



JOIN TEAM CODE

**MRQ03Q**



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## **PRACTICE**

AGE: 6 TO 7

**04/27/2022 - 60 MINUTES**



Have parents join  
team by scanning  
with camera.

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## **OVERVIEW**

- Racecars - Group Warm Up
- 101 Dalmatians - 10 minutes
- Mosquitoes - 10 minutes
- Gates Passing - 10 minutes
- Scrimmage - 10 Minutes

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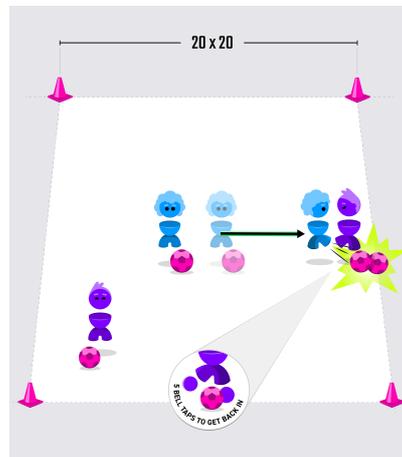
**Practice Notes:**

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## Racecars

### 15 minutes



## DESCRIPTION

Traffic cops go after lost racecars and try to give them speeding tickets by hitting their ball.

## 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. Every player has a ball.
- Make 2 players your traffic cops. All other players are the racecars.
- Tell the drivers to drive as fast as they can all around the grid. The traffic cops kick their balls to try to hit the racecars' balls. When they do this it is the equivalent of giving them a speeding ticket. When they get a ticket, the racecar must do 5 bell taps to re-enter the game (tapping the ball back and forth between the legs with the insides of the feet).
- After a minute, make new players the traffic cops and start a new round.

## WHAT TO EXPECT:

Traffic cops may kick their balls too hard and have to chase them down if they miss. Ask them if they can think of a more effective way to give speeding tickets.



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Players may focus so much on their balls, they crash into each other. Remind them to keep their heads up to avoid collisions and see where the traffic cops are.

## **COACHING TIPS**

Encourage the racecars to protect their balls by **shielding them** them or moving quickly away from the traffic cops, using **small touches** to get around them and **larger touches** to get away.

Praise players who try creative moves as they dribble to encourage other players to experiment.

## **MAKE IT HARDER**

Making the space smaller makes it harder for racecars to avoid tickets.

## **MAKE IT EASIER**

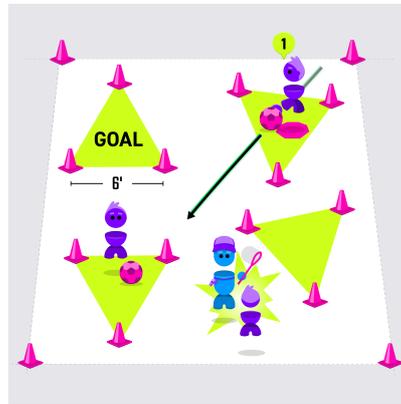
Making the space larger make it easier for racecars to avoid tickets.

**Additional Notes:**



# 101 Dalmatians

15 minutes



## DESCRIPTION

Rescue some pups with a clever activity that develops shielding skills and the ability to find open space.

## WHAT YOU NEED

- 16 cones
- 1 ball per player

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 25 x 25 yards.
- Set up 4 or more triangles with 6 ft. long sides randomly throughout your grid.
- Every player has a ball.
- Players dribble around the grid trying to rescue a dalmatian puppy (their ball) from Cruella de Vil (the coach) by dribbling into a triangle with the ball under control- within a hula hoop's distance of the body. Every time they do, it's a new puppy saved.
- Meanwhile, Cruella is on her typical rampage, roaming between triangles trying to block the players from entering.
- Have players keep count of puppies saved. Try to reach 101 as a team. Hint: as coach, you can control the length of the game so they are successful.

## WHAT TO EXPECT



Some kids might take big touches and won't be able to maintain control of the ball within a hula hoop. Remind them to take small touches on the ball.

There can be collisions if players forget to keep their heads up. You can make the space between triangles bigger (or the triangles themselves bigger) if you see too many close calls.

## **COACHING TIPS**

Encourage players to look for space, change directions and use changes in speed to avoid Cruella. Tell them as soon as they're in 1 triangle, to already be looking for the next open one and get there—FAST!

## **MAKE IT HARDER**

Making the space smaller or making fewer triangles makes it harder for players to rescue their puppies without encountering Cruella.

## **MAKE IT EASIER**

Making the space larger or adding triangles makes it easier.

## **CHANGE IT UP**

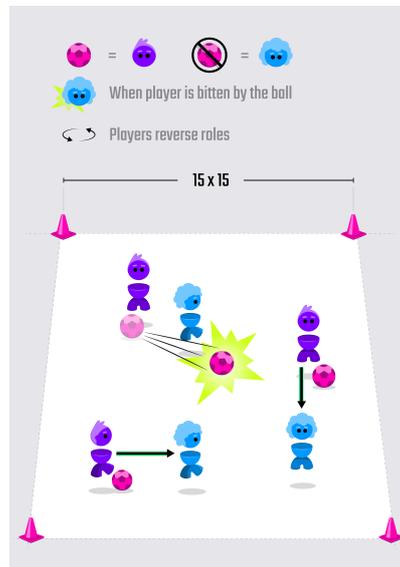
Not dog people? Players can pretend to be pirates instead, trying to hide their treasure on different islands, while you try to steal it by knocking their balls away.

**Additional Notes:**



# Mosquitoes

## 15 minutes



### DESCRIPTION

Mosquito attack at Camp MOJO! Dribblers get a taste offense, and learn to strike (aka sting)!

### WHAT YOU NEED

- 4 cones
- 1 ball per 2 players

### SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 15 x 15 yards.
- Divide your players into 2 groups: Half of the players are Mosquitoes, and they each have a ball to dribble. The other half are the Campers, who don't have a ball.
- The Mosquitoes chase after the Campers while dribbling and try to strike their ball to hit the Campers below the knee. If a Camper is "stung" (or hit by the ball), they become a Mosquito and the Mosquito then becomes a Camper.
- The activity continues until you call time, with players constantly switching from Camper to Mosquito and vice versa.



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## WHAT TO EXPECT

Expect players to strike the ball with their toes, which is not unusual at this age. Don't correct them—at this age, it's about getting comfortable striking the ball. (During a break, you can ask them what some other ways to strike the ball might be.)

Players might not like being hit with the ball, but between shin guards and keeping the space small, you'll avoid injuries—they often can't kick the ball too far or hard in such a small area, and at this age.

## COACHING TIPS

Encourage Mosquitoes to dribble as close to a Camper as they can before striking the ball. Encourage Campers to keep their heads up to watch for approaching Mosquitoes.

## CHANGE IT UP

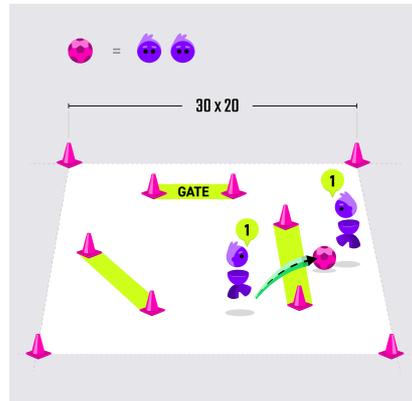
Lightning strikes? Wolf attacks? Can you use your team name to come up with new roles for Mosquitoes and Campers?

**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



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:**