

(U6) --- Week 9

Activity 1	Activity Description	Time
	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p>6 minutes</p>
	<p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog..</p>	<p>6 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
	<p>Get “Outta” There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p>Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</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>25 minutes</p>