



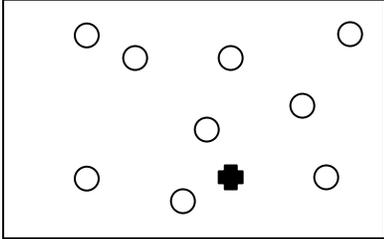
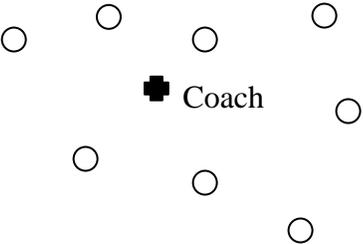
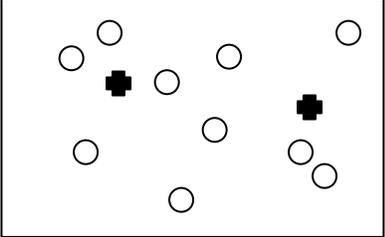
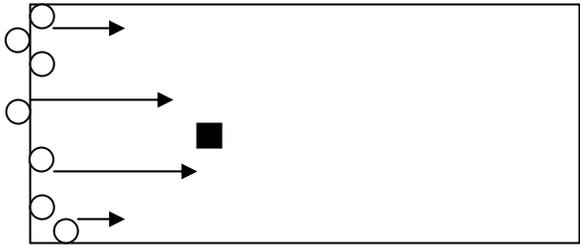
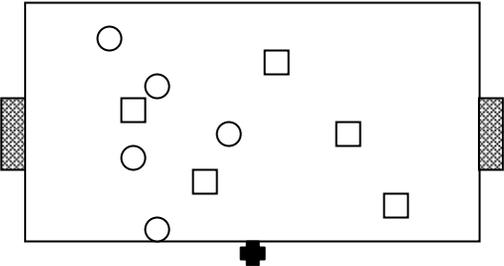
# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball Exploration, Dribbling

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Coach is "it"</i></p> <p>All the players run around randomly inside a rectangle. The coach chases players and tries to either tag the players or tap their ball out of the grid. Start without ball to get use to spacing and use of a grid.</p> <p>Progressions: Everybody is it and have them try and tag as many players as possible making sure to dribble the ball at same time.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Body Part Dribble</i></p> <p>Body Part Dribble: Coach calls out body part and players must put body part to their ball (i.e. elbow, knee, ear, etc...)</p> <ul style="list-style-type: none"> <li>-Elbow</li> <li>-Foot</li> <li>-Back</li> <li>-Stomach</li> </ul> <p>Progression: Give 2 body parts at a time, vary speed of calls</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Alien Attack</i></p> <p>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 (alien). 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.</p> <p>Progressions: The coach can vary how fast they are moving depending on the level of the players. Have players strike below knee. Give points out (i.e. now worth 100 points, 1,000 points, etc...)</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Alligator River</i></p> <p>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. The coach is the alligator and tries to tag the other players as they try to get to the other line. When a player is tagged they become an alligator helper.</p> <p>Progressions: Alligators have to kick the balls out of the river (the sidelines). Add 2 alligators (children lead).</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>New Ball</i></p> <p>Two teams play. Give out team names (i.e. ketchup and mustard) to distinguish what team players are on and what direction to go. Every time a ball goes out of bounds or into the goal, coach calls out "new ball" and the children play. This helps avoid the "bee-hive".</p> <p>Progressions: Add more then one ball at a time</p>	



