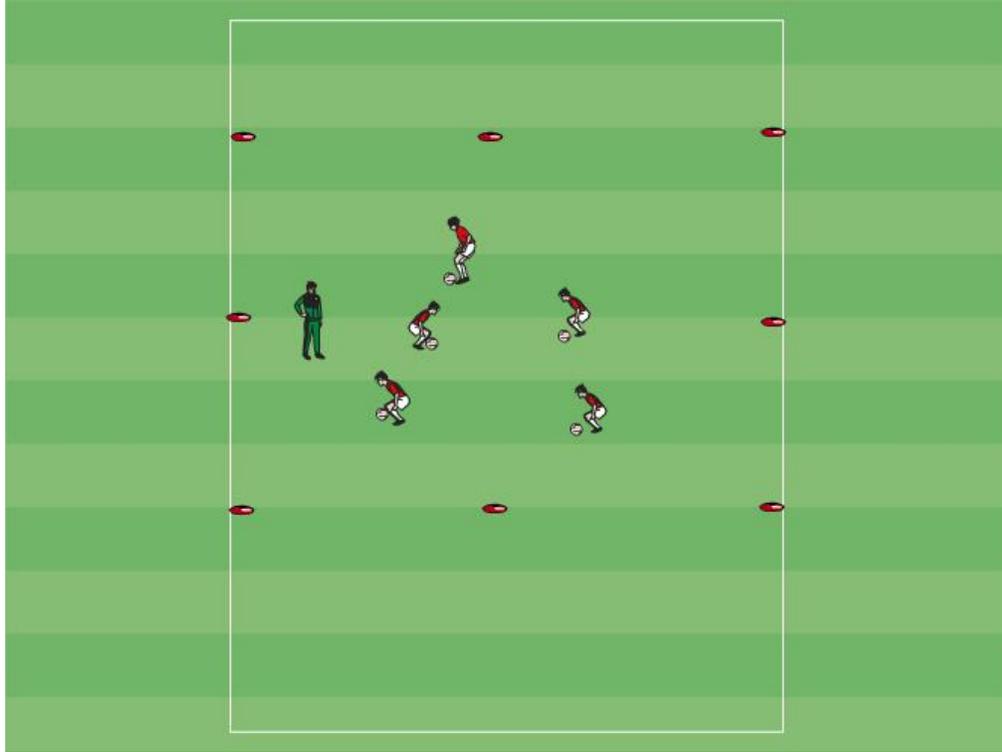
### **Back to Coach**

Each player has a ball. Coach stands in the middle of a playing area. One at a time each player hands their ball to the coach. The coach tosses the ball out and then has the players bring the ball using a variety of ways to move the ball. . Example: Run, pick up the ball and skip back to coach, Run pick up the ball and hop back to coach. Progress to having the players dribbling the ball back to the coach.

#### **Coaching Points:**

- Head up to find coach and to be aware of other players
- When dribbling for speed, make sure toe is pointed down and laces or top of pinky toe is striking the ball.

## Body Parts



### Body Parts

Each player has a ball and is inside a playing area. When the coach calls out a body part, they stop the ball with the called part. Example: Coach says, "Knee," and all players try to stop the ball with their knee.

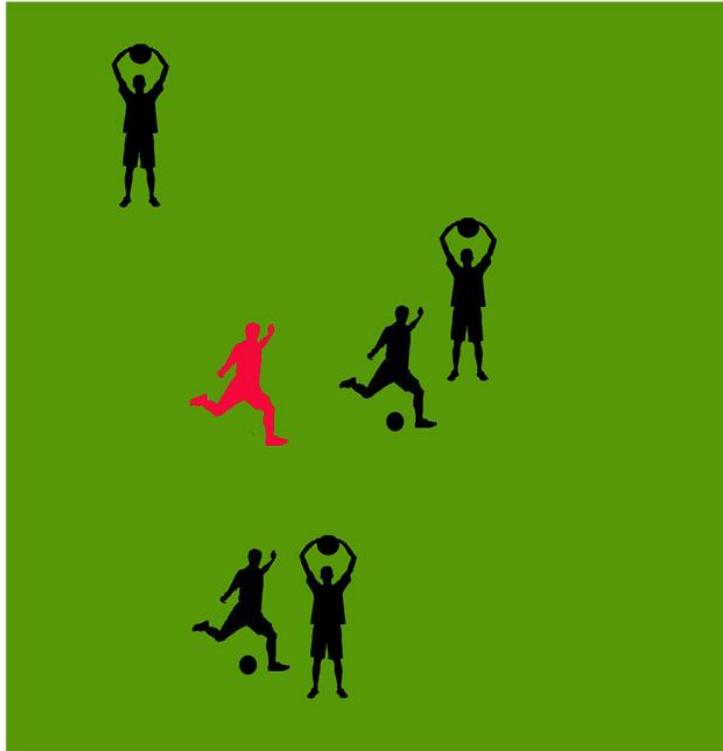
Variations: A) Call two body parts. They have to use both. Example: knee, foot. They touch the ball with their knee and then stop it with their foot. B) Coach is silent but nominates one player to stop the ball.

