

6U Week #9 -

PLAY — PRACTICE — PLAY

Session Skill boxing dribble

P	LAY
10	mins.

Play- as players arrive have them join in a small sided game.

Set Up- 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed

Let them play

Activity Description

Set Up Diagram

Coaching Points

#1

12 mins

#2

12

#3

12

mins

In a 15x20 yard grid two or three player are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.



C1 1

- -Change speed
- -Keep your head up
- -Change direction

Clean Your Backyard:

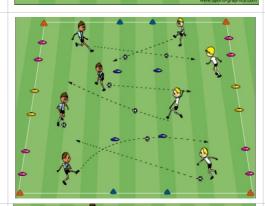
Kangaroo Jack:

Split the players into two teams to play in a 20x25 yard gird. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals.

Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.

Version 2: Allow teams to defend the goals

Version 2: Allow teams to defend the goals using their hands.



-Look for open shooting lanes

- -Quickly find the next ball and get a shot off
- -Block any shots when possible

Cops and Robbers:

The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.

Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.



-Keep the ball close when dribbling

- -Get close to the cone when trying to knock it down
- -Look for open cones

Small Sided Games

<u>PLAY</u>

20 mins 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yrds X 20yrds).



Let them play



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