





Hudson Soccer Association Practice Plan

Author: Sam Snow

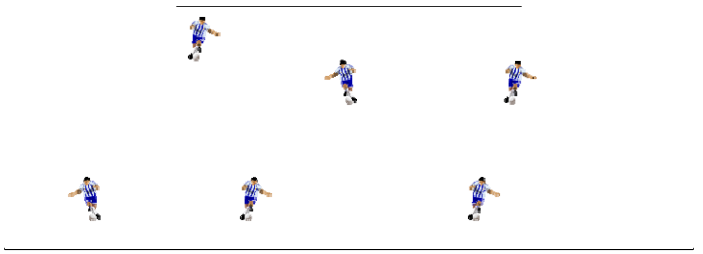
U6 - Session #3

Activity: 1. Ball Master	Diagram
<p>◆ Each player should have a ball. 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>	

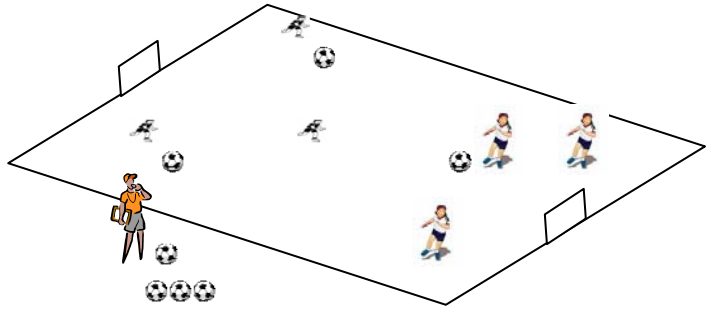
Coaching Points:	
<p>◆ Listening skills, problem solving, dynamic dribbling</p>	

Activity: 2. Shadow Dribble	Diagram
<p>◆ Each player has a ball and follows the coach. 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>	

Coaching Points:	
<p>◆ Dribbling & movement enhancement, decision-making</p>	

Activity: 3. Knee Tag	Diagram
<p>◆ In a 10- x 15-yard grid, each player has a ball. The kids dribble and try to tage other on the knee to collect a point for each tag.</p>	

Coaching Points:	
<p>◆ Physical fitness components, dribbling & shielding skills, vision</p>	

Activity: 4. Balls Galore	Diagram
<p>◆ Dive the players into two groups 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 5 below.</p>	

Coaching Points:	
<p>◆ All techniques for the age group occur, vision, some teamwork, lots of 1v1 situations, problem-solving</p>	

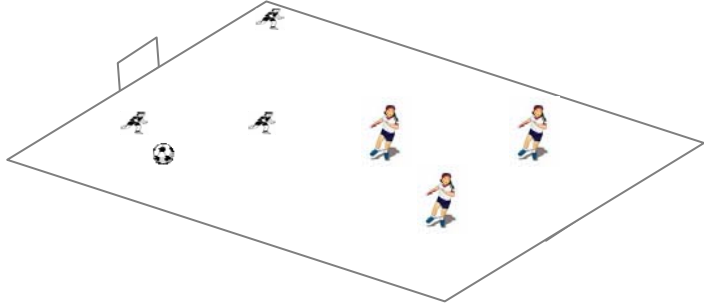


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Activity: 5. 3v3	Diagram
<ul style="list-style-type: none">◆ 2 goals◆ 1 ball◆ No goalkeepers <p>Play 3-on-3 match according to US Youth Soccer modified rules for the U6 age group.</p>	 A diagram of a diamond-shaped soccer field. A goal is located on the left side. A soccer ball is positioned in the center of the field. There are six players on the field: three are wearing dark jerseys and three are wearing light jerseys. The players are distributed across the field, with some near the goal and others further out.
Coaching Points: <ul style="list-style-type: none">◆ Summation of all challenges for the players, stay out of their way and let them PLAY!	

Low Fives All Around – Water – Go Home