
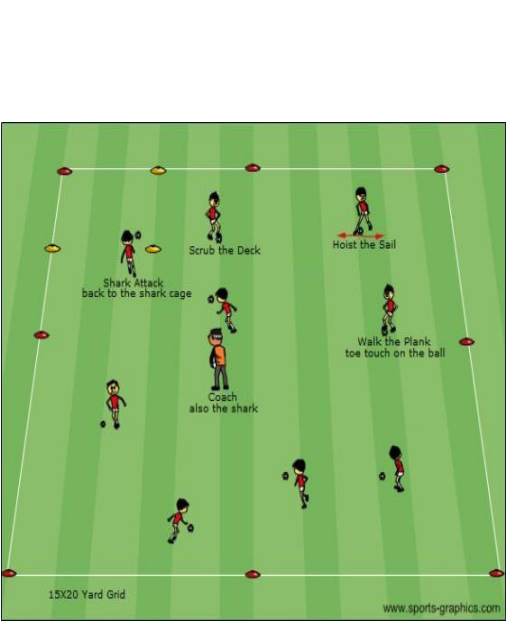


# U6 – Competitive Activities


(4, 5 and Some 6 Year Olds)

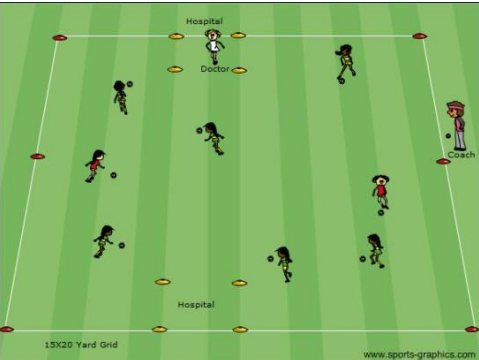
Cops & Robbers	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• All but 2 players dribbles a soccer ball in a 15x20 yard grid.</li> <li>• Coach sets up 8-10 tall cones.</li> <li>• Robbers have the soccer balls and try to knock over cones (banks) by hitting cones with their soccer balls.</li> <li>• 1-2 cops, without soccer balls, try to stand up the cones (before all the money falls out).</li> <li>• Each game last for about 30 seconds then coach can change some of the Cops for Robbers.</li> </ul>	<ul style="list-style-type: none"> <li>• Directional dribbling (toward cones)</li> <li>• Kicking accuracy</li> </ul> <p>*Variation: place extra soccer balls on top of disc cones and robbers try to kick the balls off the cones with their soccer balls.</p>

Pirate Ship	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player with a soccer ball in a 15x20 yard grid with a 6x6 (safe Shark Cage) in one corner</li> <li>• The grid is a Pirate Ship.</li> <li>• Coach makes up variations for the Pirates (players) and adds them to the Pirate Ship Journey one at a time.</li> <li>• Variations can be “Scrub the Deck” (players roll their soccer ball back and forth under their foot), “Hoist the Sail” (players can knock their soccer ball back and forth between their feet) and “Walk the Plank” (Players can do toe touches on their soccer ball).</li> <li>• When the coach calls “Shark Attack or Shark”, all players must dribble back to the safety of the shark cage without being tagged by the Shark (coach).</li> </ul>	<ul style="list-style-type: none"> <li>• Foundation skills repetition</li> <li>• Directional dribbling to avoid the Shark and get safely to the Shark Cage</li> <li>• Confidence with dribbling, how far can they get from the shark cage and still make it safely back?</li> </ul>

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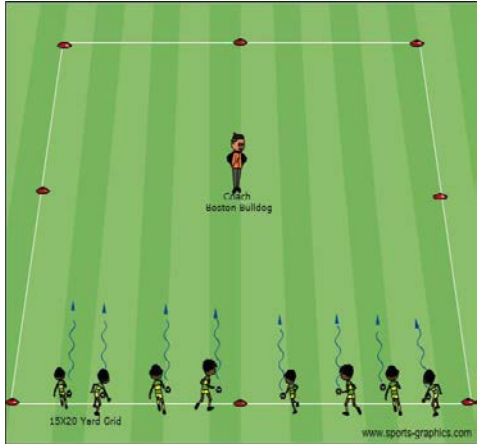
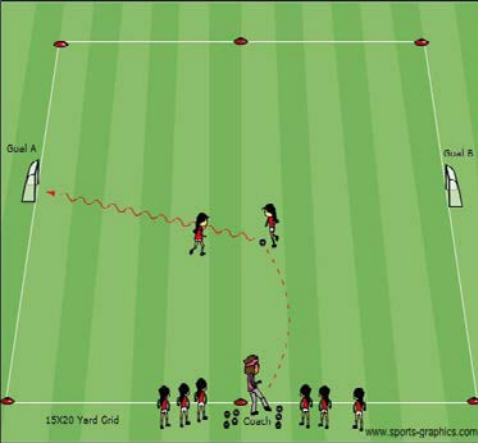
(4, 5 and Some 6 Year Olds)

Capture the Balls	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• Set up 3 to 4 home bases in the corners of the grid.</li> <li>• Divide the players equally in the bases.</li> <li>• All soccer balls in the center of the grid.</li> <li>• On the coach's command, all players try to get as many balls as they can into their home base.</li> <li>• Teams can steal balls from other bases.</li> <li>• Team with most balls after 30 seconds, wins the round.</li> </ul>	<ul style="list-style-type: none"> <li>• Scheming (how to attack the soccer balls, steal soccer balls from other home bases and how to defend your home base)</li> <li>• Decision making (dribble or pass)</li> </ul>

