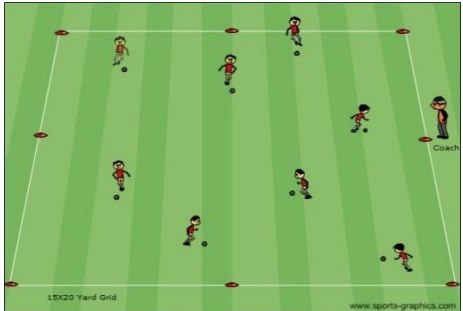
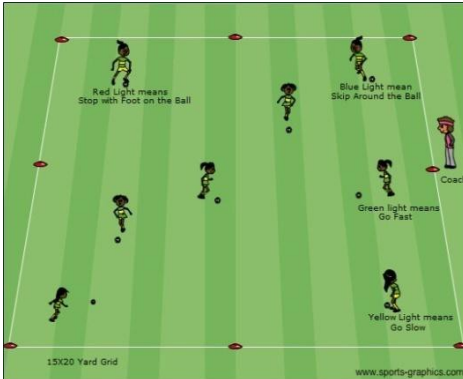
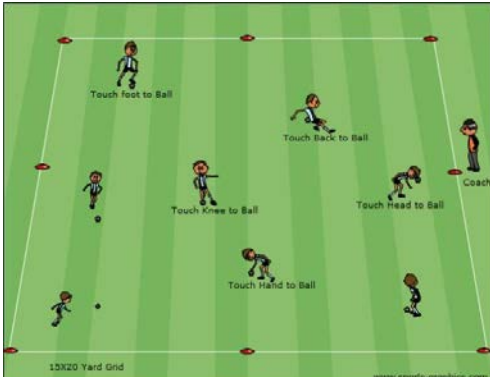



U6 – Dynamic Activities


(4, 5 and Some 6 Year Olds)

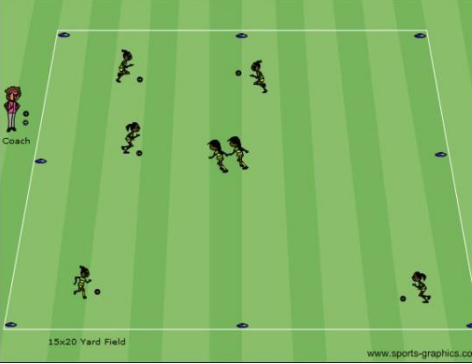
Paint the Field	Activity Description	Coaching Objective
 <p>15x20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> Each player dribbles a ball in a 15x20 yard grid. Coach explains to them that their ball is actually a paint ball and wherever it rolls on the field, it paints that area. How much of the field can they paint in the allotted time? 	<ul style="list-style-type: none"> Players can be challenged to use different surfaces of foot. Keep their ball inside the playing area.
 <p>15x20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> Each player dribbles a ball in a 15x20 yard grid. If the Coach calls Green Light, the players must dribble as fast as they can. If the Coach calls Red Light, they players must stop the ball under their foot. Coach can call other colors and give the players a challenge for each color such as Yellow Light, the players dribble very slow. 	<ul style="list-style-type: none"> Challenge the players to start and stop their ball quickly. Encourage players to use several surfaces of their foot. <p>*Remember, not all challenges have to be soccer specific (skip, jump, hop, etc.)</p>
 <p>15x20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> Each player dribbles a ball in a 15x20 yard grid. When the Coach calls out a body part, the player must touch that body part to the ball as quickly as possible. Coach should vary body parts and the rate at which he calls out body parts. At times, call out body parts consecutively. 	<ul style="list-style-type: none"> Encourage the players to keep the ball close. Players can make simple decisions.

