



# U6 Practice Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

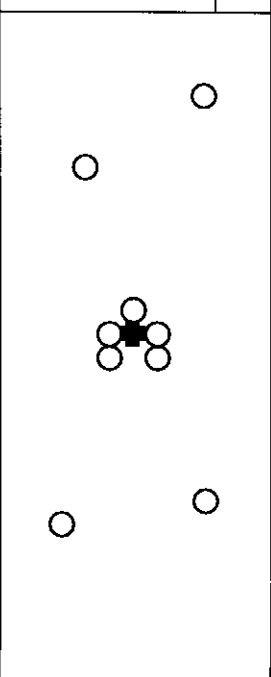
Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

## Activity

## Diagram

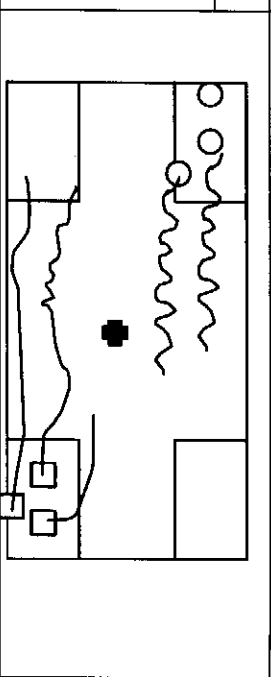
### 1<sup>st</sup> Activity (warm-up) Ball Retrieval

The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all 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 have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible.  
Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.



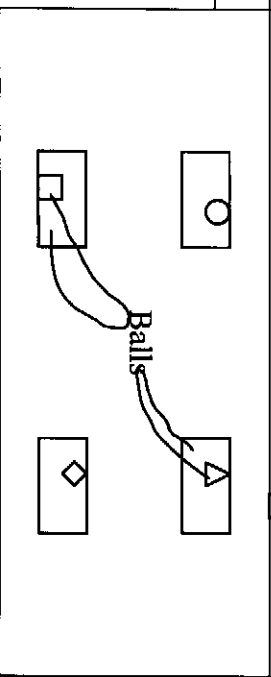
### 2<sup>nd</sup> Activity Traffic Officer

Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic officer) stands in the middle of the large area and directs the traffic (players) where to go. Have a different colored vest for each group of players.  
Progressions: Add a ball for each player. Have the different grids be different sizes. Sent multiple groups to the same grid. Dribble with outside of feet only.



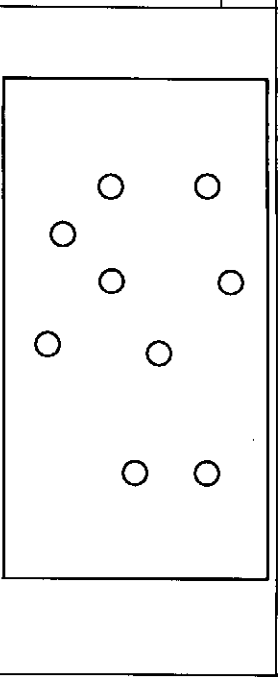
### 3<sup>rd</sup> Activity Steal the Bacon

Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)  
Progressions: Players must dribble the balls.



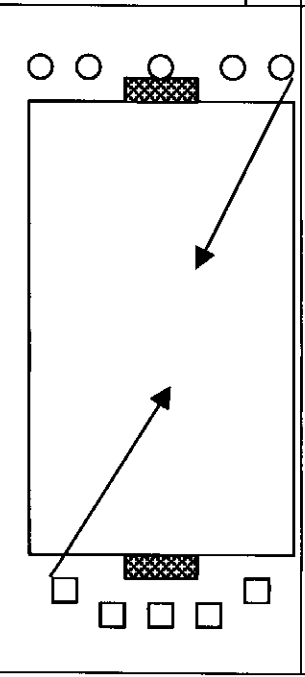
### 4<sup>th</sup> Activity Bumper Cars

All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.  
Progressions: Specify how players must kick the ball (laces, inside of foot).



### 5<sup>th</sup> Activity (the game) Disney Game

Two teams of equal numbers 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 onto the field and plays 1v1.  
Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.



