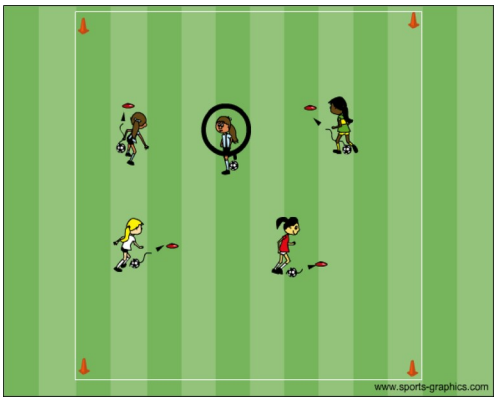
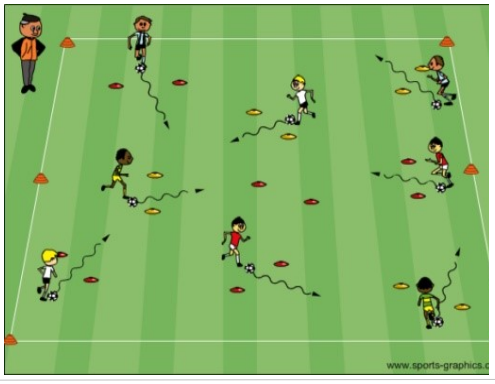
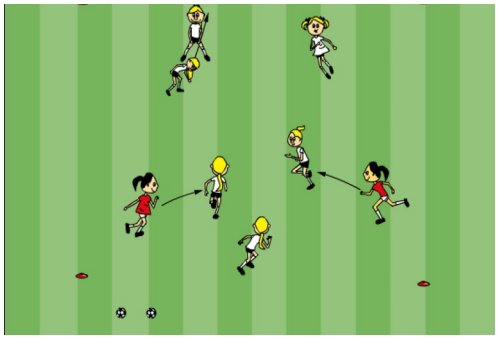
youthSoccer101.com Practice with a plan

# 6U Week #5 -

## PLAY — PRACTICE — PLAY

**Session Skill**
**boxing dribble**

| | | | |
|---|---|---|---|
| **PLAY**<br>**10 mins.** | **Play-** as players arrive have them join in a small sided game. | **Set Up**- 3V3 or 4V4 small games.<br>-20yrds X 20yrds fields<br>-Set up multiple fields if needed | Let them play |

| | Activity Description | Set Up Diagram | Coaching Points |
|---|---|---|---|
| #1<br>**12 mins** | **Musical Cones:**<br>Players dribble their ball inside the playing area. On the coaches command they must dribble to a cone & get in the soccer ready position. Player who is last and does not have a cone does 5 toe touches and a new game begins.<br>**Coach:** there should be one less cone then there are players. Just like musical chairs. If you can, bring music & when the music stops they must dribble to a cone. |  | -Keep the ball close when dribbling<br>-Look up for the open cones<br>-Change direction quickly to find the open cone |
| #2<br>**12 mins** | **Gate Dribbling:**<br>In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.<br>**Coach:** Have players keep count how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only. |  | -Find the open gates<br>-Keep you head up |
| #3<br>**12 mins** | **Ouch:**<br>All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit the coaches feet with their soccer ball. Players should keep count of how many times they hit the coach.<br>**Version 2:** If the players hit the coach 5 times the coach has to do 5 pushups or jumping jacks. |  | -Dribble close to the coach when trying to hit the coach<br>-Sneak up on the coach |
| **PLAY**<br>**20 mins** | **Small Sided Games**<br>4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yrds X 20yrds). | | Let them play |

**5 Elements**

**Organized**-set up and ready to go
**Game like**-activity must be game like
**Repetitions**-repetition on what you are trying to achieve
**Challenging**-players need to be challenged
**Coaching**-the right coaching based on the age/level of the players