U6 – Dynamic Activities

(4, 5 and Some 6 Year Olds)

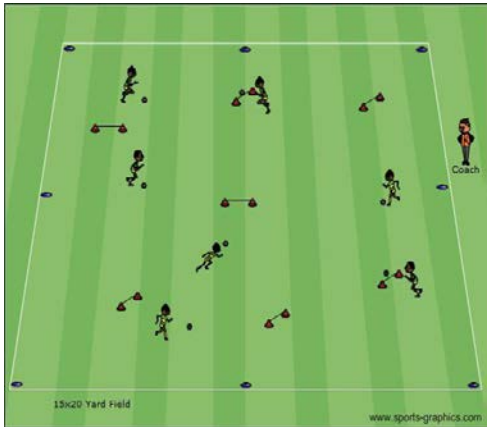
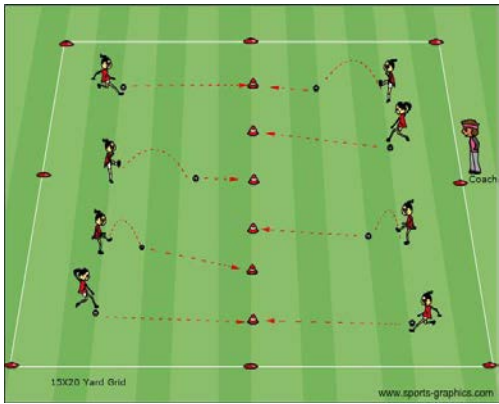
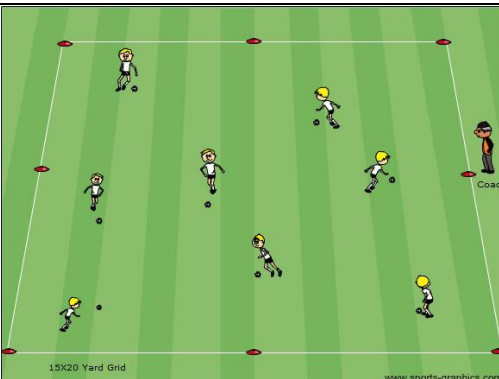
Fetch (Ball Toss)	Activity Description	Coaching Objective
 <p>15x20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Each player holds their ball in a 15x20 yard Grid. • One at a time, each player hands their ball to the coach. • The coach then kicks or tosses the ball away from the group in any direction. • Players bring their ball back to the coach as quickly as possible • Coaches can vary how the players need to bring the ball back (feet, hands, etc.). 	<ul style="list-style-type: none"> • Hand-Eye/Hand Foot coordination • Simple decision making • Follow directions and movement education

Musical Soccer Balls	Activity Description	Coaching Objective
 <p>15x20 Yard Field www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard grid. • When the coach starts the music (CD player or sing), the players leave their balls. The players move around the space without a ball. • While the players are moving, the coach can remove 1 or 2 balls from the space. • When the music stops, the players have to get to a ball as quick as they can. (1 player per ball) 	<ul style="list-style-type: none"> • Players need to follow direction. • Players can make simple decisions. • Players learn to anticipate.

Snake	Activity Description	Coaching Objective
 <p>15x20 Yard Field www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard grid. • All players dribble a ball except for 2. The 2 join hands and try to run around and tag players with a ball. • If a player is tagged, they put their ball to the side and join hands to make a snake. • The snake must stay together and HISS like a snake. • Play till all players are snakes. 	<ul style="list-style-type: none"> • Players can look for open space away from the snake. • The Snake players must work together. <p>*Coach may want to start the first snake in order to keep the snake connected.</p>

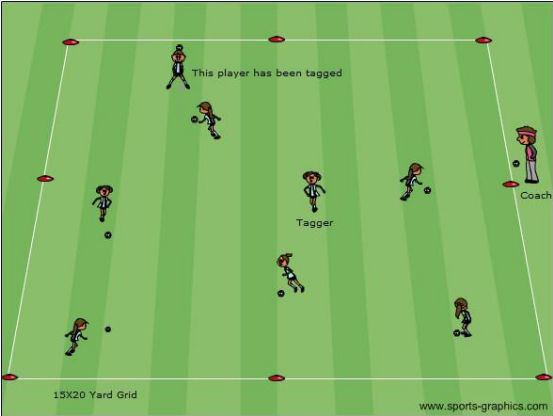
U6 – Dynamic Activities

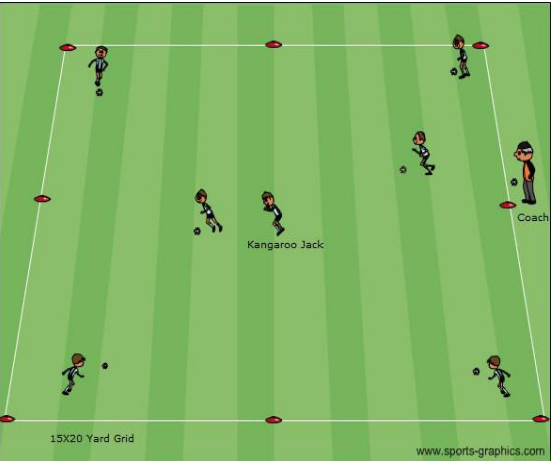
(4, 5 and Some 6 Year Olds)