Doctor - Doctor	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with 2 4x4 Hospital. 1 near each end.</li> <li>• All players except the Doctor have a soccer ball.</li> <li>• The players dribble their soccer balls in the grid.</li> <li>• Coach selects 2 players to try to hit the other players with their soccer balls below the knees.</li> <li>• Any player who is hit can be saved by the Doctor's touch.</li> <li>• If the Doctor gets hit below the knees, game over.</li> <li>• Doctor is safe in either hospital but must come out to save the players.</li> </ul>	<ul style="list-style-type: none"> <li>• Agility</li> <li>• Dribbling and Kicking technique</li> <li>• Simple Decision making</li> </ul>

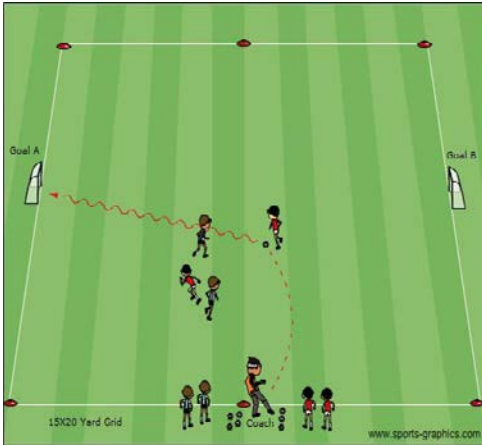

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(4, 5 and Some 6 Year Olds)

Boston Bulldog	Activity Description	Coaching Objective
 <p>The diagram shows a green rectangular field representing a 15x20 yard grid. A coach, labeled 'Coach Boston Bulldog', stands in the center. Along the bottom edge of the grid, several players are lined up, each with a soccer ball. Blue arrows point upwards from the players towards the center of the grid, indicating the direction of play.</p>	<ul style="list-style-type: none"> <li>• Each player lines their soccer ball on one side of a 15x20 yard grid.</li> <li>• The coach (Bulldog) starts in the center of the grid.</li> <li>• The coach dares the players to try to cross the grid without losing their soccer ball.</li> <li>• If the coach (Bulldog) steals a ball, that player has to join the coach in the middle to be a Bulldog also.</li> <li>• If the players make it across, they wait until the Bulldogs dare them to come across again.</li> <li>• Last player to lose their soccer ball starts the next round as the Bulldog.</li> </ul>	<ul style="list-style-type: none"> <li>• Players need to follow direction.</li> <li>• Changing speed and direction (running with the ball)</li> <li>• Bulldogs learn how to win the soccer ball through 1v1 challenges.</li> </ul>
 <p>The diagram shows a green rectangular field representing a 15x20 yard grid. Two goals, labeled 'Goal A' and 'Goal B', are positioned at opposite ends of the grid. A coach stands in the middle of the field. A red dashed line indicates a path from the coach towards the goals, with a player shown in the middle of the field.</p>	<ul style="list-style-type: none"> <li>• Coach sets up in the middle of the field and on the sideline with all the soccer balls.</li> <li>• Team is split in half with half the players on the coach's left and the other half on the coach's right.</li> <li>• Team on left tries to score in Goal B and the team on the right tries to score in goal A.</li> <li>• The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first player from each side enters the field and plays 1v1 till a goal is scored or the soccer ball goes out of play.</li> <li>• When the soccer ball goes out of play, the coach calls "Get Outta There". The players leave the field, the coach serves a new soccer ball and the next 2 players play 1v1.</li> <li>• Game last until all soccer balls are gone.</li> </ul>	<ul style="list-style-type: none"> <li>• 1v1 attacking and defending</li> <li>• Creativity and scheming</li> <li>• Decision making</li> </ul> <p>*Variation: game can be played without goals and a point is scored by dribbling over the sideline.</p>

# U6 – Competitive Activities

(4, 5 and Some 6 Year Olds)

Get “Outta” There (2v2)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up in the middle of the field and on the sideline with all the soccer balls.</li> <li>• Team is split in half with half the players on the coach’s left and the other half on the coach’s right. (identify teams with pinnies)</li> <li>• Team on left tries to score in Goal B and the team on the right tries to score in goal A.</li> <li>• The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first 2 players from each side enters the field and plays 2v2 till a goal is scored or the soccer ball goes out of play.</li> <li>• When the soccer ball goes out of play, the coach calls “Get Outta There”. The players leave the field, the coach serves a new soccer ball and the next 2 players from each side play 2v2.</li> <li>• Game last until all soccer balls are gone.</li> </ul>	<ul style="list-style-type: none"> <li>• Learning to share the soccer ball.</li> <li>• Creativity and scheming</li> </ul> <p>*This game can also be played 3v3.</p>
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with a goal at each end. (goal can be 2 to 4 steps wide)</li> <li>• Coach divides the players into teams of 3 or 4.</li> <li>• Teams play 3v3 or 4v4 with no goalies.</li> <li>• Multiple games can be played at the same time on similar grids.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to use technical skills in a game environment.</li> <li>• All technical coaching objectives can be recognized</li> </ul>