



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Date:

Age Group: U6

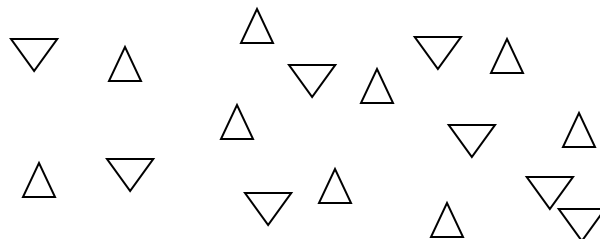
Theme: Ball Exploration

Activities

Diagram/Coaching Points

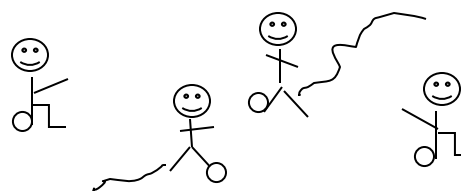
1st Activity (warm-up): Builders and Bulldozers

Place approximately 20-25 cones out with some laying down and some laying upright. Divide players equally and have one group be the Builders (they use their hands to put the cones up) and the other group to be the Bulldozers (they use their hands to knock the cones over). After about 1:30 stop and count the # cones up/down. Try not to make competitive. Switch roles. Play. Add ball where players must dribble.



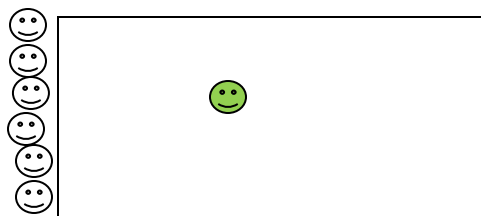
2nd Activity: Toilet Tag

Each player dribbles around area with their ball. Coach begins as a tagger and attempts to tag players gently. If tagged, player must get down on one knee and put their arm out (like a lever to flush). To get saved, another player must dribble over and push down their arm (like flushing a toilet). Progress to having a player/players be the tagger(s).



3rd Activity: Colors

Have players line up one end of a grid with their ball. Coach calls out a color that the player is wearing or something about them (i.e. color of hair, ball, or shoes). If they have that color they dribble across to other side and wait. Allow players to get across several times successfully without actually being tagged. Then attempt to tag them as they cross, if tagged, they join as helper taggers.



4th Activity: Tail Tag

Give each player a pinnie to place on their backside (tail). Have them move around the designated area. Begin without a ball. Players attempt to take out their "tail" and collect as many as possible. Progress to having them do the game with by dribbling with their soccer ball.

5th Activity (the game): Coach Guards the Castle

Set up a triangle goal and have 1-3 coaches or parents stand on each side of a 3 sided goal (use flags or large disc cones. Players attempt to kick their ball into the Castle. If blocked have the coach gently throw or kick the ball out so the player has to go and get it and attempt again.

