



Hudson Soccer Association

Practice Plan

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U6 - Session #1

Activity:	Diagram
<p>1. Goofy Says</p> <ul style="list-style-type: none"> ◆ 30 x 20 yard area ◆ Players move freely in the area w/o the ball ◆ Coach is named Goofy; Players do what Goofy says <p>Coach demos log roll to players. On command, players perform log roll and back up and jog. On command, players jump up high off two feet then jog. On command, players jump up high off one foot, then jog. On command, players run fast for 3 seconds (coach counts out) then jog. On, command they perform all tasks in a row.</p>	
<p>2. Strawberry Farms</p> <ul style="list-style-type: none"> ◆ Set up 6 to 8 one-yard gates within a 20 x 30 yard area ◆ All players with a ball <p>Coach asks players to collect as many Strawberries they can by dribbling their ball through a gate and bend down and scoop the strawberries. How many. Can you beat your score. Next must step on ball and pull back because the road is closed on other side. Next, step on ball, do a front roll, turn, and run back through with ball. Use your imagination. (U8 can take a few balls away. Now, must get ball to get strawberries.)</p>	
<p>3. Fisherman Game (Sharks and Minnows)</p> <ul style="list-style-type: none"> ◆ 20 yards wide x 30 yards long ◆ Players w/o a ball ◆ Coach is the fisherman; Players are the fish <p>Players line up on end line. (Their pond has no more food). The coach (fisherman) is in the middle. The players attempt to run across the lake to the other pond that has more fish food. Fisherman attempts to tag players (fish) they become fisherman, if tagged. Progress to players dribbling across. Fisherman must clear ball over any line (so fish could win it back if lose ball).</p>	
<p>4. 1 vs 1 to Goals</p> <ul style="list-style-type: none"> ◆ 20 yards wide x 30 yards long (beginning in the middle of the sideline) ◆ Players line up on both sides of the coach ◆ Balls are at coach's feet <p>Coach explains to teams which direction they are going. Also, explains: if the other player has the ball, try to take it away and score on their goal. First player in each line goes after ball and tries to score when coach sends ball into play. Can have many of them at the same time. If they score, both come back to coach and get ready to go again. Progress to 2 vs. 2.</p>	
<p>5. 3 vs 3 OR 4 vs 4: Boss of the Balls</p> <ul style="list-style-type: none"> ◆ Players on sideline with coach ◆ Balls on sideline with coach <p>3(4) players enter field and play against 3(4) others to goals. If ball goes out of play, the coach simply serves another ball into play. When all the balls are gone, make subs and have the players collect the balls for you to have by your side to serve into next game.</p>	