# United States Youth Soccer Association

## Practice Plan

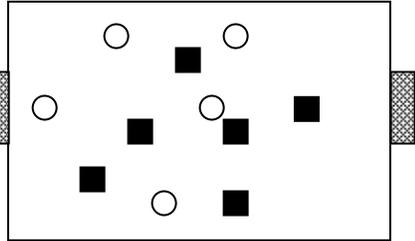
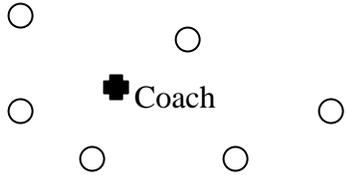
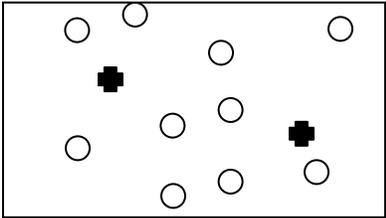
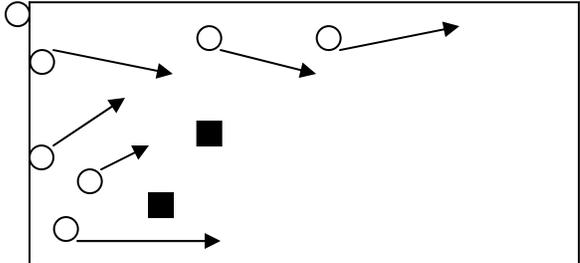
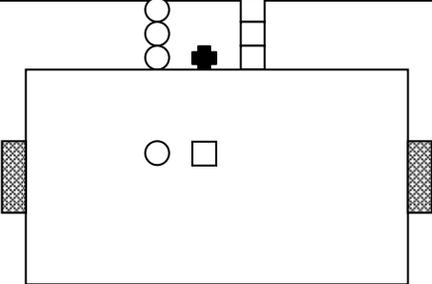
Name: Jeff Hopkins

Age Group: U6

Theme: Ball exploration, dribbling, passing

### Activity

### Diagram

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Street Soccer Game</i></p> <p>As players arrive, give them a pinnie and just allow them to play a game of pick-up soccer. If teams are not even that is ok. Try and just let them play. Make sure you have things organized before the players arrive.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Red Light, Green Light, Orange Light, etc</i></p> <p>All the players start dribbling around. When the coach yells red light the players stop and put their foot on the ball. Green light = go, blue light = hide behind ball, orange light = run around ball, purple light = jump over the ball, gold light = chase coach, brown light = coach chases players.</p> <p>Progressions: The coach can move around to make the game more challenging.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Space Invaders</i></p> <p>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.</p> <p>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)</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Alligator, Alligator</i></p> <p>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 alligators try to kick the other players ball out of the river (past sidelines). When a player loses their ball they become an alligator as well. Play until only two children are left. Those children become the alligators for the next game.</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Get out of Here</i></p> <p>Two teams of players stand in a line. Coach sends in a ball and calls out a number. For example 1. The first player from each team goes out and plays 1v1. If the coach calls out 3 then the first three players go out and play 3v3. If the ball goes out of bounds either put a new ball in for the same group or have them retrieve the ball and go to the end of their team's line.</p> <p>Progressions: Call numbers quickly from each side so there are a couple of 1v1 games happening at the same time.</p>	

### Scrimmage 4v4



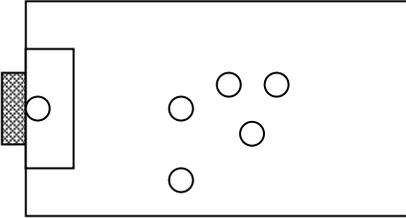
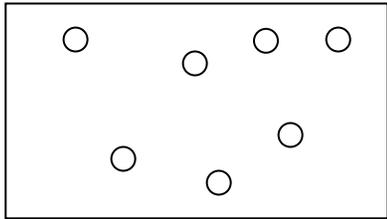
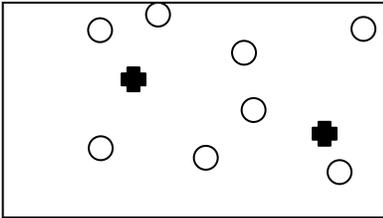
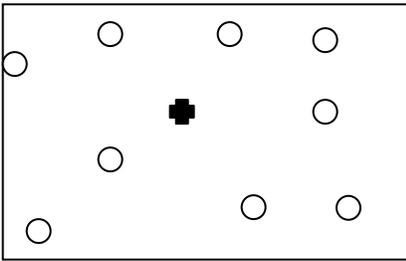
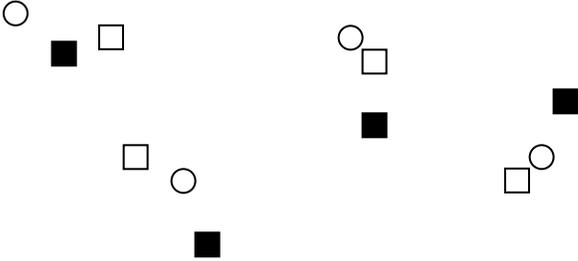
# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball exploration, dribbling, passing

