



JOIN TEAM CODE

MRQ03Q



PRACTICE

AGE: 6 TO 7

04/7/2022 - 60 MINUTES



Have parents join
team by scanning
with camera.

OVERVIEW

- Free Dribbling - Group Warm Up
- Island Hopping - 10 minutes
- Gates Passing - 10 minutes
- The Octopus - 10 minutes
- Scrimmage - 10 Minutes

Practice Notes:



Free Dribbling

15 minutes

DESCRIPTION

The legends have go-to moves, now it's the kids' turn. Push players to be creative and hone their ball handling skills.

WHAT YOU NEED

- 4 cones
- 1 ball per player

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 25 x 25 yards.
- Every player has a ball.
- Players must dribble randomly throughout the grid while the coach calls out different moves.
- The coach can also call on players to volunteer their favorite moves. The goal is to allow the players to come up with their own move and show their teammates.
- If the number of moves your team knows is limited, you can:
 - Change direction by putting a foot on top of the ball and pulling it back. (This move is called a [pullback](#).)
 - Change speed—slow, medium, fast
 - When Coach calls out "Stop," they should not be closer than 5 feet from another player. (This forces them to get their heads up and helps develop spatial awareness).
 - Player's choice: Call on a player to show a move and have everyone do that move. This really helps with confidence and a sense of autonomy.
 - Zig-zag with the ball
 - Dribble with both feet
 - [Dribble with inside/outside of only 1 foot](#)
 - Dribble with only left (or right) foot
- For more advanced players, add some fancier moves:
 - [Scissor](#)
 - [Step over](#)
 - [Maradona Turn](#)
 - [Ronaldo Chop](#)
 - [Cruyff Turn](#)

WHAT TO EXPECT



Some players may take long touches (not keeping the ball within a hula hoop's distance). Just encourage them to keep the ball close so it's in front of them when you call a move.

Unless you make it fun and challenging, players may get bored. Change up the callouts frequently and challenge them with moves they haven't mastered yet.

COACHING TIPS

Players at younger ages may not be ready for complex moves. Focusing on change of direction and speed is age-appropriate for younger players.

MAKE IT HARDER

Make the grid smaller. The smaller the space, the more they have to be controlled with their touches and find open space.

MAKE IT EASIER

Make the grid larger. The larger the space, the more room for big touches.

CHANGE IT UP

The coach can walk around and poke their ball away with a pool noodle to add [pressure](#).

Scatter cones throughout the space that are "defenders." Tell players they have to do a move to beat the "defender" while they're dribbling.

COVID VARIATION

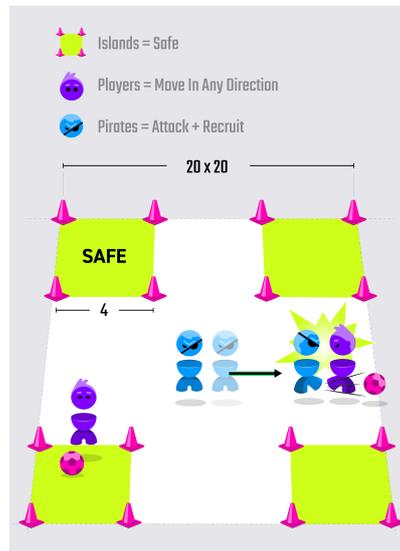
Give each player a 6 x 6 ft. square (marked by cones) to dribble in. Make sure each square has 6 feet of distance between them.

Additional Notes:



Island Hopping

15 minutes



DESCRIPTION

Pirates ahead! This activity helps players learn to get away from an attacker by finding open space to take the ball to.

WHAT YOU NEED

- 16 cones
- 1 ball per player

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 20 x 20 yards. Set up four 4 x 4 yard squares (islands) in each corner of the grid.
- Ask for 2 volunteers to be Pirates. All other players start on islands, each with their own ball. The Pirates start in the middle of the grid without a ball.
- The players who aren't Pirates try to dribble with the ball from island to island without being tagged by a Pirate. Islands are safe zones that the Pirates cannot enter.
- If a player gets tagged, they become a Pirate, too. They kick their ball outside the grid, and the activity continues until all players have been tagged and become Pirates.
- You can play multiple times rotating the players who start as Pirates so everyone has a turn.



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WHAT TO EXPECT

Everyone will want to be a Pirate. Be sure to change Pirates regularly so everyone gets a turn.

Some players may be reluctant to leave the islands. You can encourage them to take chances, but don't push too hard if they're not comfortable.

When you're down to the last 2-3 island hoppers, it can be intimidating for them to leave the islands! You can stop at 2 players left and make those players Pirates the next round.

COACHING TIPS

Unlike other tag-style games, this activity promotes autonomy because they get to choose where to go and when and it pushes players to be deliberate about those choices. You can encourage island hoppers to keep their heads up to always be aware of where the Pirates are and to find open islands quickly.

