



# United States Youth Soccer Association

## Practice Plan

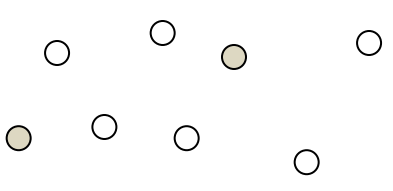
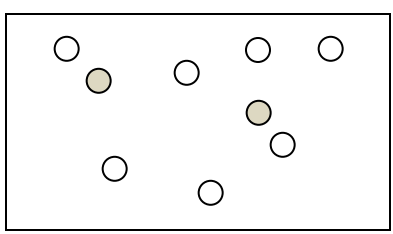
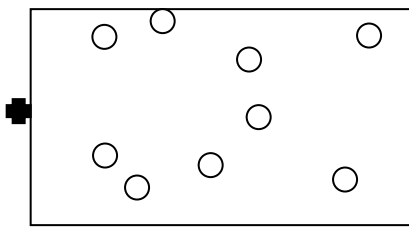
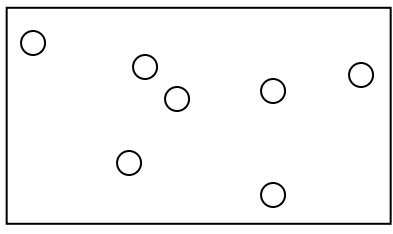
Name: Jeff Hopkins

Age Group: U6

Theme: Dribbling

### Activity

### Diagram

<p><b>1<sup>st</sup> Activity (warm-up)</b>    <i>Coach Says</i></p> <p>This is a variation of Simon Says          As coach you tell players what to do or not by saying “Coach says...dribble with right foot” or “Coach says...tap ball between feet”          If you say “juggle with thighs” and players do activity give them a small penalty or keep track</p> <p>Be creative</p>	
<p><b>2<sup>nd</sup> Activity</b>    <i>Freeze Monster</i></p> <p>2 players are “its”          They run around and try and tag others          If successful the tagged players place ball on top of head          To get unfrozen another player must kick ball off of frozen persons leg</p> <p>Change taggers after several minutes. Blue pinnies work great!</p>	
<p><b>3<sup>rd</sup> Activity</b>    <i>Robot Tag</i></p> <p>Players have a ball and dribble around in space          Begin with several players as it as a robot          Robots must only walk and talk like a robot and attempt to tag others          If tagged player loses ball and becomes a robot helper          Play until only several players are left</p> <p>Start a new game</p>	
<p><b>4<sup>th</sup> Activity</b>    <i>Knock out</i></p> <p>Players each have a ball.          Have them dribble around and attempt to kick other players balls out of space          If ball gets knocked out have player go to coach and do a select trick (toe taps, juggles, other motor skills, etc...)          They then can re-enter game</p>	
<p><b>5<sup>th</sup> Activity (The game)</b>    <i>Lego Build</i></p> <p>Play 3v3-4v4 games          To score, player must dribble ball across opponent’s end line. For each ball that is in the end zone that team collects 1 point (Lego).          Count up the total points at the end.</p> <p>Progression: Designate certain balls worth more points (i.e. red ball = 5 points)</p>	<p>Let them just play!</p> 