



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Dribbling, Passing

Activity	Diagram
<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>Shark Island</i></p> <p>Set up four small grids in a large area. Give each grid the name of an island. The coach (shark) stands in the middle of the large area and calls out islands for swimmers (players) to go. Fantasy Island, Hawaiian Island, Treasure Island, Pirate Island</p> <p>Progressions: Add a ball for each player. Have players who are caught join coach as a shark helper</p>	
<p>3rd Activity <i>Pirates of the Caribbean</i></p> <p>Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. The players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)</p> <p>Progressions: Players must dribble the balls. Players can take from others in neutral areas (turns game into 1v1's). Make teams of 2-3 players. Send one player out at a time to retrieve a ball. Make one ball worth more points (i.e. red ball = 5 points)</p>	
<p>4th Activity <i>Marbles</i></p> <p>All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p> <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>	
<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>	