

**2012
Under 6**



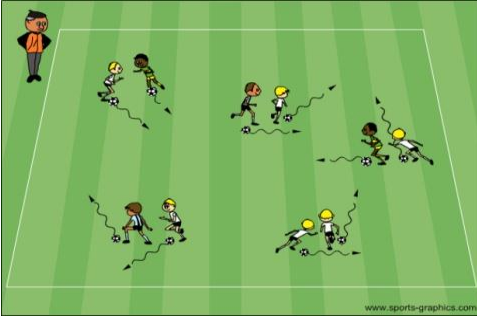


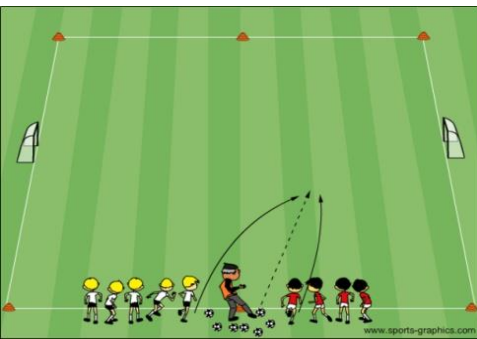
**Spring
Training
Sessions**

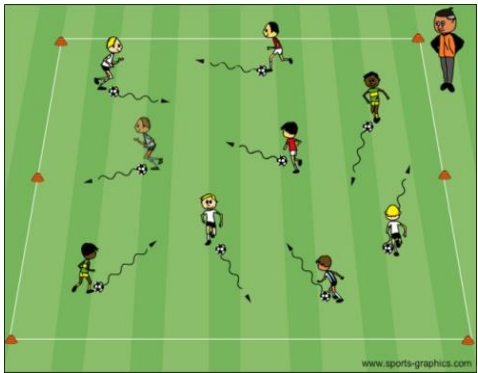

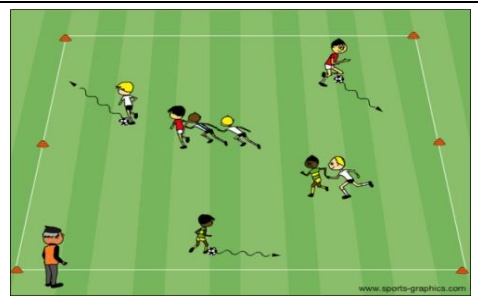



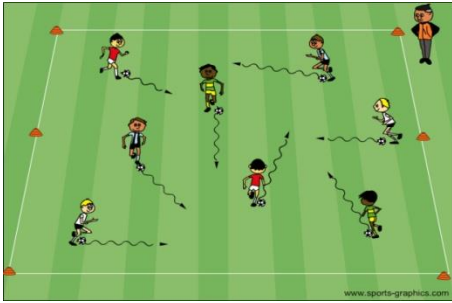

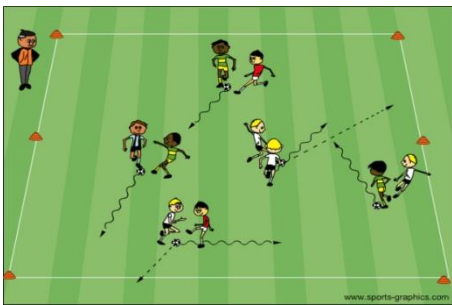
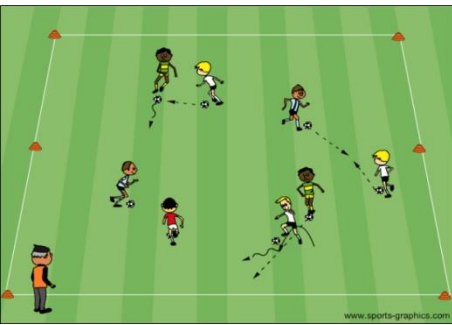
2012 - U6 - Spring Lesson Plan

