

**PA West Soccer Association
Recommended U6 Activities**

Warm Up

I Can, Can You.

Organization: Coach asks players, “I can do something without the ball, can you?” At this point the coach does some sort of physical move with out the ball. The move could be a skip, an elephant walk, walking and clapping hands between legs, jumping jacks, etc. After the coach performs several examples with the players joining in, the coach then asks the players if they have something that we could do, which they would demonstrate. Each player who volunteers then has the opportunity to demonstrate for the group to follow.

Progressions: Introduce the ball and move it with hands. Then put the ball in the ground and move it in various ways with the feet.

Ball Retrieval.

Organization: The coach tosses the ball for each player to bring back with feet, hands, elbow, and forehead. Have all of the players gather closely around you but not in a line. Each one hands you their ball, which you toss randomly into an open area where they must retrieve the ball and get it back to you as specified and as quickly as possible.

Progressions: Bring the ball back with two hands, one hand and one head, bouncing it back with two hands, rolling it back with their hands, with their feet, right foot and then left foot, outside of feet, etc.

Greetings Game.

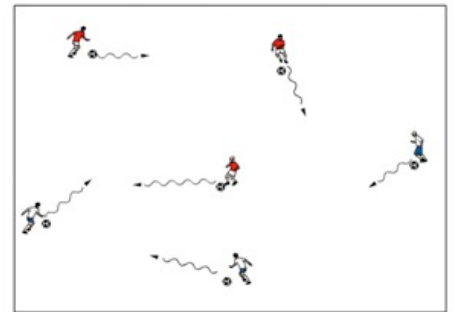
Organization: All of the players run around randomly inside a circle or rectangle. The coach call out various types of greetings, which each player then has to carry out with others: shake hands, high fives (right hand), high fives (left hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling.

The players dribble in the playing area.

The coach calls out various types of greetings as above.

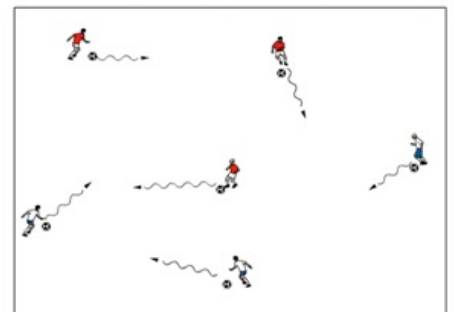
Have the players stop the ball before each greeting.



Identifiers.

Organization: All of the players run around the playing area at random. The coach calls out the identifier of a group of players or individual players, who then become hunters. Who can catch (tag) the most players within 1 minute? The identifiers might be, for example: colors of the players’ vest, hair color, T-shirt color, first letters of the players’ names, etc.

Progressions: Everybody has a ball; players dribble around and “hunt” while keeping their ball close.



Musical Balls. Organizations: Everybody has a ball and is dribbling. Coach sings and when he stops you leave your ball go to another ball and start dribbling.

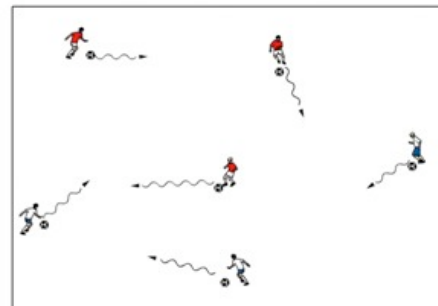
Progression: Dribble the ball in different ways (inside, outside, left, right, etc). Coach can take a ball away when he stops singing. The player without a ball must do a specific task before returning to the game.

Comments: Make sure every player knows they’ll get their ball back at the end of the activities

Dog and Master.

Organization: Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close to the foot), the dog runs away and is then caught by his master, master strokes dog with his foot, master jogs with the dog, walkers swap their dogs, etc.

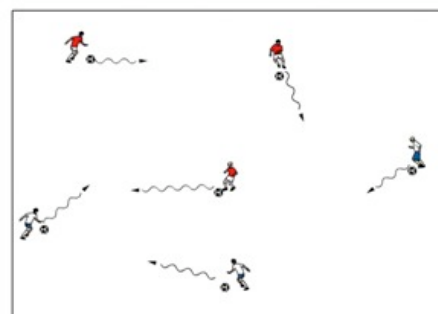
Progressions: Introduce tall cones as trees (stay away from the trees, because you know what the dogs will do!), introduce an evil dog catcher who kicks balls out of the park (players have to see the park ranger/coach to get back in the park), etc.



