



JOIN TEAM CODE

**MRQ03Q**



---

## **PRACTICE**

AGE: 6 TO 7

**05/11/2022 - 60 MINUTES**



Have parents join  
team by scanning  
with camera.

---

## **OVERVIEW**

- Skip-a-roo - Group Warm Up
- Dinosaur Tag - 10 minutes
- 2 Vs. 1 To Goal - 10 minutes
- Dancing Ball - 10 minutes
- Scrimmage - 10 minutes

---

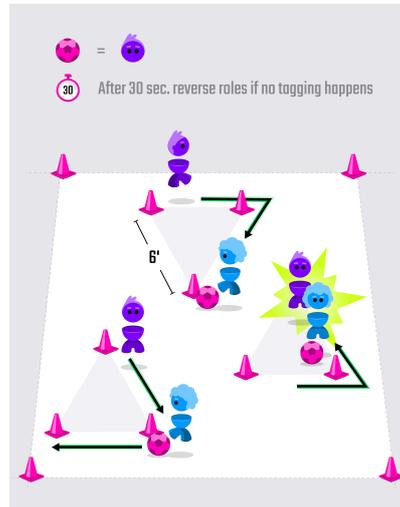
**Practice Notes:**

---



## Dinosaur Tag

### 15 minutes



## DESCRIPTION

Welcome to Jurassic...Tag? This dribbling activity puts an emphasis on speed and changing direction. With dinosaurs.

## WHAT YOU NEED

- 3 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 set up 1 triangle with 2-yard long sides for each pair of players.
- Every player has a ball. One player is the Park Ranger and the other is a hungry Velociraptor, who's chasing their dinner.
- Each pair of players dribbles around the outside of their triangle. If the Park Ranger gets tagged, the Ranger and Raptor switch roles.
- Players can change direction any time they wish, but must stay at their triangle.
- After about a minute, switch roles if players haven't already succeeded at [tagging the other](#).

## WHAT TO EXPECT



JOIN TEAM CODE

**MRQ03Q**



Some chasers might never catch up to the one they're chasing. Keep rounds short and ensure players rotate so they get to be both dinosaur and dinner.

The player being chased may panic, lose control of the ball, and have to bring it back to the triangle. Just encourage them to focus on keeping the ball close using [small touches](#).

Turning the ball at the corners of the triangle might also be a challenge. Experience (and practice) is the best teacher.

## **COACHING TIPS**

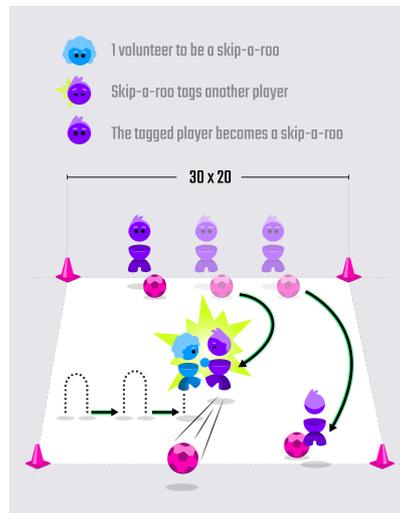
Consider pairing up players of similar ability so play is balanced. Encourage players to use both feet to dribble and point out that if they stay close to the triangle, it's easier to avoid being tagged. This encourages them to keep the ball under close control by default. Players should use both the [inside and outside of the feet](#) when dribbling to move as quickly as possible.

[Additional Notes:](#)



## Skip-a-roo

### 15 minutes



## DESCRIPTION

Ready to help players learn to dribble forward and change direction to avoid obstacles? Don't skip this one!

## WHAT YOU NEED

- 4 cones
- 1 ball per player

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 30 yards wide x 20 yards long.
- Ask for a volunteer to be Skip-a-Roo. Everyone else has a ball.
- Players dribble from one end of the grid to the other while the Skip-a-Roo skips around trying to tag them.
- If tagged, that player kicks their ball out of the grid and joins the Skip-a-Roo, skipping and trying to tag more players.
- After about 1-2 minutes, or when all players have become Skip-a-Roos, make a new player the Skip-a-Roo.
- If the Skip-a-Roo is struggling to get their first tag, the coach can join as a Skip-a-Roo, too.

## WHAT TO EXPECT



Expect that skipping will be challenging for kids—they have to coordinate all 4 limbs at once—that's why this is such a good activity for improving agility and coordination.

Some kids may let themselves get tagged because skipping looks more fun. If they're loving it, let them skip more.

## **COACHING TIPS**

Dribblers need to explode away from the Skip-a-Roo by dribbling really, really fast. Don't worry about how they're dribbling—toes, pinkies, etc.—they're too young to master this distinction. They just need to push the ball forward to take it where they want to go.

## **MAKE IT HARDER**

Making the grid smaller makes it harder to get away from the Skip-a-Roo.

## **MAKE IT EASIER**

Making the grid larger makes it easier to get away from the Skip-a-Roo. You can also remove the ball- they still get a lot of benefit developing their coordination and agility even without the ball.

## **CHANGE IT UP**

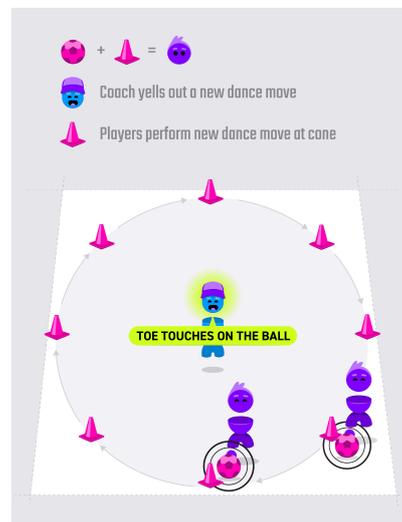
You can play this activity while dribbling randomly around the field instead of end to end. The rules are the same, but if the Skip-a-Roo has a harder time getting tags, start with two volunteers instead of one.

### **Additional Notes:**



## Dancing Ball

### 15 minutes



## DESCRIPTION

Dribbling skills, agility and coordination are folded into this fun dancing activity—all while distancing.

## 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.
- Every player has a ball, and starts at their own cone.
- Tell players they are dribbling from cone to cone. Each time they get to a new cone, they'll perform a new dance move.
- When the activity starts, the coach calls out a skill when players reach their first cone.
- Examples of skills to call include:
  - Alternating toe touches on the top of the ball
  - Bell taps—tapping the ball back and forth with the insides of the feet
  - Tapping the ball back and forth with the outsides of the feet
  - Four square—using the sole of the foot to move the ball in a square around the cone
  - Scissors—bringing the inside of the foot around to the outside of the



ball, alternating feet

- And of course... doing an actual dance!

## **WHAT TO EXPECT**

Some of these skills will be hard for some kids. Demonstrate each skill to ensure they understand and encourage players to do their best. Praise them for their effort.

## **COACHING TIPS**

Encourage players to suggest additional skills they can do when they arrive at a new cone. Help players demonstrate the skills they suggest.

## **CHANGE IT UP**

If you have a group of princess fans, tell them they are Princesses at a "royal ball" and everyone is dancing the night away. If you have a group of Trolls fans, they could all be dancing in the forest, rocking out. Ask them who their favorite Princess or Troll is. Do you have a way to play music during this activity?

## **COVID VARIATION**

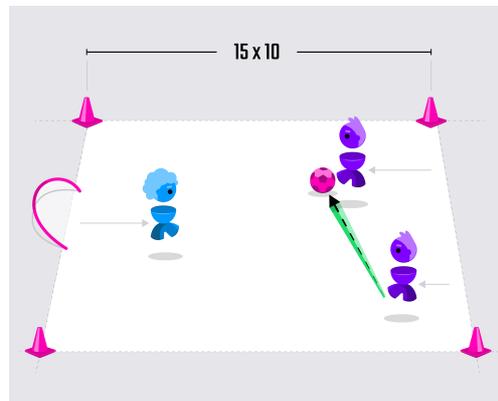
This activity is inherently distanced since players are spaced and move in the same direction and increments along the trail. Just make sure players maintain at least 6-8 feet as they move from cone to cone.

**Additional Notes:**



## 2 Vs. 1 To Goal

### 15 minutes



### DESCRIPTION

Teamwork makes the dream work. This activity teaches players to work with a teammate to get around a defender.

### WHAT YOU NEED

- 6 cones
- 1 ball
- 1 pinnie per 2 players

### SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 15 yards long x 10 yards wide.
- Place a small goal on one endline, or use 2 cones placed arms-length apart.
- Divide your players into two teams, one on each endline, and give one team pinnies. On the goal side, 1 player enters as a defender and is met by 2 attackers entering from the other side.
- Play starts when the attacking team initiates play by passing the ball to each other and trying to score on the goal. If a defender steals or intercepts the ball, they can also score by dribbling the ball over the attackers' endline with the ball within a hula hoop's distance of the body.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins. (After a few rounds, rotate players between endlines so both sides get turns attacking and defending.)
- If you have enough players for 2 grids, position yourself in the middle and run both at the same time so players get more touches on the ball.



## **WHAT TO EXPECT**

Expect attacking pairs to run next to each other instead of 1 running ahead. Remind attackers to spread out and stagger their positions.

Players on both sides may get discouraged. If attackers are not succeeding, you can add a third attacker. Make sure that the defender knows this is meant to challenge them, not as punishment!

## **COACHING TIPS**

The first attacker to reach the ball should dribble straight at the defender with the ball, which draws the defender in and opens up space for the other attacker. The other attacker supports the first attacker by moving to the left or right of the first attacker and getting as far up the field as possible without going past the defender so that they can receive a pass.

When the defender is a few feet away, the attacker can now pass to their teammate, who goes to score. Keep repeating this simple sequence to players to reinforce how easy it can be to take advantage of an extra attacker.

## **MAKE IT HARDER**

Limiting the number of touches per player (such as a 2-touch maximum), and/or making the space smaller makes it more difficult for the attacking team.

## **MAKE IT EASIER**

Making the space larger to make it easier for the attacking team.

## **CHANGE IT UP**

Change the starting location of the defender such as on a sideline near the corner of the defender's endline. This can make it more challenging for attackers by changing how they might initiate their attack. With older players, the game can start with an attacker tossing the ball to the other attacker, who has to control the ball out of the air.

**Additional Notes:**