



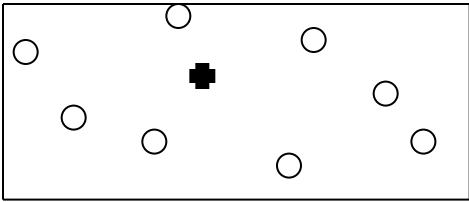
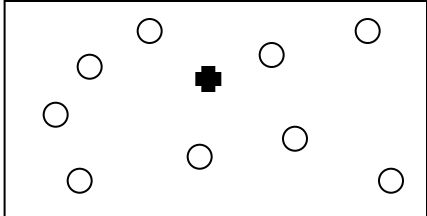
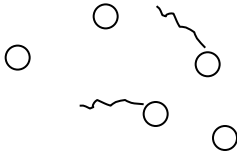
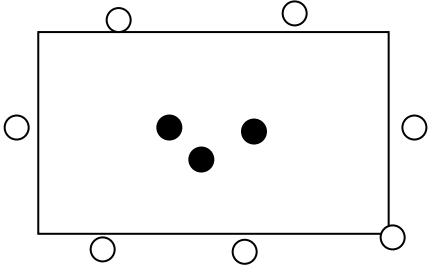
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Dribbling, Focus on Passing and Receiving

Activity	Diagram
<p>1st Activity (warm-up) <i>Copy Cat</i></p> <p>Have players copy coach. Hop, skip, and jump. Progress to having players manipulate a ball. Catch, roll, throw, etc...</p> <p>Show stopping, turning, and changing speeds with ball.</p>	
<p>2nd Activity <i>Everybody's It</i></p> <p>Everyone is it. Start without a ball and progress to playing with a ball. Review how to tag safely. Have them count how many people they can tag. Vision up. Keep control of the ball.</p>	
<p>3rd Activity <i>Follow the Leader</i></p> <p>Each player with a ball. As players move about select a kid to move with the ball anyway they want to. Have others copy or follow how the selected player is moving. After 30-45 seconds choose a new player to be the leader for others to copy. Examples could be dribbling, tossing the ball up, galloping, jumping over their ball, etc...</p>	
<p>4th Activity <i>Monkey in the Middle</i></p> <p>Each player has a ball on the outside of a space (15x15). Select 2-3 players to be the Monkeys and have them go in the middle without a ball. Their job is to avoid having a kicked ball hit their leg below the knee. Count the number of times a player gets hit. After approximately 1 minute select 2-3 new players to go into the middle.</p> <p>Progress to having player who hits another player switch in</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>	