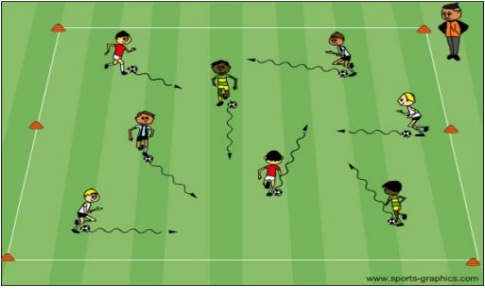
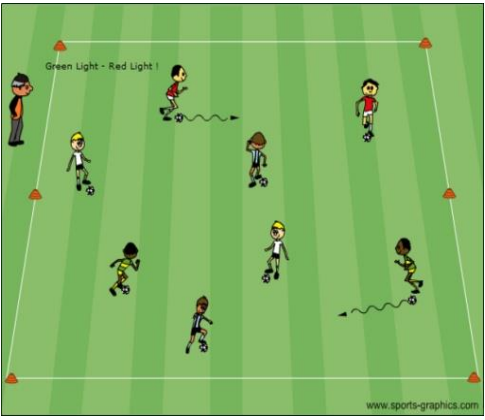
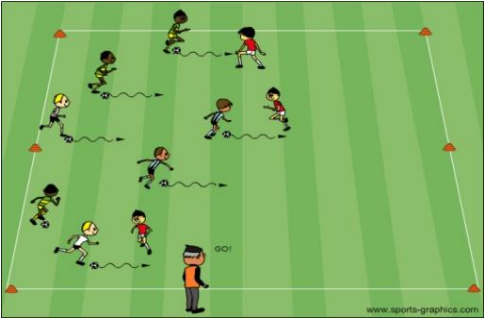
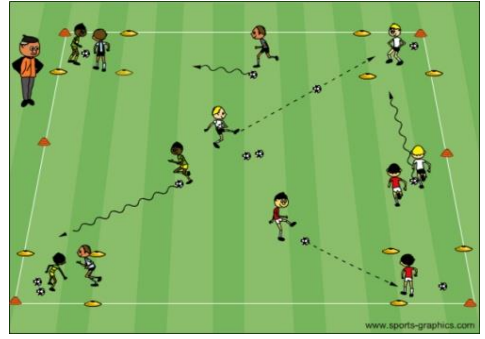


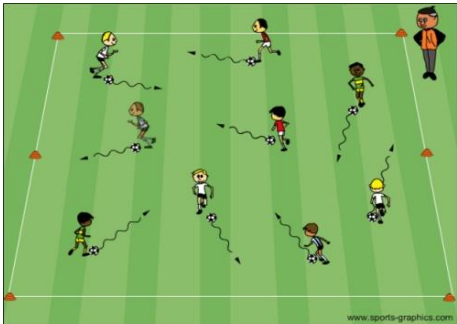
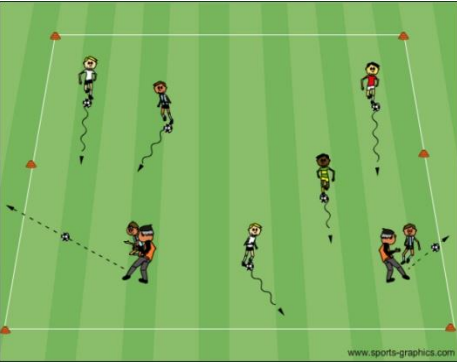


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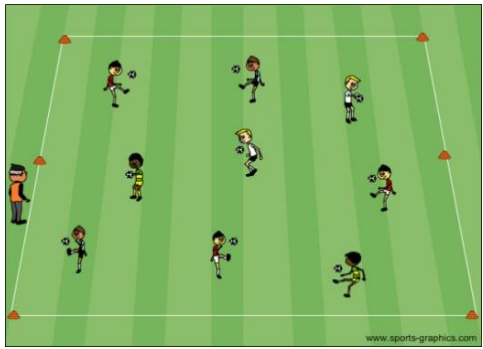



Activity 1	Activity Description	Time
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<p>6 minutes</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the "doctor" and heals the dribblers so they can keep involved in the activity.</p>	<p>6 minutes</p>
	<p>Cross Over Dribbling: All players with a ball standing around the perimeter of a 15x20 yard grid. When the coach says "GO" the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.</p> <p>Variation 2: Have them reach the other side and return to another spot.</p> <p>Variation 3: Time the activity and see how many times the players cross over in 30 seconds or a minute.</p>	<p>6 minutes</p>
	<p>Get "Outta" There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there".</p> <p>Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