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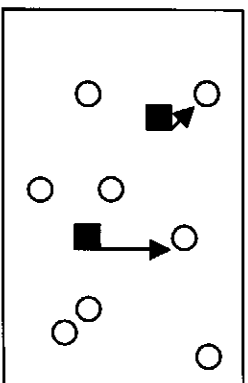
Theme: \_\_\_\_\_

## Activity

## Diagram

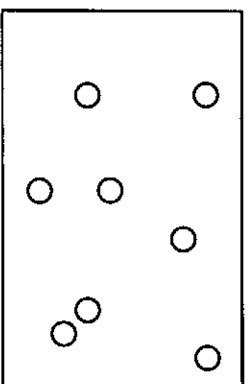
### 1<sup>st</sup> Activity (warm-up) Identifiers

All the players run around in a rectangle at random. The coach calls out the identifier or a group of players or individual players, who then become hunters. The hunters see who can tag the most players within one minute. The identifiers could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc.  
Progressions: Everyone has a ball.



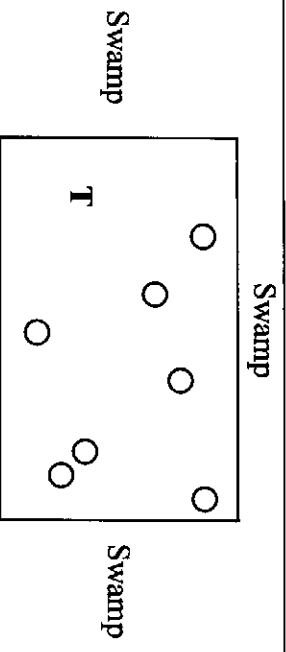
### 2<sup>nd</sup> Activity Dog and Master

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), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc.  
Progressions: Introduce tall cones as trees that the masters have to keep their dogs away from or an evil dog catcher that kicks dogs out of the game. The players have to see a park ranger before coming back in.



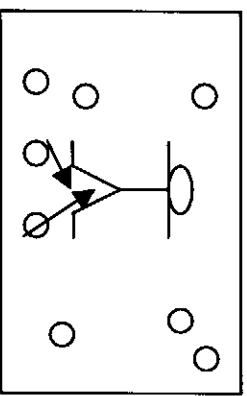
### 3<sup>rd</sup> Activity Tigers in the Jungle

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 going to kick the other animals' balls into the surrounding alligator infested swamp. When an animal gets their ball kicked away they have to doge the alligators, go get their ball, and stand holding the ball over their head making their animal noise. Another animal can unfreeze them by dribbling the ball through the frozen animals legs.  
Progressions: Animals dribble using only left foot, outside of feet, etc.



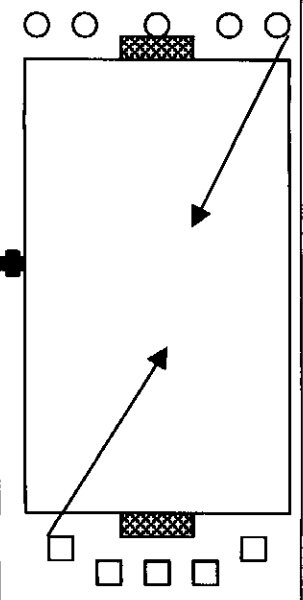
### 4<sup>th</sup> Activity Tunnel Soccer

Each player has a ball. The coach has no ball but moves about the field with the players. 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 or so the coach moves on again. Who can score the most points in one minute?  
Progressions: The coach specifies how the players must kick the ball (laces, inside of foot).



### 5<sup>th</sup> Activity (the game) Disney Game

Two teams of equal numbers 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 onto the field and plays 1v1.  
Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.



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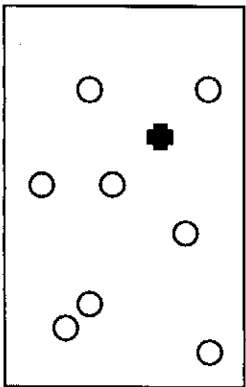
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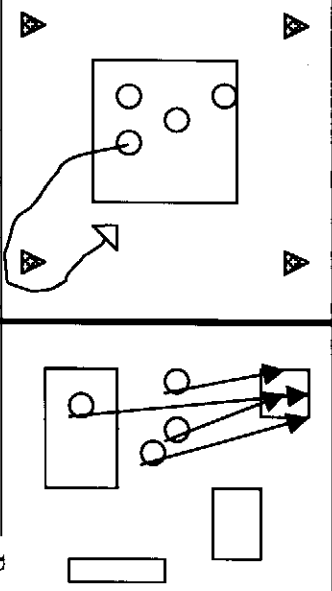
### 1<sup>st</sup> Activity (warm-up) *I Can, Can You?*

Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical movement without the ball (skip, walk and clap hands through legs, etc). After the coach does several examples he should ask the players if they have any suggestions and allow them to demonstrate.  
Progressions: Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.



