



Practice Plan

Author: Phil Johnson, MYSA

U6 - Session #7

Activity: 1. Ball and Body Awareness	Diagram
<ul style="list-style-type: none"> ◆ Hold the ball high, low, wide. ◆ Bounce, toss, role the ball. ◆ Dribble close, around, back and forth. ◆ Dance, hop, skip, jump. ◆ Catch the coach. 	
Coaching Points:	

Activity: 2. I Can Do This. Can You?	Diagram
<ul style="list-style-type: none"> ◆ Do a dribbling trick with the ball, like a turn. Have the players try it. ◆ Now, have any players show us a trick. ◆ We all copy. 	
Coaching Points:	

Activity: 3. Hospital Tag	Diagram
<ul style="list-style-type: none"> ◆ Players dribble in a grid, the "park". ◆ Two players called "bump" and "scrape" chase the dribblers. ◆ When tagged, put a band aid, "hand" on. ◆ After two tags, they come to hospital for a forfeit. ◆ Return to the game. 	
Coaching Points:	

Activity: 4. Gates Dribbling	Diagram
<ul style="list-style-type: none"> ◆ Players dribble through as many gates as possible. ◆ They dribble through in colored order of the gates. Blue - Red - Yellow. ◆ Add "gate keepers" guards who move around and stand in random gates. Once standing in the gate, it is "closed". ◆ Players need to look around for open gates. 	
Coaching Points:	



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Activity: 5. Balls Galore	Diagram
<ul style="list-style-type: none"> ◆ Coach rolls a ball out and players dribble it to the goal to scores. ◆ Coach rolls another ball out. ◆ Players can score on any goal. ◆ Throw many balls out for them to scores. ◆ Divide into two teams. ◆ Shoot on your own goal. 	
Coaching Points:	

Activity: 6. 3v3 Game to Two Goals	Diagram
<ul style="list-style-type: none"> ◆ Two teams – go to goal. ◆ Coach tosses ball out after first ball goes out of bounds. 	
Coaching Points:	