Encourage players to use small touches to get around the Pirates, then bigger touches to explode away. If the game moves very quickly, you can slow it down by making the grid larger.

CHANGE IT UP

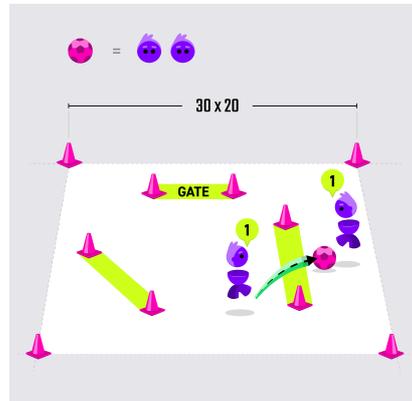
Try placing the island randomly in the grid, but make sure there's ample space between each.

Additional Notes:



Gates Passing

15 minutes



DESCRIPTION

Send it on through! This activity helps players develop passing and receiving skills and improve their teamwork and communication.

WHAT YOU NEED

- 16 cones
- 1 ball per 2 players

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 35 yards long x 25 yards wide for every 6-10 players and divide players into pairs.
- Randomly place pairs of cones arms-length apart throughout your grid to create small goals- aka gates- about twice as many gates as you have pairs of players.
- Players dribble and pass the ball around the space and score when a player passes the ball through a gate to their partner. Pairs try to score as many goals as they can, keeping count, until you call time.
- After a couple minutes, call time and take a break. Then start a new round, encouraging players to try to make at least one more goal than they did the previous round.
- As coach, you can manipulate the game length to ensure they're successful.

WHAT TO EXPECT

Younger players will often dribble up to the gate and then pass to their teammate instead of making a long pass through the gate. Passing and receiving are still new



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to them. As players get older, they will get more comfortable making longer passes.

COACHING TIPS

Encourage pairs to talk and plan so the passer can move towards the next gate after they pass, where they get into position to receive the ball. Encourage the receiver to take their first touch towards the next gate upon receiving the ball.

MAKE IT HARDER

Making the gates smaller or adding a gatekeeper (coach) who moves from gate to gate blocking passes makes it more challenging and pushes players to find solutions to obstacles.

MAKE IT EASIER

Adding more gates or making the gates wider makes the game easier.

CHANGE IT UP

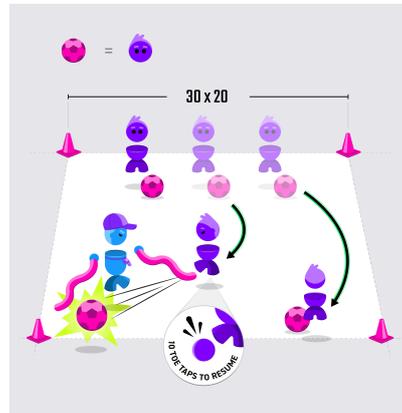
You can ask players to use only their left or right foot, or only inside touches or outside touches when dribbling or passing. If you have different colored cones, you can direct players to alternate gates by color. Or, add a step that players must pass the ball back to their teammate before going to a new gate.

Additional Notes:



The Octopus

15 minutes



DESCRIPTION

Players learn to change speed, stay on their feet, and control their bodies, while avoiding a giant octopus — you!

WHAT YOU NEED

- 4 cones
- 1 ball per player
- 2 pool noodles

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 30 yards long x 20 yards wide.
- Everyone has a ball.
- Line players up across the longer side of the grid.
- Tell players they are fish (or mermaids or mermen) who must swim across the ocean. But they have to watch out, because there's a meddlesome octopus in the way. That's you—holding a pool noodle or pinnie in each hand as tentacles.
- Players must dribble their ball to the other side without the Octopus tagging them or knocking their ball away. If the Octopus succeeds, the player must retrieve their ball and do 10 toe taps to get back in the game (optional.)
- After a minute or two, take a break, then encourage the players to try to get tagged by the Octopus one less time the next round.

WHAT TO EXPECT



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Kids may literally run away from the Octopus without their ball. (Could be out of fear or excitement.) Remind them that where they go, their ball goes too!

Younger players are still learning to change direction with the ball. They may even run around the ball to turn it. That's okay. They'll develop this skill as they spend more time with the ball.

COACHING TIPS

Encourage players to use small touches to keep the ball close and get around the Octopus, keeping their head out to see where the Octopus is. Once they get around the Octopus, encourage players to take bigger touches to burst away.

MAKE IT HARDER

Making the grid smaller makes it harder for players to dodge the Octopus.

MAKE IT EASIER

Making the grid larger makes it easier for players to dodge the Octopus.

CHANGE IT UP

Is there another coach or parent to add to the mix? If it's close to Halloween, try being a Spider, with the players as bugs trying to get away.

Additional Notes: