



JOIN TEAM CODE

MRQ03Q



PRACTICE

AGE: 6 TO 7

04/9/2022 - 55 MINUTES



Have parents join team by scanning with camera.

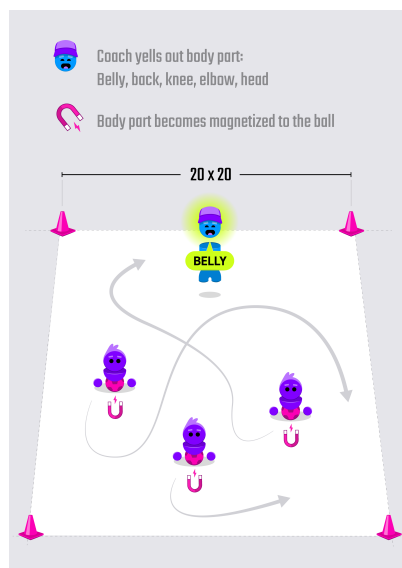
OVERVIEW

- Body Part Dribbling - Group Warm Up
- Space Wars - 10 minutes
- Flying Numbers - 10 minutes
- Pattern Dribbling - 10 minutes
- Scrimmage - 10 minutes

Practice Notes:

Body Part Dribbling

15 minutes



DESCRIPTION

The ball becomes a powerful magnet in this entertaining dribbling activity that helps build agility and coordination.

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.
- Every player has a ball.
- Tell players that when you yell out a body part, it becomes magnetized to the ball, and they must touch that body part to the ball—FAST!
- Demonstrate this yourself. Then ask them to do the same to ensure they understand.
- To start, have all players randomly dribble around the grid while you call out different body parts: foot, knee, elbow, chest, etc. No face touches, please!
- Try to find fun sequences (belly, back, belly, back—this is very fun and developmentally helpful).



WHAT TO EXPECT

The ball might get too far from their feet when they stop to touch it with a body part. Encourage them to use small touches to keep the ball close and under control.

Have them put their arms out and say it's their "force-field" or hula hoop. If the ball stays within their force-field or hula hoop, that's great! If it goes out, they should get the ball back in.

COACHING TIPS

When children show a different way of touching the ball with body parts than other players, point it out, which reinforces that creativity is awesome. Look for agility, balance and coordination.

MAKE IT HARDER

Call out multiple body parts to touch the ball simultaneously.

MAKE IT EASIER

Take longer breaks between calling out body parts and dial back on challenging combinations.

COVID VARIATION

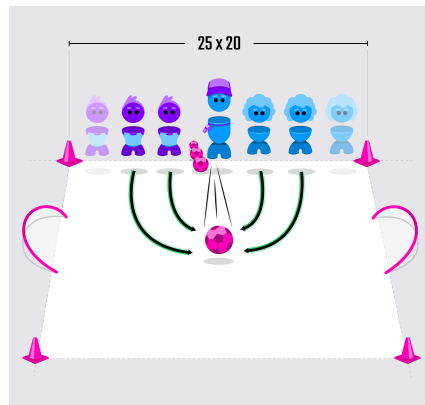
Each player dribbles within their own grid, with at least 6 feet of distance from other players in every direction.

Additional Notes:



Flying Numbers

15 minutes



DESCRIPTION

This fun activity alternates between 1 vs. 1, 2 vs. 2, 3 vs. 3 and 4 vs. 4 opportunities for players.

WHAT YOU NEED

- 8 cones
- 1 ball per 2 players
- 1 pinnie per 2 players
- 2 goals

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 25 yards long x 20 yards wide. Divide players into 2 teams, one on each endline, and give one team pinnies.
- Place a small goal or pair of cones placed arms-length apart on each endline. Players score by passing or shooting the ball into the goal or between the cones, below knee-height.
- As coach, you stand at the midline, with many soccer balls.
- One team lines up to the left of the coach and the other to the right.
- Play out a ball and call out a number combination to indicate how many players each team sends in (1 vs. 1, 2 vs. 2, 3 vs. 3) to scrimmage and try to score, changing up the number of players you call each round. Players enter from the front of the line.
- You can also call a different number of players from each team to give one team an extra attacker. (Make sure players know you're doing it so they don't view it as unfair.)



- Each time a goal is scored or the ball goes out of bounds, players return to the end of their team's line and a new round begins.

WHAT TO EXPECT

Players may receive the ball from the coach and immediately shoot. While this is important when the goal is open, some players may always shoot and never pass—even when they have a better opportunity to score by passing. If this happens consistently, encourage them to look for a teammate first before shooting or add a rule that players must pass the ball at least once before they can take a shot.