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>One Against the World</i></p> <p>As players arrive, have them join a game to one goal. Object is to score a goal. Whoever scores the goal becomes the next goalie. If players are shooting too close, make a safety line that they cannot shoot in front of.</p> <p>Progressions: Put into pairs, put into teams of 3</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Free Dribble/Hospital Tag</i></p> <p>Players each have a ball. Have them dribble around grid watching where they are going. Begin with simple change of direction and speed. Show them different ways to turn or show them different feints. Hospital Tag: Each player is "it" they try and tag another player with hand. If tagged the player needs to put their hand on the part of their body (a band-aid). After third tag the player goes to coach and does a simple trick to get back into the game.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Space Invaders</i></p> <p>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.</p> <p>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)</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Giant Ant</i></p> <p>The game takes place in a rectangle; all the players start off with a ball. Choose one to be the Giant Ant. They do not have a ball. Others must dribble ball around in space. If tagged, dribblers must get ball out of grid and crawl on hands and knees (they become ant helpers). Play until only 1-2 dribblers are left.</p> <p>Progression: Ant helpers switch place with dribbler once tagged.</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Draw/Fire Pit</i></p> <p>Two Players stand facing each other with a ball between them. On coaches signal "draw", players pull ball back and play</p> <p>Object is to score by kicking ball into bag (or ball on a cone). Other player defends bag/ball. Make small circle with pinnies if player guards too close to goal.</p> <p>Progressions: Play 2v2, 3v3, etc... Play with 2 bags apart</p>	

### Play 4v4 Game



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball Exploration

### Activity

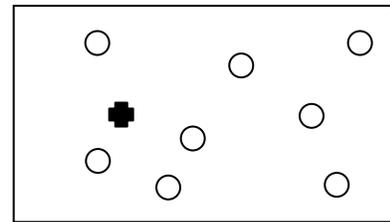
### Diagram

#### 1<sup>st</sup> Activity (warm-up) *Free Dribble/Robot Tag*

Each player has a ball in an area. The coach has players make little kicks and keep ball coach to foot.

Robot Tag = Coach is Robot and can only walk. If player is tagged they have to do a little trick of some sort (taps, touches, toss and catch, etc...)

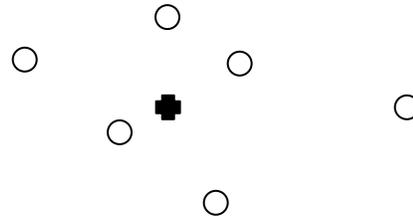
Progressions: Players tagged become Robot (can only walk) helpers.



#### 2<sup>nd</sup> Activity *Boss of the Balls*

The coach stands in center of playing area. Each player has one ball. The coach is the boss of the balls and each player hands coach their ball. The coach distributes the player's ball out into field and tells players how to bring ball back to the coach. Make sure players are moving safely and do not kick ball at coach.

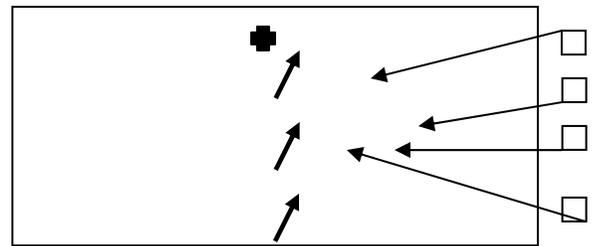
Progressions: bring back using: hands, elbows, behind back, feet, etc...



#### 3<sup>rd</sup> Activity *Cross Through the Gate*

Players stand on endline of a field. Mark the centerline with a flag on each sideline, this is the gate. On the coaches command the players dribble across through the gate.

