



United States Youth Soccer Association

Practice Plan

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Age Group: U6

Theme: Ball Awareness, Dribbling, Passing

Activity	Coaching Points
1st Activity (warm-up) <i>Street Soccer Game</i> Have pinnies organized as players arrive. Put players on teams and have supply of balls ready. Does not have to be equal number of players on each team. Play in small sided grid with 3 yard goals Progression: Add a goalie	<ul style="list-style-type: none"> Game that gets the kids playing immediately as they arrive Observe and try not to coach
2nd Activity <i>Sharks and Minnows</i> Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won't have balls, but they are on the prowl for someone else's. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else's ball away or kick the person's ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.	<ul style="list-style-type: none"> When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? Can we spin away from pressure (a defender)?
3rd Activity <i>Gate Dribbling</i> Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. Each person has one ball. In order to score a point the player must dribble the ball through a goal. Progressions: Play 1v1 games and switch new opponents after 30 seconds to up to about 1 minute	<ul style="list-style-type: none"> Don't tell the players they can't dribble through the same gate twice, wait and see if anyone can figure it out Time players. See how many they can go through Do a second time, see if they can beat score Add gatekeeper (coaches/parents) to block off gate(s)
4th Activity <i>Gate Game</i> Have several coaches act as gate keepers who can stand between gates and close them off to dribblers. Make three teams. Have one team be gate keepers and have them move around to close gates. Have others count (can have team count for a total) by using vests to identify teams. Switch after a minute.	<ul style="list-style-type: none"> Decision making Vision and awareness Movement Change of direction
5th Activity (the game) <i>Get Out of Here</i> In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2 to 3v3 etc...	<ul style="list-style-type: none"> This game should be very fast paced As soon as the ball goes out of bounds throw another ball in immediately The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them Vary how balls are distributed into the playing area

Scrimmage 4v4