Whatever body part that player uses, everyone else uses the same part.

#### Coaching Points:

- Head up to find coach and to be aware of other players
- Keeping the ball within reach while dribbling
- When dribbling for speed, make sure toe is pointed down and laces or top of pinky toe is striking the ball.
- When changing direction, using the inside or outside of the foot to strike the ball

## Freeze Tag



### Freeze Tag

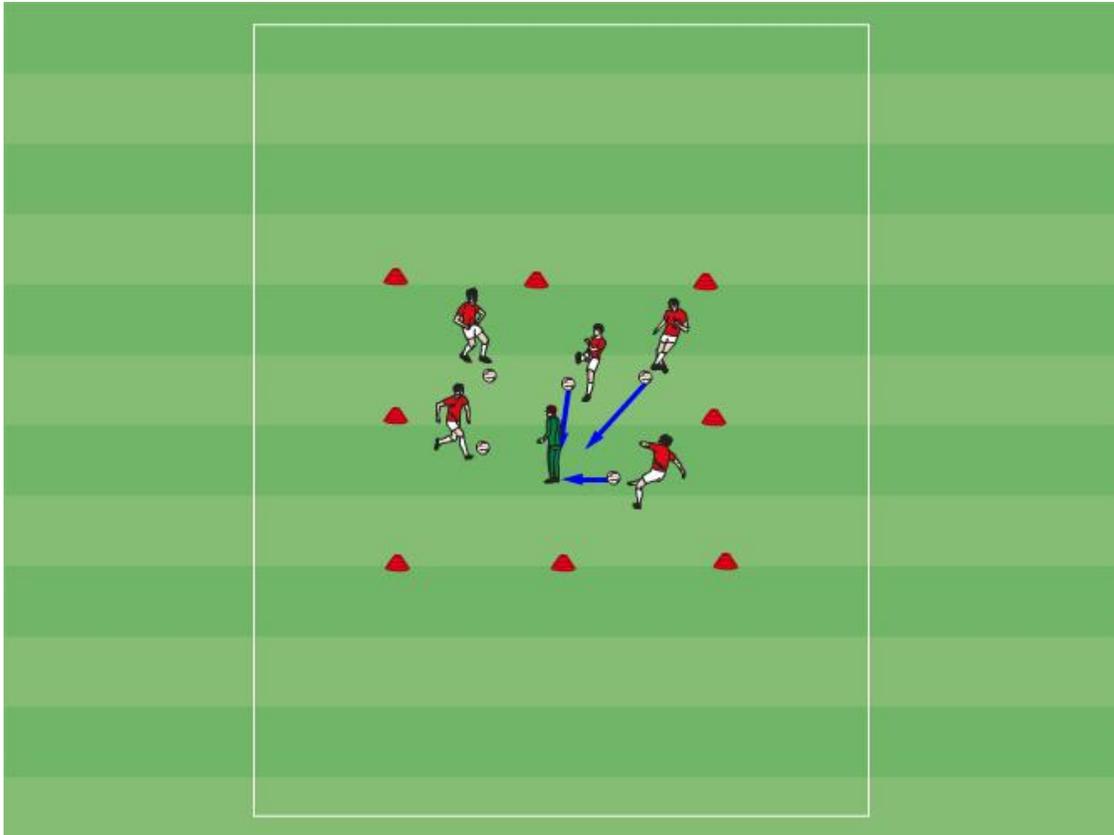
Set up a playing grid. One player is “it” while the other players each have a ball. The player that is “it” tries to tag all the other players while they dribble their own ball. If a player is tagged, they freeze, spread their legs apart, and hold their ball over their head. A player can become unfrozen by having a teammate pass the ball between their legs.

#### Coaching Points:

- Head up to find be aware of other players
- Keeping the ball within reach while dribbling
- When dribbling for speed, make sure toe is pointed down and laces or top of pinky toe is striking the ball.
- When changing direction, using the inside or outside of the foot to strike the ball

# Passing/Striking Activities

## *Ouch*



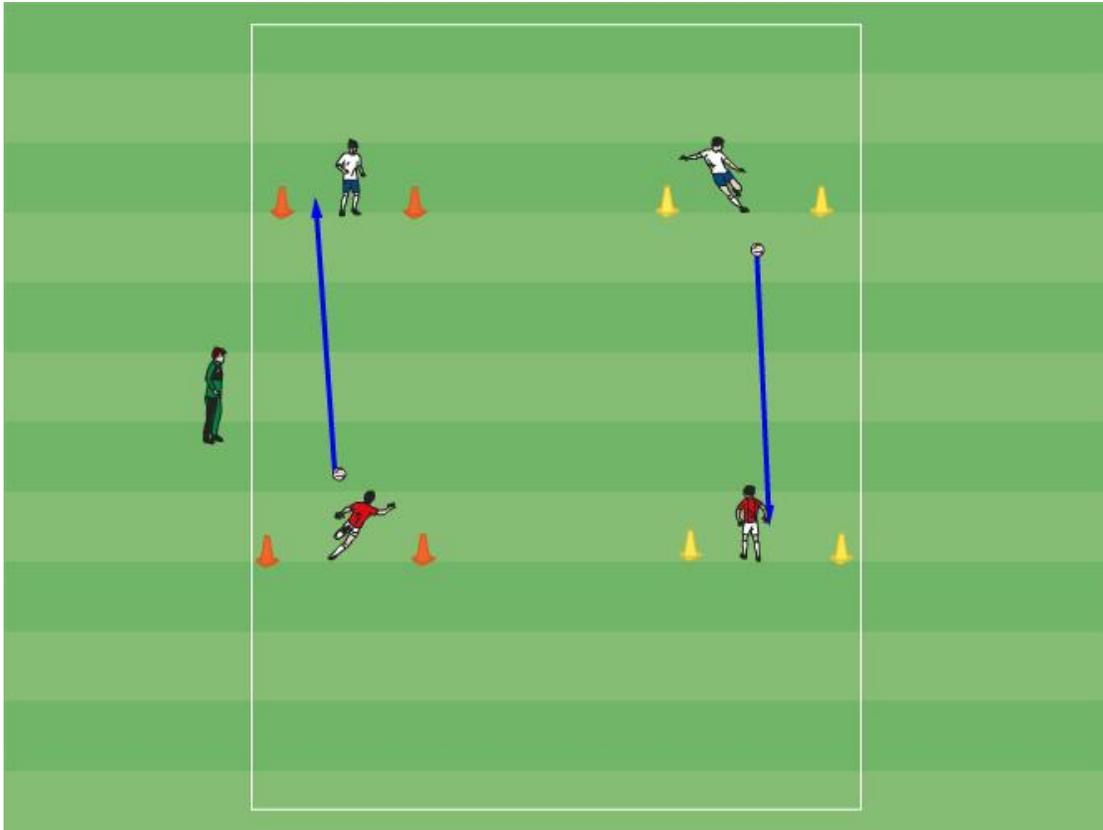
### Ouch

Create a playing area with cones. All players have a ball. The coach walks around the playing area. The players dribble and then try to strike/pass the ball and hit the coach below the knee. When a coach gets hit they yell, "Ouch!" Variations: A) Have one group at a time strike the ball at the coach while the others dribble. B) Have an assistant coach or two join along to also walk around.

#### Coaching Points:

- Head up to find coach and to be aware of other players and to see where the coach (target) is
- Using the inside of the foot to strike the ball