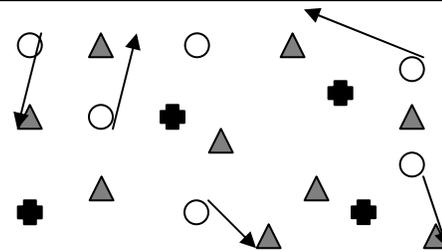
Progressions: Slide the cones towards the center of the field to make the gate shorter. Add a gate keeper to kick balls away. Add gates as well as gate keepers.



#### 4<sup>th</sup> Activity *Builders and Bulldozers*

A number of tall cones are distributed throughout the field. Choose a third of the players to be builders who have to set the cones back up to a standing position. The other players each have a ball and must dribble to a cone and knock it over using a pass or kick. Players may not use their feet to kick cones over directly. Switch roles after 1-2 minutes.

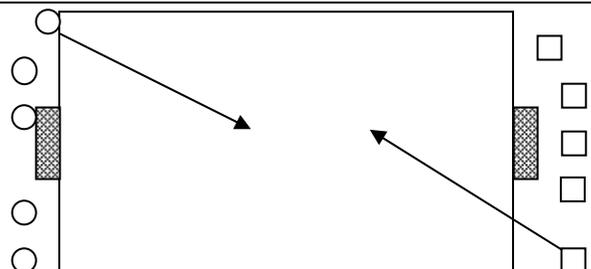
Progression: count who has more up or down



#### 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: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.



Scrimmage 2v2 or 3v3



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

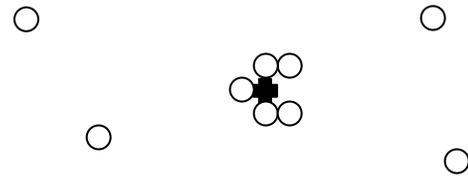
Theme: Dribbling, Passing

### Activity

### Diagram

#### 1<sup>st</sup> Activity (warm-up) *Boss of the Balls*

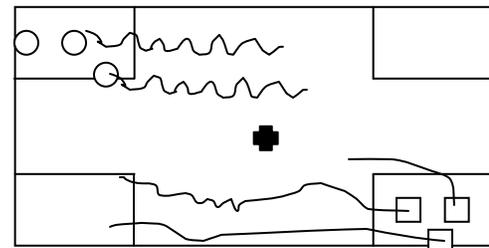
The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one **hands** you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you 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 *Shark Island*

Set up four small grids in a large area. Give each grid the name of an island. The coach (shark) stands in the middle of the large area and calls out islands for swimmers (players) to go. Fantasy Island, Hawaiian Island, Treasure Island, Pirate Island

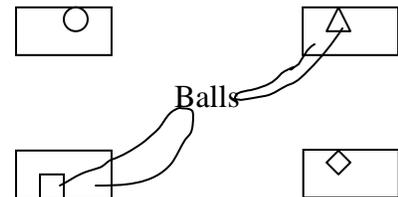
Progressions: Add a ball for each player. Have players who are caught join coach as a shark helper



#### 3<sup>rd</sup> Activity *Pirates of the Caribbean*

Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. 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)

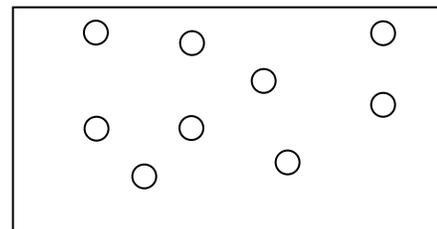
Progressions: Players must dribble the balls. Players can take from others in neutral areas (turns game into 1v1's). Make teams of 2-3 players. Send one player out at a time to retrieve a ball. Make one ball worth more points (i.e. red ball = 5 points)



#### 4<sup>th</sup> Activity *Marbles*

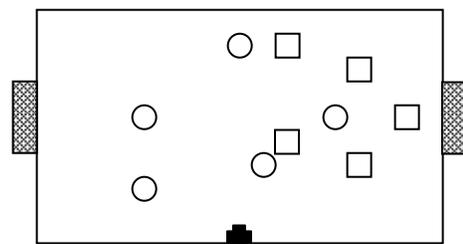
All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.

Progressions: Specify how players must kick the ball (laces, inside of foot).