Body Part Dribble.

Organization: Roll the ball forward, backwards, and sideways with the right and left elbows. Roll the ball forwards, backwards and sideways with the right and left hands. Move quickly but avoid collisions! Roll the ball forwards, backwards, sideways, etc., with the right and left shoulders. Roll the ball in all directions with the head. Dribble the ball with the knees, rolling it forwards, backwards, and sideways. Players should try to play around each other. Roll the ball in all directions with the buttocks. Roll the ball with different parts of the foot, etc.

Progressions: Introduce Tick-Tock (pass the ball from inside of left foot to inside of right foot) and Tap Dance (lightly touch ball quickly with bottom of right foot then with the bottom of left foot. Ball should remain still).



Activities

“Red Light, Green Light”

Organization: In this game the players all stand on a designated line with the coach about

fifteen to twenty yards away. The coach turns his/her back to the players and give a very rapid silent one to ten count. Upon reaching the number ten the coach spins to the on-coming groups and yells red, yellow or green (the group may advance to the coach the moment he/she turns their back). If the call is red, any of the players moving are immediately sent back to the starting line. If yellow is called, any of the players who are not walking (or jogging on the spot) are sent back. In the case of the call being green those players who stop or walk are returned to the starting line. The object is to be the first to get to the coach.

Progressions: Each player has a ball. On green dribble, on yellow tap one foot on the ball at a time (tap dance) and on the red stop ball with the sole if one foot.

Comments: Can be played in a rectangle or a circle for a 360 degree game.

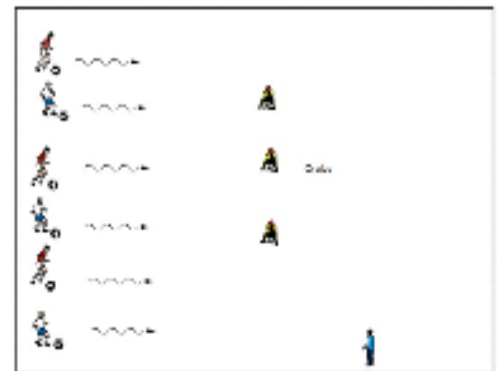


Pokemon Crab Attack.

Organization: In a 25 x 20 yard area, each player has a ball and attempts to dribble past “Crabby” to get to the sea. If Crabby can take away the soccer ball from the dribblers, the dribbler is caught and joins Crabby for the next round making tow Crabbies. The dribblers continue until there is only one left.

Progressions: Crabby evolves in Bulbasor (hops) and then into a Slow-Poke (can only walk). Specify use of outside and inside of foot to cut the ball from side to side to avoid the crab.

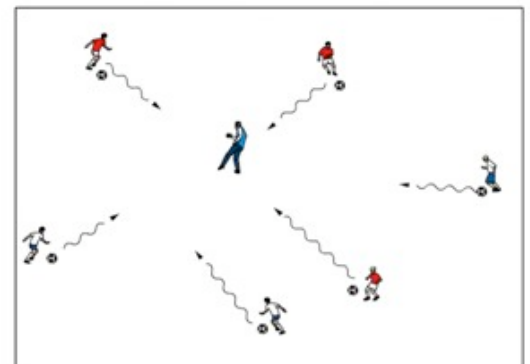
Comments: Occasional feedback like “Remember to keep looking up for crabs” and “Can you slow down and then speed up to fool the crab” are ok.



Ouch!

Organization: Each player has a ball. The coach or coaches has no ball but moves about the field with the players. Each player tries to hit the coach with his ball as often as possible. The coach can stop for 3 seconds, keep moving or tries to dodge all the shots depending on the level of play. Whenever the coach gets hit, he yells “Ouch” which makes it more exciting for the children. Each hit scores on point. Who can score the most points in one minute?

Progressions: Coach walks, jogs and runs. Players have to kick the ball as specified by the coach (laces, inside of foot).

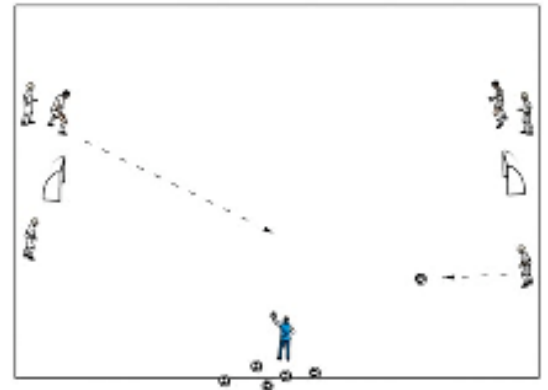


1 v 1 game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.). Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than 1 v 1 at a time.

