



Practice Plan

Author: Phil Johnson, MYSA

U6 - Session #6

Activity: 1. Bring the Ball Back	Diagram
<ul style="list-style-type: none"> ◆ Circle the coach. ◆ Each player with ball in hands. ◆ Give name, toss ball, bring it back. ◆ Fast, touching 3 body parts, hidden, feet. 	

Coaching Points:
<p><i>Target, Decision-Making, Body Awareness</i></p> <ul style="list-style-type: none"> ◆ Follow directions; Listen carefully; Try to be creative.

Activity: 2. Copy Cat Dribble	Diagram
<ul style="list-style-type: none"> ◆ Hop, skip, run, and jump. ◆ Dribble around. ◆ Show stops and turns. ◆ Name the moves. ◆ Copy – Dribble Magic. 	

Coaching Points:
<p><i>Maze, Body Awareness, Balance</i></p> <ul style="list-style-type: none"> ◆ Watch and copy; Keep ball close when dribbling.

Activity: 3. Minnows and Groupers	Diagram
<ul style="list-style-type: none"> ◆ Run/dribble between islands for safety. ◆ Avoid being tagged. ◆ Change from minnow to grouper if tagged. ◆ Add rafts "vests" on the ground for options. 	

Coaching Points:
<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> ◆ Be safe; Make a plan; Run/Dribble quickly.

Activity: 4. Gates: Stop and Go	Diagram
<ul style="list-style-type: none"> ◆ Set up cones. ◆ Run to stop on the cones. ◆ Carry ball, dribble ball, kick the ball to the cones. ◆ Vary: Stop and Go. Detour, Gas Station. 	

Coaching Points:
<p><i>Decision-Making, Target</i></p> <ul style="list-style-type: none"> ◆ Head up as you run; Dribble at your own speed for control and change of directions.



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Activity: 5. Moving Targets	Diagram
<ul style="list-style-type: none">◆ Each player with a ball in hands.◆ Two adults hold vest, arms out.◆ Score goals through moving targets.◆ Run, roll ball, dribble, and pass through and under the "goal posts".	
Coaching Points: <i>Target, Decision-Making</i> ◆ Get close before shooting; Be safe; Inside of foot – best surface for accuracy.	

Activity: 6. Line Soccer 4v4	Diagram
<ul style="list-style-type: none">◆ Get ball to Teddy.◆ Scatter balls.◆ Throw one out at a time.◆ Kick ball across end line for score.	
Coaching Points: <i>Maze, Targets, Decision-Making</i> ◆ Be a good listener; Follow directions carefully; Be safe.	