#### 5<sup>th</sup> Activity (the game) *New Ball*

Make two teams and set-up a field with 2 large goals. Do not use goalies. Instead as the coach have a large supply of balls near edge in center of the field. Anytime a ball is scored or goes out of bounds, play a new ball in and call "new ball". After all balls are out have players collect and restart game. Keep game active and fun!!!





# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Ball Awareness, Dribbling, Passing

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Street Soccer Game</i></p> <p>Have pinnies organized as players arrive. Put players on teams and have supply of balls ready. Does not have to be equal number of players on each team. Play in small sided grid with 3 yard goals</p> <p>Progression: Add a goalie</p>	<ul style="list-style-type: none"> <li>▪ Game that gets the kids playing immediately as they arrive</li> <li>▪ Observe and try not to coach</li> </ul>
<p><b>2<sup>nd</sup> Activity</b> <i>Sharks and Minnows</i></p> <p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won't have balls, but they are on the prowl for someone else's. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else's ball away or kick the person's ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>	<ul style="list-style-type: none"> <li>▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?</li> <li>▪ Can we spin away from pressure (a defender)?</li> </ul>
<p><b>3<sup>rd</sup> Activity</b> <i>Gate Dribbling</i></p> <p>Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. Each person has one ball. In order to score a point the player must dribble the ball through a goal.</p> <p>Progressions: Play 1v1 games and switch new opponents after 30 seconds to up to about 1 minute</p>	<ul style="list-style-type: none"> <li>▪ Don't tell the players they can't dribble through the same gate twice, wait and see if anyone can figure it out</li> <li>▪ Time players. See how many they can go through</li> <li>▪ Do a second time, see if they can beat score</li> <li>▪ Add gatekeeper (coaches/parents) to block off gate(s)</li> </ul>
<p><b>4<sup>th</sup> Activity</b> <i>Gate Game</i></p> <p>Have several coaches act as gate keepers who can stand between gates and close them off to dribblers. Make three teams. Have one team be gate keepers and have them move around to close gates. Have others count (can have team count for a total) by using vests to identify teams. Switch after a minute.</p>	<ul style="list-style-type: none"> <li>▪ Decision making</li> <li>▪ Vision and awareness</li> <li>▪ Movement</li> <li>▪ Change of direction</li> </ul>
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Get Out of Here</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a <b>small</b> line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2 to 3v3 etc...</p>	<ul style="list-style-type: none"> <li>▪ This game should be <b>very</b> fast paced</li> <li>▪ As soon as the ball goes out of bounds throw another ball in immediately</li> <li>▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them</li> <li>▪ Vary how balls are distributed into the playing area</li> </ul>

### Scrimmage 4v4



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins

Age Group: U6

Theme: Dribbling

### Activity

### Diagram

<p><b>1<sup>st</sup> Activity (warm-up) <i>Boss of the Balls</i></b></p> <p>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 <b>hands</b> 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.</p>	
<p><b>2<sup>nd</sup> Activity <i>Copy Cat</i></b></p> <p>Have players copy coach. Hop, skip, and jump. Progress to having players manipulate a ball. Catch, roll, throw, etc...</p> <p>Show stopping, turning, and changing speeds.</p>	
<p><b>3<sup>rd</sup> Activity <i>Everybody's It</i></b></p> <p>Everyone is it. Start without a ball and progress to playing with a ball. Review how to tag safely. Have them count how many people they can tag. Vision up. Keep control of the ball.</p>	
<p><b>4<sup>th</sup> Activity <i>Stop and Go (Beginning of Gates)</i></b></p> <p>Set up many cones in open space. Have players run to a cone and stop. Start by having players carry their ball to a cone. Dribble to cone, kick ball to cone. Have them count how many cones they can get to in a designated time.</p> <p>Progression: Play 1v1 to a cone.</p>	<ul style="list-style-type: none"> <li>▪ Head up as you run</li> <li>▪ Dribble at own speed for control and change of directions</li> </ul>
<p><b>5<sup>th</sup> Activity (the game) <i>New Ball</i></b></p> <p>Make two teams and set-up a field with 2 large goals. Do not use goalies. Instead as the coach have a large supply of balls near edge in center of the field. Anytime a ball is scored or goes out of bounds, play a new ball in and call "new ball". After all balls are out have players collect and restart game. Keep game active and fun!!!</p>	