



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball Exploration

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Free Dribble/Robot Tag</i></p> <p>Each player has a ball in an area. The coach has players make little kicks and keep ball coach to foot.</p> <p>Robot Tag = Coach is Robot and can only walk. If player is tagged they have to do a little trick of some sort (taps, touches, toss and catch, etc...)</p> <p>Progressions: Players tagged become Robot (can only walk) helpers.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Boss of the Balls</i></p> <p>The coach stands in center of playing area. Each player has one ball. The coach is the boss of the balls and each player hands coach their ball. The coach distributes the player's ball out into field and tells players how to bring ball back to the coach. Make sure players are moving safely and do not kick ball at coach.</p> <p>Progressions: bring back using: hands, elbows, behind back, feet, etc...</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Cross Through the Gate</i></p> <p>Players stand on endline of a field. Mark the centerline with a flag on each sideline, this is the gate. On the coaches command the players dribble across through the gate.</p> <p>Progressions: Slide the cones towards the center of the field to make the gate shorter. Add a gate keeper to kick balls away. Add gates as well as gate keepers.</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Builders and Bulldozers</i></p> <p>A number of tall cones are distributed throughout the field. Choose a third of the players to be builders who have to set the cones back up to a standing position. The other players each have a ball and must dribble to a cone and knock it over using a pass or kick. Players may not use their feet to kick cones over directly. Switch roles after 1-2 minutes.</p> <p>Progression: count who has more up or down</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3