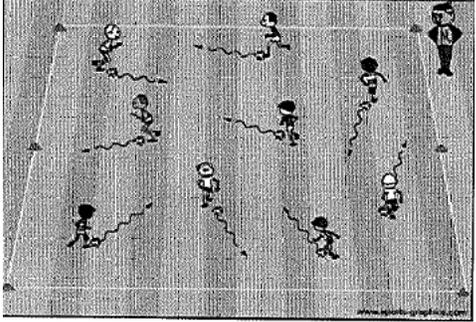
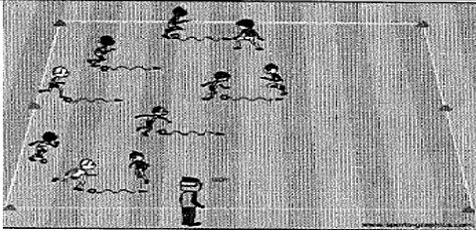
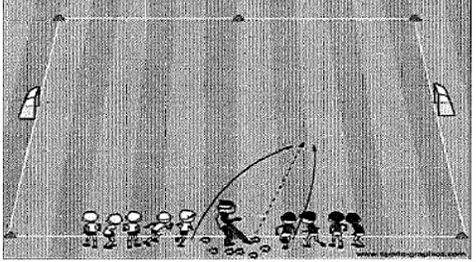
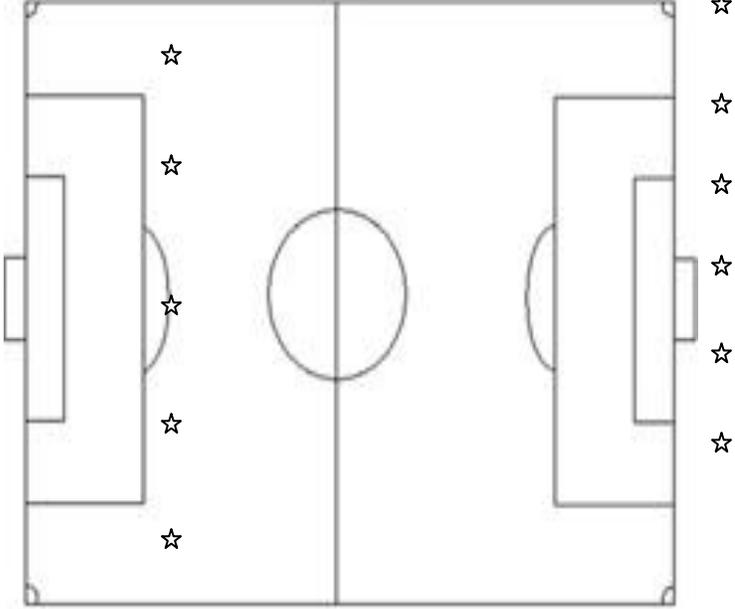


U6 Session Plan – Week #6

Start Time: 6:30

Set up a grid (20m x 20m) using your pylons to show your team members their part of the field for the team activities before the scrimmage.

6:30 5-6 minutes	<p><u>Warm Up</u></p> <p><u>Free Dribble:</u> All players dribbling a soccer ball in the area. Have them use the inside, outside and sole of foot to move ball.</p> <p><u>Coach:</u> Add in direction changes (“Turn”) and ball control moves (toe taps, side-side, ball circles, heel-toe, etc.) stress accelerating away. Also add in stopping ball with different body parts (“elbow on ball”, “tummy on ball”, etc.)</p> <p><u>Next steps:</u> 1. Coach put light ‘pressure’ on players 2. Whne players dribble towards each other do a move then accelerate away.</p>	
5-6 minutes	<p><u>Activity 1</u></p> <p><u>Frogs and Flies:</u> Have 2-3 players acting as frogs in the middle of the area (the pond). The rest of the players are flies and are at one end of the area with a ball. When coach says go the flies try to cross the pond without having their ball kicked out of the area. If a ball goes out the fly turns into a frog. Play until all are frogs</p>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>Get “Outta There”:</u> Divide players into 2 teams positioned on either side of coach who has soccer balls outside area. Two nets (pylons for posts will work) set up on opposite sides. The coach plays the ball into the area and players try to gain possession and score a goal. If a goal is scored or the ball goes out of bounds the coach yells “Get Outta There”. Games can be 1v1, 2v2 or 3v3.</p>	
6:50	<p style="text-align: center;">5 v 5 game Vs Other team</p> <p>With referee.</p> <p>Coach on field with team. Subs at any time. No goalies</p>	<p style="text-align: right;"><u>Subs</u></p> 
Approx. 7:30- 7:35	<p>Wrap up</p>	<p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>