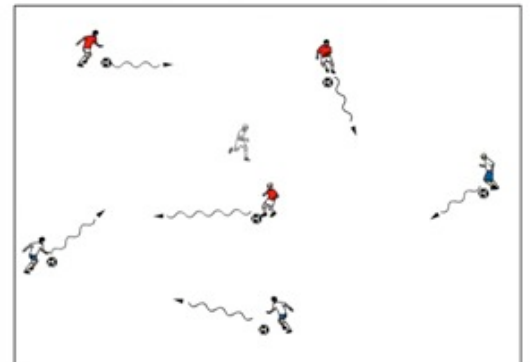


Tigers in the Jungle.

Organization: Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal.

Only tigers are not allowed. The tiger is the most feared animal in the jungle and is going to try to kick the other animals' ball into the surrounding alligator infested swamp. If the tiger kicks a ball in the swamp the child can dodge the alligators and bring it back into the jungle again. The child then stands with legs apart and ball in the air making the animal noise. When another animal/child dribbles the ball through this child's legs, he/she is free to continue the game.

Progressions: Animals dribble using only left foot, outside of feet, etc.



Tunnel Soccer.

Organization: Each player has a ball. The coach (or coaches) has no ball, but moves about the field with the players. While moving around the field, from time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots, the coach moves on again. Who can score the most points in one minute?

Progression: The coach specifies how players kick their ball (laces, inside of foot).



Around the World.

Organization: Set four or five cones in a large area. Have in mind either local cities or countries of the world. Name each cone and then have the players dribbling inside the area. On command they must dribble around the country/city that you name. Also name several countries/cities at one time.

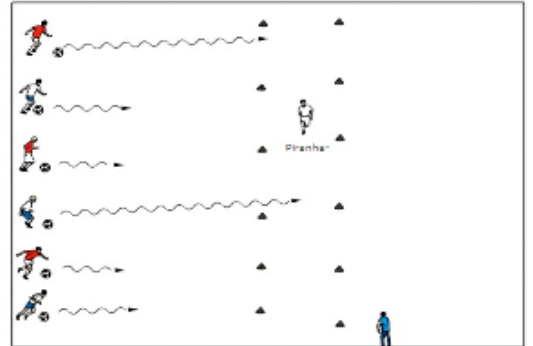
Progressions: You can start this game without soccer balls if this makes it easier for the children to understand



Cross The River.

Organization: The players run (go boating) from line (shore) to line (shore). In the river, are the two or three piranhas/players who try to tag the runners. When a piranha succeeds in tagging a runner he can swap places or they can both become piranhas.

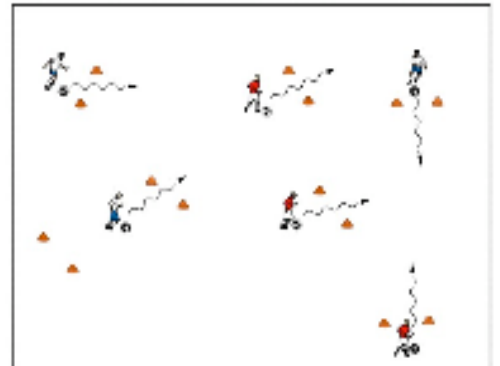
Progressions: Each player has a ball. Players kick the ball in a specified



Goal Chase.

Organization: Depending on the size of the group, the coach sets up 7 to 10 (at least line more goal than players) around the field and gives the start signal. The players try to run through as many goals as possible within the given time (45 seconds).

Progressions: Each player has a ball. Players kick the ball in a specified way through the goals (left foot, right foot, laces, etc).



Fruit Salad.

Organization: The coach sets up the cones in a circle. The cones are important, as they give the players a target to run to. One player stands near the center cone and the others stand in a circle around him (at a distance of 6-12 yards, depending on the size of the group). The coach walks round the circle and gives each player the name of a type of fruit (banana, orange, apple, cherry, etc.). The name of a fruit is called out and each player with that fruit name runs to another cone. When the "fruit salad" is call out, all the players have to run to another cone.

