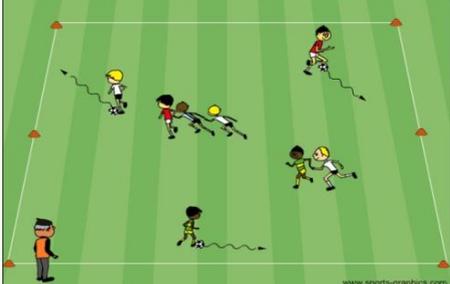


# (U6) --- Week 10

Activity 1	Activity Description	Time
	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Variation 2:</b> Ask the players to dribble only with the left foot, then with right foot.</p>	<p><b>6 minutes</b></p>
Activity 2	Activity Description	Time
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p><b>6 minutes</b></p>
Activity 3	Activity Description	Time
	<p><b>Gate Dribbling:</b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p><b>6 minutes</b></p>
Activity 4	Activity Description	Time
	<p><b>Catching Robbers:</b> All players are spread around a 15x20 grid; only two players (<b>the cops</b>) have soccer balls. When the coach says “<b>let’s catch some robbers</b>” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p><b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</p>	<p><b>6 minutes</b></p>
Scrimmage	Activity Description	Time
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15yd x 20yd with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>