



JOIN TEAM CODE

MRQ03Q



PRACTICE

AGE: 6 TO 7

04/8/2022 - 60 MINUTES



Have parents join
team by scanning
with camera.

OVERVIEW

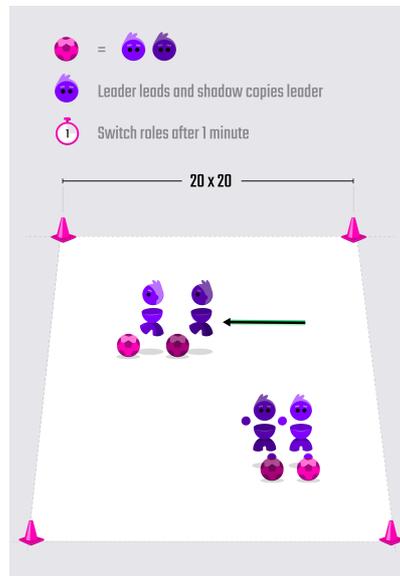
- Shadow Dribbling - Group Warm UP
- Around The World - 10 minutes
- Clean Your Backyard - 10 minutes
- Freeze Tag - 10 minutes
- Scrimmage - 10 minutes

Practice Notes:



Shadow Dribbling

15 minutes



DESCRIPTION

This activity helps players develop the ability to react quickly to other players' movements. Copy that.

WHAT YOU NEED

- 4 cones
- 1 ball per player

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 20 x 20 yards.
- Divide players into pairs and give every player a ball.
- One player in each pair is the leader and dribbles around the space however he/she wishes, changing speed and direction frequently and throwing in a move or two, if they know any.
- The second player is the shadow and must follow the leader, copying their moves.
- After a minute, have the leader and copycat switch roles.

WHAT TO EXPECT



Some players will think of this activity as follow dribbling vs. copycat dribbling. Make sure they do try to copy every move—you can help by demonstrating this for them.

Some shadows may not be able to physically keep up with the leader. If you can, try to pair players according to their ability.

Controlling the ball and getting their head up at the same time will be a challenge. Encourage them to do their best and praise their effort.

COACHING TIPS

Because they have to follow another person, this activity takes players out of their habits and safe zones. For example, players often prefer dribbling with a particular foot, but they have to try new things according to whatever the leader is doing. This is so helpful for improving their skills.

Encourage players who are leading to be creative and try new things. If you see a player execute a move well, praise them. Stop the activity for a few seconds and ask the player to show everyone that move. Then ask all players to try executing that move while they are playing this activity and restart.

CHANGE IT UP

Instruct players to dribble with only the left or right foot during the activity. After a few minutes, switch to the other foot.

COVID VARIATION

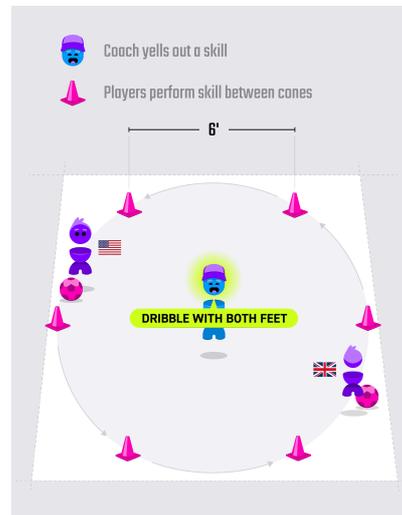
Arrange pairs of players in different sections of the field, with copycats trailing their leaders from at least 6 feet behind. Watch to ensure each pair stays in their own space, maintaining distance from other players and each other.

Additional Notes:



Around The World

15 minutes



DESCRIPTION

Geography lesson, meet soccer practice. This activity helps players develop coordination and agility.

WHAT YOU NEED

- 1 cone per player
- 1 ball per player

SETUP

- Place 6-12 cones, spaced at least 6 feet apart, in a circle roughly 20 feet in diameter.
- Call each cone a "country" and tell players they will travel around the world going from country to country.
- Every player has a ball, and starts at their own cone.
- When the activity starts, the coach calls out a skill. Players must perform that skill while traveling to the next cone in the same direction. The coach continues calling out new skills while players travel from cone to cone.
- Examples of skills to call include:
 - * In-betweens—Dribbling the ball back and forth between the feet while walking
 - * Bounce juggling—Dropping the ball to the ground and juggling it once with the foot when it bounces
 - * Roll-overs—Using the sole of the foot to roll and move the ball in one



direction

- * [Dribbling with only the outsides of the feet](#)
- * Dribbling with only one foot at a time
- * Holding the ball and hopping
- * Holding the ball and skipping
- * Holding the ball and walking backwards
- * Holding the ball and running as fast as you can
- * Tossing the ball up into the air and catching it while walking
- * Dancing (just because)
- Make sure you demonstrate every skill to ensure players understand.

WHAT TO EXPECT

Some of these skills will be hard for some kids. Be sure to [praise them for their effort](#) and help them if they are struggling.

COACHING TIPS

Encourage players to suggest additional skills they can do while they travel from country to country and to demonstrate them to their teammates.

