



# Hudson Soccer Association

## Practice Plan

Author: Tom Goodman, US Youth Soccer

### U6 - Session #2

Activity: 1. Free Movement	Diagram
<p>◆ Free movement with the ball. ◆ Free movement with the ball at their feet.</p> <p>Every player has a ball in a 15- x 20-yard grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet</p>	

**Coaching Points:**  
◆ Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making

Activity: 2. Goofy Stop and Go	Diagram
<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>	

**Coaching Points:**  
◆ Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making

Activity: 3. Body Part Dribbling	Diagram
<p>Same set-up as above. All layers dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.</p>	

**Coaching Points:**  
Same as above.

Activity: 4. Hit the Ball (Relaxation Activity)	Diagram
<p>Players line up shoulder-to-shoulder on one end of the grid. Place 2 balls in the middle of the grid. One at a time, players kick their ball and try to hit one of the balls in the middle.</p>	

**Coaching Points:**  
Rest from previous activities. The challenge of hitting a target.



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Activity: 5. Sharks and Minnows	Diagram
<p>The minnows (the players with a ball) line up shoulder-to-shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the Coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p>	
Coaching Points:	
<p>FUN... Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.</p>	

Activity: 6. End Line Soccer	Diagram
<p>Set up a 15- x 20-yard grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned, outside the field at midfield.</p>	
Coaching Points:	
<p>FUN...Directional play. Dribbling under presser; kicking; receiving; decision making; change of speed; change of direction; defending.</p>	

Activity: 7. 3v3 Soccer Match	Diagram
<p>Set up a 20- by 25-yard field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach, who is positioned outside the field at midfield.</p>	
Coaching Points:	
<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>	