## Goal to Goal



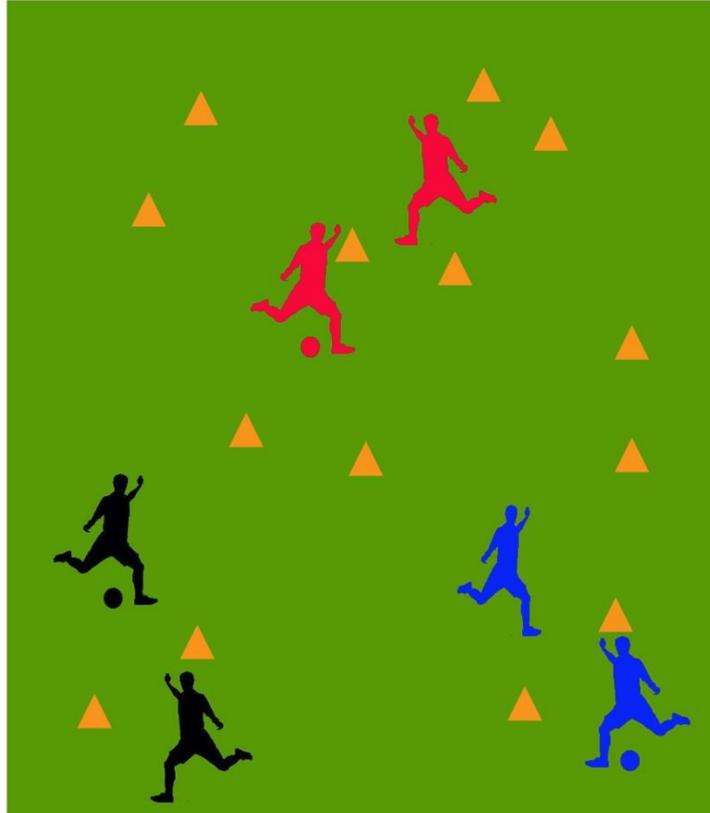
### Goal to Goal

Two players, one ball, cones. Each player makes a small goal with cones/flags, etc. The goal should be approximately 5-7 steps in width. Each player is approximately 10-20 yards apart from each other. Going one at a time, players take turns to score against each other. The player striking the ball must do so in no more than two touches. The player not striking the ball must stay on their goal line and can block the ball with anything but their hands. Exception is if they need to use their hands for safety reasons. Variations: A) Players are instructed to always strike a moving ball. B) Player striking the ball has to lie down and then get up to strike a ball.

#### Coaching Points:

- Striking ball with instep or laces
- Plant foot next to ball or slightly in front of it
- Arms out for balance
- Head and shoulders over ball

## *Passing Gates*



### Passing Gates

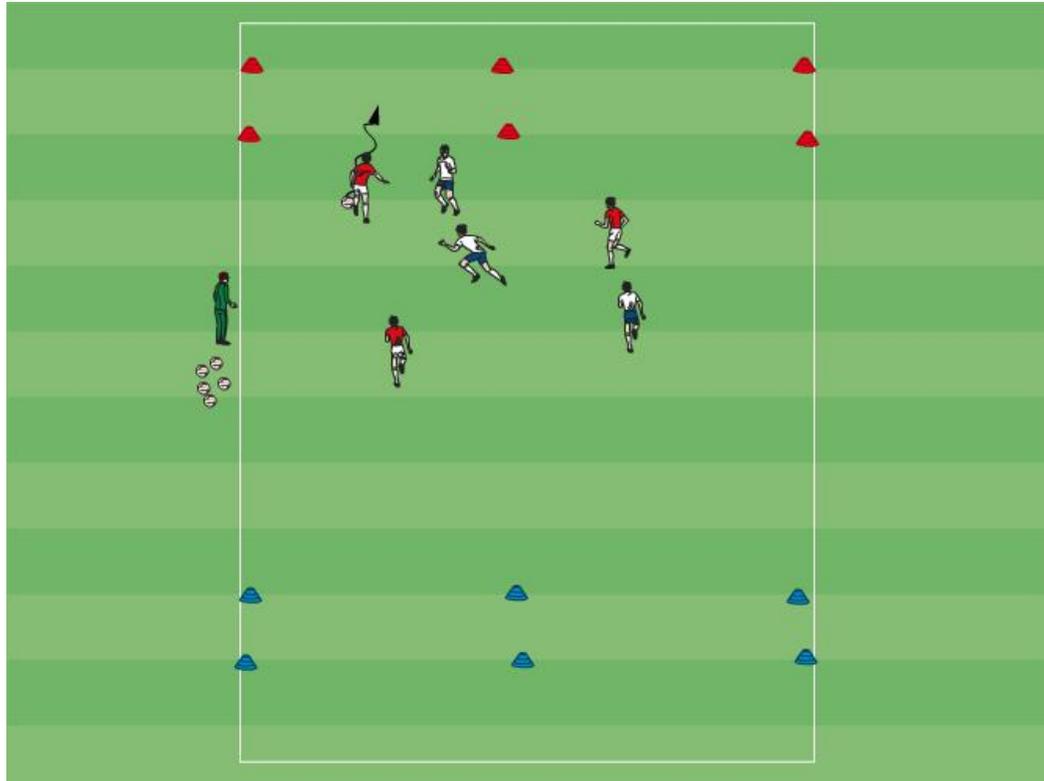
Set up cones to make multiple gates in a playing area. Place the players in pairs with one ball per pair. The player without the ball picks a vacant gate to run to. The partner with a ball then dribbles towards the gate and completes a pass to the partner without the ball. After passing the ball, the player then runs and finds a vacant gate, continuing the activity.