MAKE IT HARDER

Lengthen the distance between cones on the trail.

MAKE IT EASIER

Add more cones or reduce distance between them, but keep it to 6-8 feet minimum if you're trying to maintain physical distancing.

COVID VARIATION

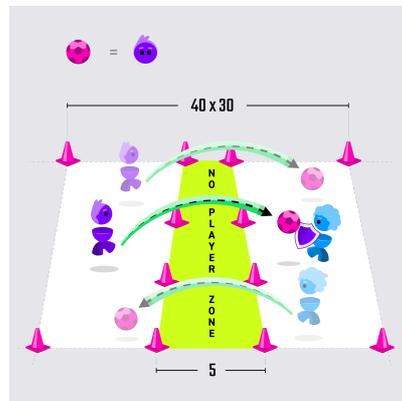
This activity is inherently distanced since players are spaced and move in the same direction and increments along the trail. Just make sure players maintain at least 6-8 feet as they move from cone to cone.

[Additional Notes:](#)



Clean Your Backyard

15 minutes



DESCRIPTION

The neighbors have noticed! This activity helps players build teamwork and distance shooting skills.

WHAT YOU NEED

- 8 cones
- 1 ball per player

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 40 yards long x 30 yards wide. Use 4 more cones to create a 5-7 yard wide "moat" in the center that runs from one sideline to the other.
- Divide your players into 2 teams and put one family on each side of the moat with as many balls as you have players.
- The goal for each is to clean their backyard by keeping the balls off their lawns, while their opponents do the exact same thing.
- No one enters the moat for safety reasons. If a ball stops in the moat, the coach removes it.
- After about a minute, call time. The team with the fewest balls in their yard wins the round. Then redistribute the balls, switch up the teams and play again.

WHAT TO EXPECT

Expect balls to fly everywhere- that's part of the fun. It's not every day players get to let loose and kick the ball as far and as long as they can.



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At first, players may get close to the moat, but will eventually realize that balls are passing them and will start backing up.

They will still toe-bash. Ask them what other part of the foot they can use to kick.

COACHING TIPS

Encourage players to use their laces (or instep) when shooting. Their plant foot, or non-kicking foot, should be even with the ball and next to it. The ball should be under the hip of their kicking leg. Players should be leaning slightly forward, with head and shoulders over the ball and their toe down and ankle locked (tell them to "make a fist with your foot in your shoe") when striking the ball. Follow through should be to their target. Encourage them to land on their kicking foot when shooting/striking, which allows them to get their whole body weight through the ball.

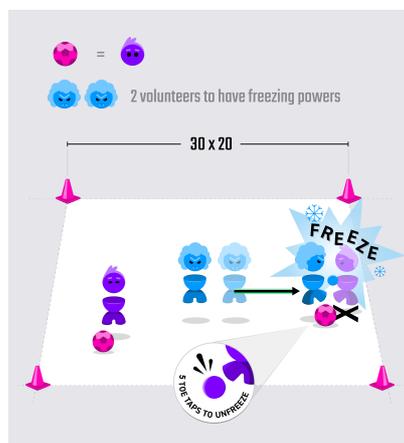
CHANGE IT UP

You can ask players to shoot with 1 foot or the other, or to alternate feet.

Additional Notes:

Freeze Tag

15 minutes



DESCRIPTION

The cold doesn't bother us anyway! Players practice changing speed and direction with the ball while escaping tough situations.

WHAT YOU NEED

- 4 cones
- 1 ball per player
- 2 pinnies

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 20 x 20 yards.
- Ask for 2 volunteers to have "freezing superpowers." (Think: Elsa from "Frozen" or Frozone from "The Incredibles.") They kick their ball to the side of the grid.
- Everyone else gets a ball and dribbles around the grid while the other 2 try to freeze them by tagging.
- If tagged, a player is frozen. To unfreeze themselves, they have to do 5 toe taps on the ball. (Demonstrate this for them.) Encourage players to keep count of how many times they get frozen.
- After a couple minutes, give 2 new players a turn at tagging and start the activity again. Encourage every player to try to get frozen 1 less time this round.
- As coach, you can manipulate the length of the activity so everyone is successful.



WHAT TO EXPECT

Everyone will want to be “it,” so be sure to change up who has powers regularly so everyone who wants to, gets a turn.

Some kids might tag too hard. Remind them to try to tag shoulders and hips, and to aim for gentle tags. Tagging on the back too hard can knock someone over.

COACHING TIPS

Encourage players to take little touches on the ball when the “freezer” is nearby (so they can change direction), and bigger touches to burst away really fast once they get past them. And—as always—remind them to keep their heads up, so they don’t burst right into a teammate.

MAKE IT HARDER

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

MAKE IT EASIER

Making the grid larger makes it easier for players to dodge taggers. You can also remove the ball. This activity is great for players’ agility and coordination, so they get a ton of benefit even without the ball.

CHANGE IT UP

Instead of toe taps on the ball to get unfrozen, give players a different “unfreezing” move to repeat, like sitting on their ball and standing up, running around the ball in a circle, or picking up the ball and hopping 3 times.

Additional Notes: