



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball exploration, dribbling, passing

Activity	Diagram
1st Activity (warm-up) <i>Street Soccer Game</i> <p>As players arrive, give them a pinnie and just allow them to play a game of pick-up soccer. If teams are not even that is ok. Try and just let them play. Make sure you have things organized before the players arrive.</p>	
2nd Activity <i>Red Light, Green Light, Orange Light, etc</i> <p>All the players start dribbling around. When the coach yells red light the players stop and put their foot on the ball. Green light = go, blue light = hide behind ball, orange light = run around ball, purple light = jump over the ball, gold light = chase coach, brown light = coach chases players. Progressions: The coach can move around to make the game more challenging.</p>	
3rd Activity <i>Space Invaders</i> <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. 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>	
4th Activity <i>Alligator, Alligator</i> <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. Two players who are alligators try to kick the other players ball out of the river (past sidelines). When a player loses their ball they become an alligator as well. Play until only two children are left. Those children become the alligators for the next game.</p>	
5th Activity (the game) <i>Get out of Here</i> <p>Two teams of players stand in a line. Coach sends in a ball and calls out a number. For example 1. The first player from each team goes out and plays 1v1. If the coach calls out 3 then the first three players go out and play 3v3. If the ball goes out of bounds either put a new ball in for the same group or have them retrieve the ball and go to the end of their team's line. Progressions: Call numbers quickly from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 4v4