#### Coaching Points:

- Striking ball with instep
- Plant foot next to ball or slightly in front of it
- Head up for awareness
- Dribbling within reach
- Dribbling for speed with toe down and striking the ball with the laces or top of the pinky toe
- Changing dribbling directions with inside or outside of foot

# Games

## ***Small Sided Game to an End Zone***



### Small Sided Games to an End Zone

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

#### Coaching Points:

- Keeping the ball close but away from the opponent
- If going forward is not an option, pass the ball to a teammate

## *Small Sided Games to 4 Small Goals*



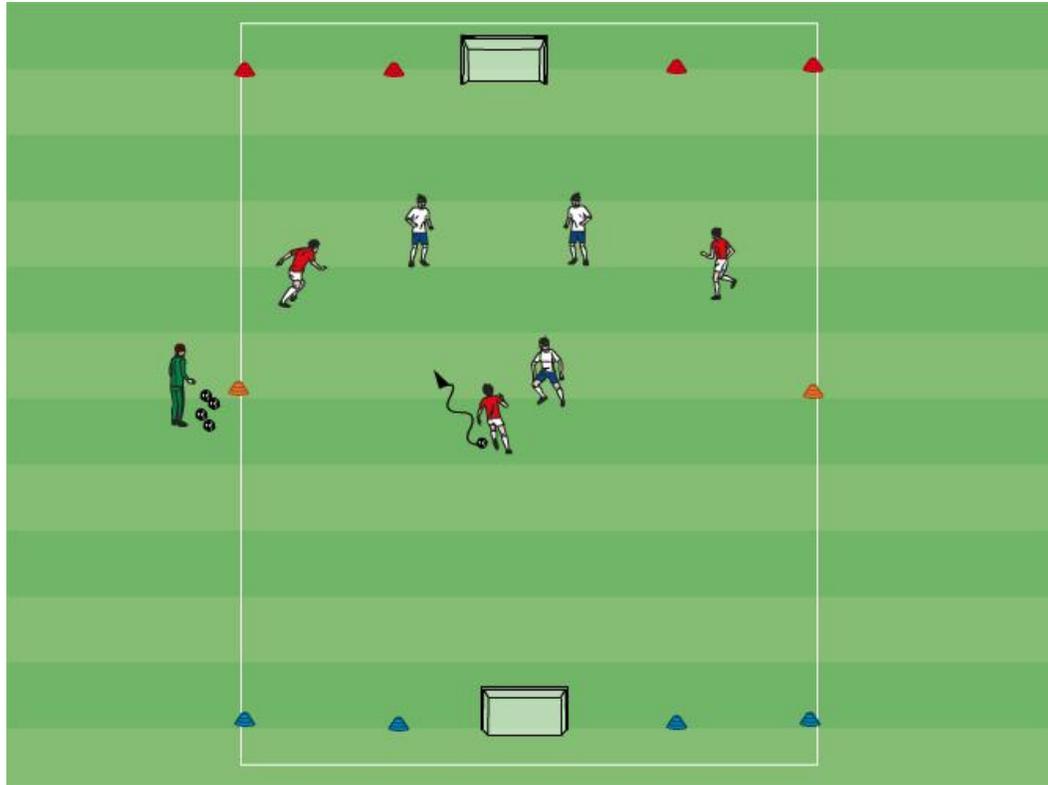
### Small Sided Games to 4 Small Goals

Create a field and put two small goals on both ends. Field Dimensions: 4v4 Approximately 30-35 yards long by 20-25 yards wide. Two teams, each team attacks two goals and defends two goals.

#### Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- If one goal is not an option, quickly change directions to the other goal

## *Small Sided Games to 2 goals*



### Small Sided Games to 2 Small Goals

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

#### Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- Technical aspect of closing down space (defending)