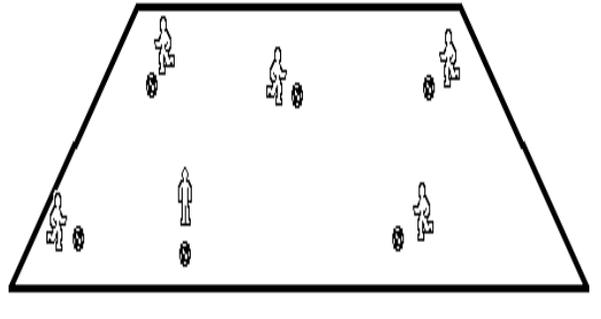
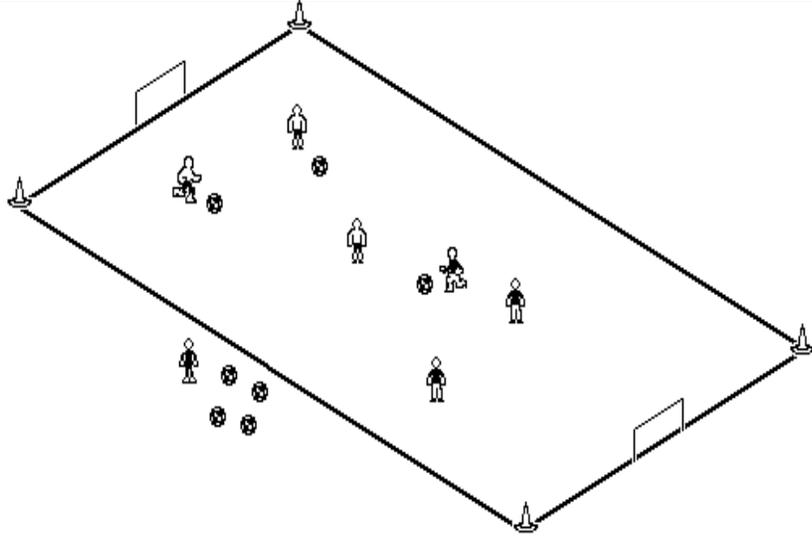
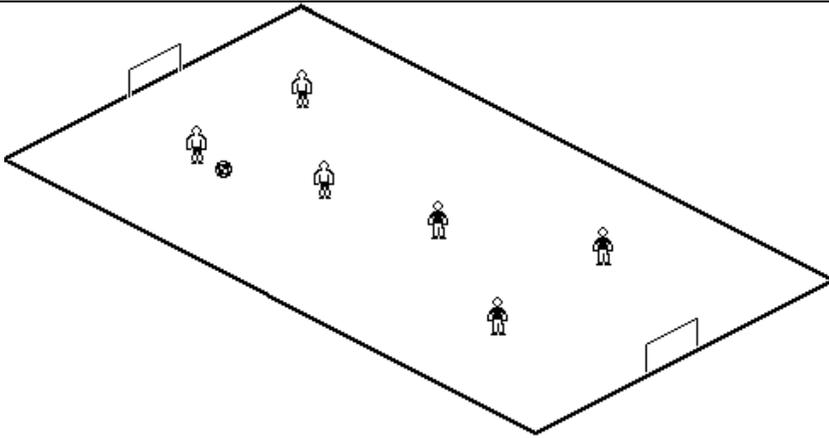


| Activity Name | Description | Diagram | Purpose/Coaching Points |
|---|--|--|---|
| 1 BALL MASTER | | | |
| <p>Each player should have a ball.</p> | <p>The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.</p> |  | <ul style="list-style-type: none"> ▪ Listening skills ▪ Problem solving ▪ Dynamic dribbling |
| 2 SHADOW DRIBBLE | | | |
| <p>Each player has a ball and follows the coach.</p> | <p>The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.</p> |  | <ul style="list-style-type: none"> ▪ Dribbling & movement enhancement ▪ Decision making |
| 3 KNEE TAG | | | |
| <p>In a 10 x 15 yard grid each player has a ball.</p> | <p>The kids dribble and try to tag others on the knee to collect a point for each tag.</p> |  | <ul style="list-style-type: none"> ▪ Physical fitness components ▪ Dribbling & shielding skills ▪ Vision |

| | | | |
|--|--|---|--|
| 4 BALLS GALORE | | | |
| <p>Divide the players into two groups.</p> | <p>Play on a normal U6 game field with goals. Play a normal 3v3 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.</p> |  | <ul style="list-style-type: none"> ▪ All techniques for the age group occur ▪ Vision ▪ Some teamwork ▪ Lots of 1v1 situations ▪ Problem solving |
| 5 3 VS. 3 | | | |
| <p>2 goals 1 ball No goalkeepers</p> | <p>Play a 3-on-3 match according to US Youth Soccer modified rules for the U6 age group.</p> |  | <ul style="list-style-type: none"> ▪ Summation of all challenges for the players. ▪ Stay out of their way and let them PLAY! |