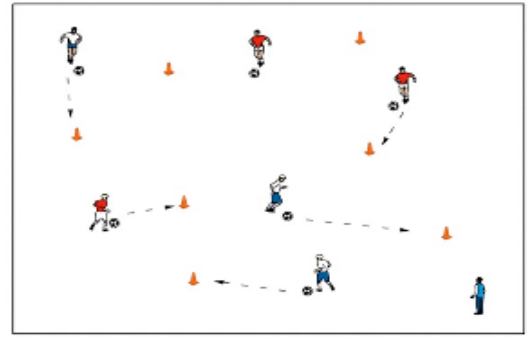
Progressions: Add dribbling (Same as above except the players must dribble to another cone)



Bingo.

Organization: A number of tall cones are distributed throughout the field. Two coaches are the “replacers”. Each of the players has a ball. The players with balls try to knock down as many cones as possible by kicking their balls at them. The “replacers” set up the cones as fast as they are knocked down. When a player knocks down a cone, he yells “Bingo!” (the sound adds to the excitement). Who can score the most “Bingos?”

Progressions: Kick the ball using your laces, kick with only your left foot, kick at the cone no closer than 3 yards, etc.

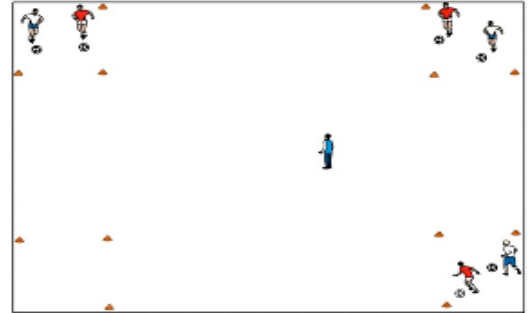


Traffic Officer.

Organization: The four groups of players stand in the corners of a square. The coach “traffic officer” stands in the middle of the field and directs the traffic, telling the groups when to change direction (parallel or diagonal). The players watch out for the players approaching in the opposite direction.

Progression: Every player has a ball.

Comments: Have players drive around their square (jogging or dribbling). No standing still.



“Steal the Bacon”.

Organization: In a 20x20 yard area, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in own goal area. When middle area is empty, collect balls from other goal area. After 60 seconds, count balls then switch to new players for the next game.

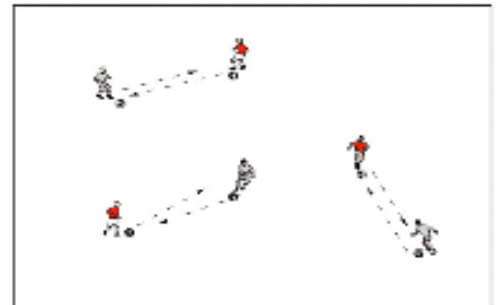
Progressions: Roll ball out of middle, use feet only, use only left foot, etc.



Marbles.

Organization: All the players have a ball and are inside the playing area. Each player tries to pass and hit another player’s ball while they are moving. If they pass and hit someone else’s ball, they get a point.

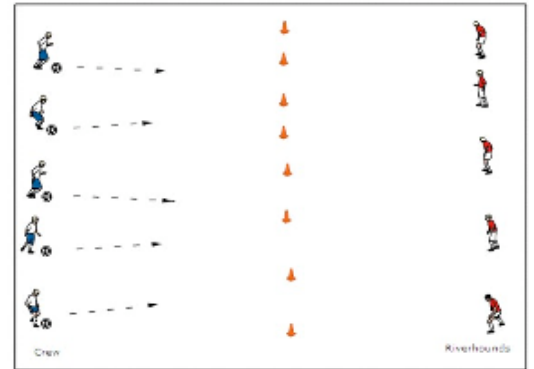
Progression: Players must kick the ball using their laces, etc.



Crew vs. Riverhounds.

Organization: Split the group into two teams and give them “trendy” names like the Crew and Riverhounds. Set up a 30x20 yd area with cones lined up along the middle of the area lengthwise. Give one team all the balls. On your command tell the team with the balls to strike their ball and knock down as many stand up cones as possible. On your command tell the other team to collect the balls. The coach should count and pick up the cones that have been knocked down. Switch roles so that the team that was shooting is now collecting balls. Continue until all the cones have been knocked down.

Progressions: Kick the ball with your laces, etc.



Your lesson plan should consist of:

1 warm up activity and 3 activities followed by a scrimmage of 3 vs 3

Your practice session should last from between 45 to 60 minutes.