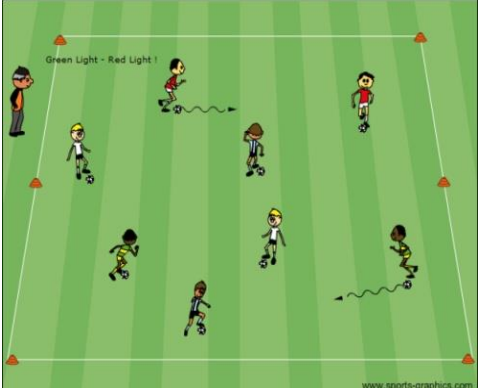

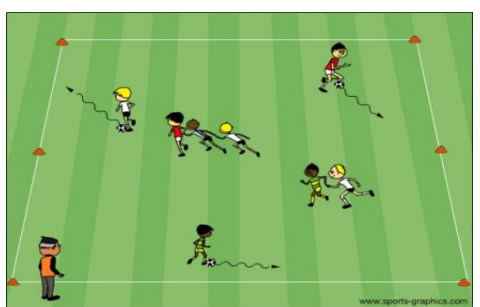
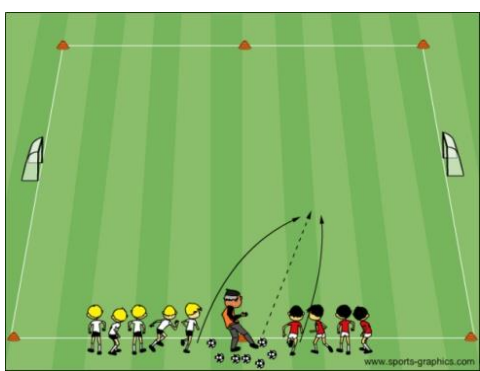
Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling.</p> <p>Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
	<p>Hit the Dirt: All players are dribbling in a 15x20 yard grid. When the coach says “Hit the Dirt”, the players must stop the ball and lie on his/her chest on the ground. When the coach says “Up” each player gets up and dribbles again.</p> <p>Variation 2: When the coach says “Hit the Dirt”, the players hit the ground and jump up again.</p>	<p>6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p>6 minutes</p>
	<p>Freeze Tag: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them.</p> <p>Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>


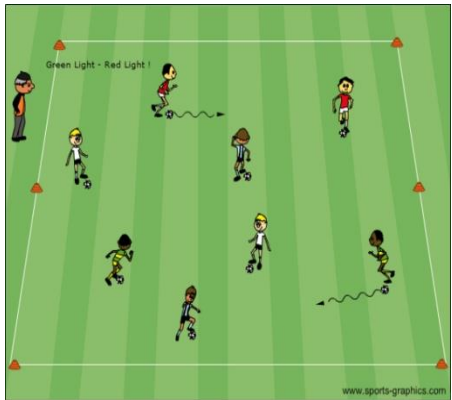

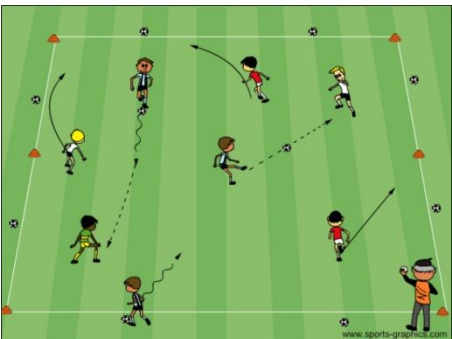
Activity 1	Activity Description	Time
	<p><u>Paint the Field:</u> All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to dribble with their favorite foot and then dribble with their other foot.</p>	<p>6 minutes</p>
	<p><u>Kangaroo Jack:</u> In a 15x20 yard grid, two or three players are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p>6 minutes</p>
	<p><u>Crab Soccer:</u> Have 3-4 players without soccer balls inside a 15x 20 yard grid acting as crabs. These crabs are standing upright. The other players start anywhere in the grid and when the coach says “GO” they dribble their soccer balls around, avoiding the crabs. The crabs try to kick the balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs.</p>	<p>6 minutes</p>
	<p><u>Ball Tag:</u> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>



