



U6 SESSION #2

FOCUS/ BENCHMARK: DEFENDING

Stay between the dribbler and the goal!

Fun Warmup - 5 Minutes

Take water breaks as necessary

Math Dribbling (Activity #1) - 5 Minutes

SET UP

- Create a 20x15 yard field
- Each player has a ball at their feet.

METHOD

- Have players dribbling in the space using "FAST FEET" moves.
- Coach call out a number, and players must form groups according to that number. ("4" = 4 players in a group)
- Players who do not form a group of the correct number, do two jumping jacks and rejoin the game.



BUILDERS AND BULLDOZERS (Activity #2) - 10 Minutes

SET UP

- Create a 15X20 yard field. (Field can be made larger based on number of players)
- Randomly place at least one cone per player around the field space.
- Split your group up into two teams using pinnies.

METHOD

- Each player on the RED team has a ball. This team is called the "bulldozers".
- The YELLOW team starts without soccer balls, they are the "builders"
- Bulldozers try to knock down all of the cones before the builders set them all back up.
- Play for 45-60 seconds then switch roles.

This can also be done by making the cones right-side up and upside-down.

1 V. 1 TO CONE (Activity #3) - 10 Minutes

SET UP

- Create a 15X20 yard field.
- Randomly place enough cones for 1 per group of 2.
- Divide players into groups of two putting players of equal abilities with each other. Each group should have one ball and stand by one of the cones set up on the field.

METHOD

- Have one player start with the ball and the other is the defender. The player with the ball tries to knock down the cone while the player without the ball tries to steal the ball.
- If the player steals the ball that player tries to knock the cone down
- Every time a player knocks down the cone it's a point.
- Play for 30-45 seconds, then switch the player who begins with the ball.