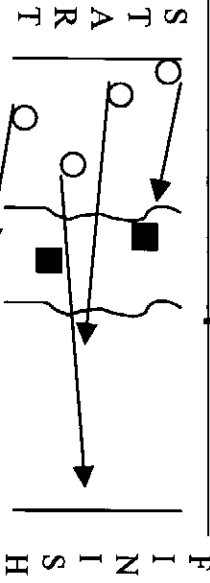
### 2<sup>nd</sup> Activity *Around the World*

Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area.  
Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.



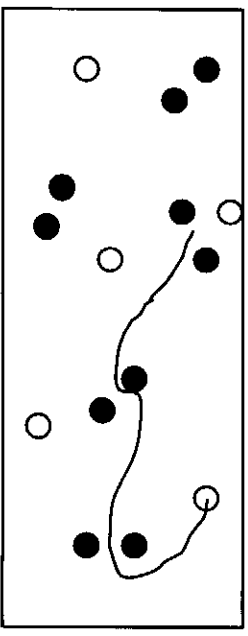
### 3<sup>rd</sup> Activity *Cross the Ohio River*

The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places.  
Progressions: Add a ball for the boaters.



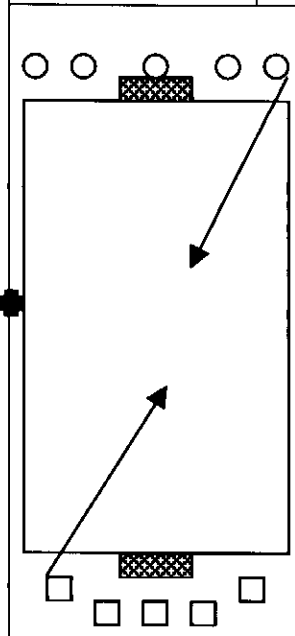
### 4<sup>th</sup> Activity *Goal Chase*

The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.  
Progressions: Each player has a ball.



### 5<sup>th</sup> Activity (the game) *Disney Game*

Two teams of equal numbers 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 onto the field and plays 1v1.  
Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.





United States Youth Soccer Association

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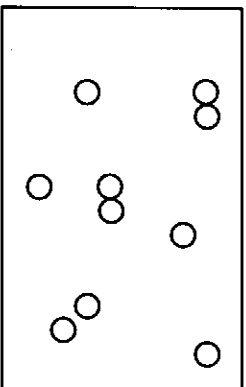
Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

## Activity

## Diagram

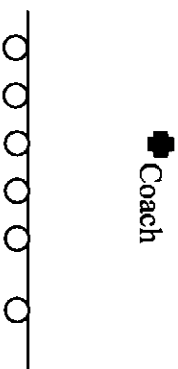
### 1<sup>st</sup> Activity (warm-up) Greetings Game

All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.  
Progressions: Add dribbling.



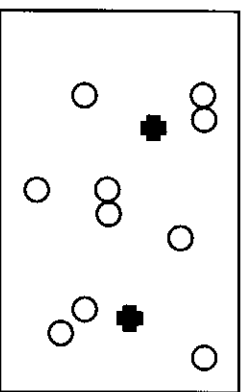
### 2<sup>nd</sup> Activity Red Light, Green Light

All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.  
Progressions: Add a ball. The coach can move around to make the game more challenging.



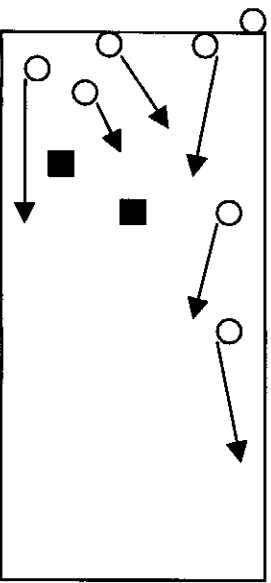
### 3<sup>rd</sup> Activity Ouch!

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.  
Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)



### 4<sup>th</sup> Activity Frog Attack

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.  
Progressions: Add a ball (for the players, not the frogs)



### 5<sup>th</sup> Activity (the game) Disney Game

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