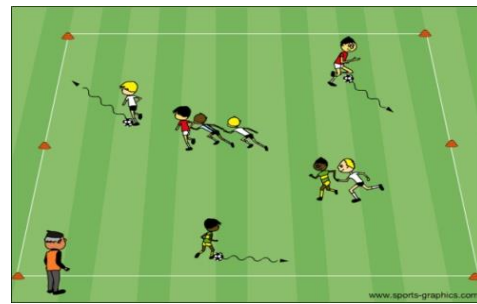
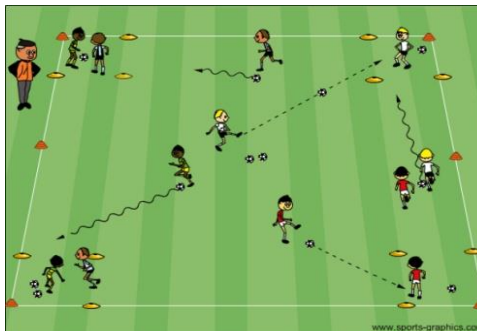
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	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to dribble with their favorite foot and then dribble with their other foot.</p>	<p>6 minutes</p>
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p>6 minutes</p>
	<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p>6 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

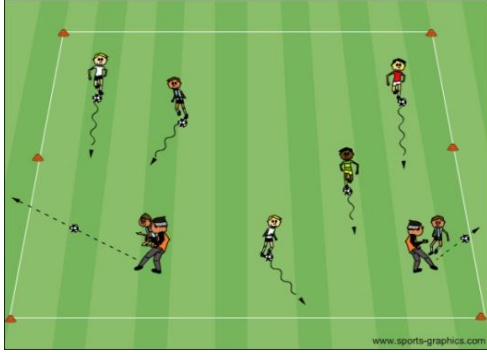
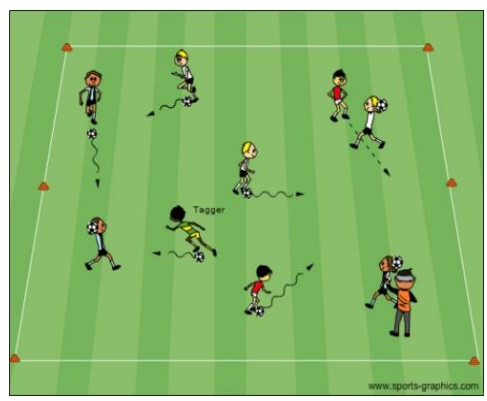


Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
	<p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, they become a "bulldog".</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet cannot be attacked by the "bulldog."</p>	<p>6 minutes</p>
	<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
	<p>Get "Outta" There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there".</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p>6 minutes</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>6 <i>minutes</i></p>
<p>Activity 2</p> 	<p>Activity Description</p> <p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Should vary the body parts, number of body parts he/she calls out, and rate at which he/she calls them out.</p>	<p>Time</p> <p>6 <i>minutes</i></p>
<p>Activity 3</p> 	<p>Activity Description</p> <p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>Time</p> <p>6 <i>minutes</i></p>
<p>Activity 4</p> 	<p>Activity Description</p> <p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cones (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.</p>	<p>Time</p> <p>6 <i>minutes</i></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 <i>minutes</i></p>

Activity 1	Activity Description	Time
	<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Coach: Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball).</p>	<p>6 minutes</p>
	<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p>6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p>6 minutes</p>
	<p>Get “Outta” There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

Activity 1	Activity Description	Time
	<p><u>Gate Dribbling:</u> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p>6 minutes</p>
	<p><u>Red Light/Green Light:</u> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p>Coach: Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p>6 minutes</p>
	<p><u>Shrek/Spiderman/Sponge Bob:</u> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p>Coach: Make sure all players have a chance to be a Shrek.</p>	<p>6 minutes</p>
	<p><u>Catching Robbers:</u> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>6 minutes</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.</p>	<p>6 minutes</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p>6 minutes</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15yd x 20yd with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

Activity 1	Activity Description	Time
	<p><u>British Bulldog:</u> All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</p>	<p>6 minutes</p>
Activity 2	Activity Description	Time
	<p><u>Freeze Tag:</u> All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them.</p> <p>Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>6 minutes</p>
Activity 3	Activity Description	Time
	<p><u>Ball Tag:</u> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p>6 minutes</p>
Activity 4	Activity Description	Time
	<p><u>Cops and Robbers:</u> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cones (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops’ balls on top of discs.</p>	<p>6 minutes</p>
Scrimmage	Activity Description	Time
3v3 - Dual Field Scrimmage	Set up two fields of 15yd x 20yd with a 5yd space between them in order to keep the majority of your team playing.	25 minutes