Gate Dribbling	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard Grid. • Coaches need to set up 1 gate per player. • Gates are 1-2 yards wide and about 5-7 yards between gates. • Players dribble through one gate then find another gate to dribble through. • Coaches can challenge the players to get through as many gates in 20 seconds as possible. 	<ul style="list-style-type: none"> • Players must keep the ball close in order to change direction toward the next gate. • Players will keep their head up in order to find the next gate.
	<ul style="list-style-type: none"> • Each player with a ball in a 15x20 yard grid. • All players work together to see how long it takes to knock down all the cones. • Distance from cones should start about 4 coach's steps but increase with each round. • After kicking your ball, find another ball and keep trying. • Game last until all cones are down. 	<ul style="list-style-type: none"> • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Some kicking technique; but keep it limited. <p>*Variation: one side vs the other side.</p>
	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard grid. • When coach say, "Hit the Dirt," each player must touch his chest to the ground. • When the coach says "UP," all players get up quickly and resume dribbling. 	<ul style="list-style-type: none"> • Agility and flexibility • Anticipation • Movement education <p>*Variation: Players can go down to the ground and back to their feet as quickly as possible.</p>

U6 – Dynamic Activities

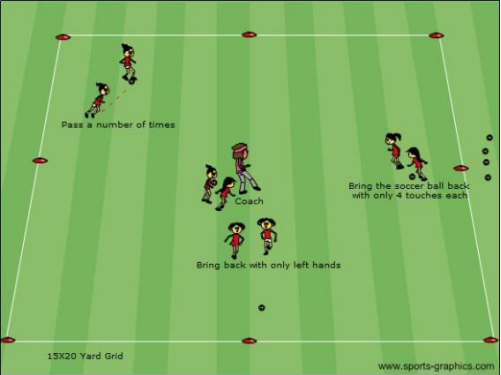
(4, 5 and Some 6 Year Olds)

Freeze Tag	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player dribbles a ball in a 15x20 yard Grid. • Coaches can pick 1 or 2 players to be Freeze Monsters. • Freeze Monsters run around (without a ball) and try to tag players with a ball. • When a player is tagged, they must freeze with their legs apart and ball held above their head. • The coach has the magic power to unfreeze players by touching their soccer ball. 	<ul style="list-style-type: none"> • Players must be aware of the Freeze Monster by keeping their heads up. • Dribbling, changing speed and direction

Kangaroo Jack	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player with a ball in a 15x20 yard grid. • Coach picks 1 or 2 players to be Kangaroo(s) • Kangaroos must hop on both feet and try to tag players dribbling a ball. • After being tagged, take your ball to the coach and they become a Kangaroo also. • Game last until all players have been tagged. 	<ul style="list-style-type: none"> • Dribbling technique with multiple surfaces of the foot • Acceleration with the ball • Coordination for the Kangaroos

U6 – Dynamic Activities

(4, 5 and Some 6 Year Olds)

Fetch the Ball (2's or 3's)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Groups of 2 (or 3) with one soccer ball per group in a grid 15x20 yards. • One at a time, each group hands their soccer ball to the coach. • The coach kicks or throws the soccer ball into space with instructions on how to bring the ball back. • Players may have to dribble with a number of touches each, a number of passes, use their hands or any challenge the coach gives them. • Groups are working at the same time with a different challenge every time they bring their soccer ball back to the coach. 	<ul style="list-style-type: none"> • Following directions and cooperating to meet the challenge • Hand-eye or foot-eye coordination • Simple decision making <p><i>Other variations for challenge</i></p> <ol style="list-style-type: none"> 1. 2 left hands 2. A foot and a hand 3. 3 hands 4. 2 foreheads 5. Number of passes 6. Number of touches