

U6 Practices
Week 2

Teams Rheault & Smith on field 1
Teams Eggen & Judge on field 2
Teams Alicandro & Brown on field 3

Coaches will stay on the field they started on and the kids will rotate to the next field for 3 more stations, 15 minutes each.

Players should all end up back with their coaches to complete their last station.

Coaches please gather your players at the end of practice and make sure each one is going home with the correct parent/guardian.

Station 1 – Freeze Tag *(Coach Rheault & Coach Smith)*

Freeze Tag

Set up a large rectangle with cones and have the players dribble in the rectangle.

After a short time, take the ball away from one or two players who then become “it.”

Any player whose ball is touched by an “it” player becomes frozen and has to stop dribbling, spread her legs apart, and hold her ball above her head.

He is frozen in this position until another player dribbles her ball between the frozen player’s legs.

Switch the “it” players often and make it a contest to see who can freeze the most at one time.

Station 2 – Messy Back Yard *(Coach Eggen & Coach Judge)*

Keep your yard clean

This game is simple, fun, and easy to adapt to account for various team sizes and experience.

THE GAME:

- Divide the kids into 2 teams and have one team on each side of the field.
- Line all of the soccer balls up on the midline of the field.
- On command, each team tries to keep their side of the game zone free of balls by kicking their ball over to the other team’s side.
- After an appropriate amount of time (when the balls become too scattered, or the players are losing focus), stop the game and count which side has the most balls on their side.
- Distribute the balls evenly for another try.

Station 3 – Dribbling and shooting *(Coach Alicandro & Coach Brown)*

Instructions

- Set up 2 dribbling lanes from the center of the field using cones.
- Split the kids and have them start dribbling from the center and once they hit the second, take a shot.
- Make sure kids are using the correct part of the foot to dribble and shoot.
- Keep the ball close and head up.
- Variation: Add a speed element if they progress and have the kids race against each other.
- Variation: Only use right foot to dribble and shoot/only use left foot/ only use inside of foot/ only use outside of foot.
- Variation: Add a defender in front of the goal.

Station 4 – Scrimmage *(All players back with their coach)*

10 minute scrimmage against the other team on the field.