COACHING TIPS

Ask players, "When you get the ball, can you shoot? And if not, can you get it to a teammate who can?" to remind them that working together can produce results.

If some players are dominating, try to match them with players of similar ability, or play the ball towards a less-skilled player to ensure everyone gets plenty of touches on the ball.

MAKE IT HARDER

Making the grid smaller makes it more difficult for the attacking team.

MAKE IT EASIER

Making the grid larger makes it easier for the attacking team.

CHANGE IT UP

You can have players line up and enter from the endline instead of the midline—or place 1 team at an endline and 1 at the midline—this changes the teams' starting position.

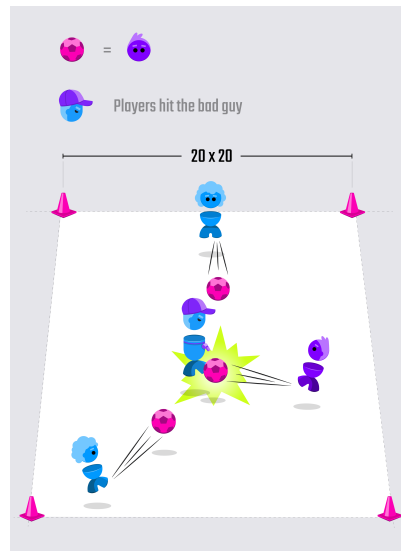
You can also assign players a number within each team (both red and blue players numbered from 1-7 and up) and call out specific numbers ("2 and 5," "1, 3 and 7") instead of lining up players. This enables you to more evenly match players according to ability.

Additional Notes:



Space Wars

15 minutes



DESCRIPTION

In a galaxy far, far away, players hone their dribbling and shooting skills on a moving target. (Spoiler: It's you!)

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.
- Every player has a ball.
- Tell players they are brave space fighters who have to stop a bad guy (think: Darth Vader) in outer space.
- While the bad guy (a.k.a. you, the coach) cruises around the galaxy, the players dribble and try to kick their balls to hit you below the knee.

WHAT TO EXPECT

Players may try to shoot from wherever they are standing, even if it's 10 feet away. To encourage both accuracy and safety, tell players they can only take shots at close range.



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Players may also get disappointed if they fail to hit you, so consider letting them each hit you at least once. Trust us—at the younger ages, they can't kick too hard, and since they're also shooting from close range, this shouldn't hurt.

Changing direction will be a challenge for them—they may run to the other side of the ball to change direction instead of turning the ball with their foot. That's fine, since at this age it's to about getting comfortable with the ball. The skill will come in time.

COACHING TIPS

Encourage players to dribble to get as close to you as they can before striking the ball. Really exaggerate when they hit you with the ball by saying "Ouch!"

MAKE IT HARDER

Make the space a bit bigger, but not too much, since it's important to keep kicking distances small to avoid injuries.

MAKE IT EASIER

Channel your inner Jabba the Hutt and move more slooowly.

CHANGE IT UP

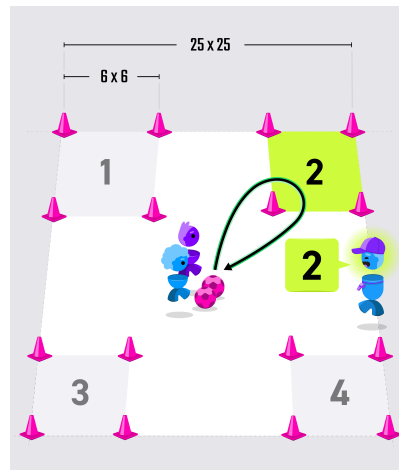
Zombies. Monsters. Bears. Change up the bad guy and call the ball something else (a magic potion, an acorn, rocks, etc.) to keep players' imaginations humming along.

Additional Notes:



Pattern Dribbling

10 minutes



DESCRIPTION

This activity helps players develop their technical dribbling skills, with an assist from their favorite characters.

WHAT YOU NEED

- 16 cones
- 1 ball per player

SETUP

- For every 6-8 players, set up a square grid 25 x 25 yards, using additional cones to create smaller squares in each corner. Every player has a ball.
- Players start at the center of the grid with their balls. The coach assigns a name to each of the corner boxes. Get creative here — they can be different Avengers, the Justice League or Mickey Mouse and his friends.
- The coach calls out a character and each player must go visit them by dribbling to that square, turning and racing back to the center.
- Call different sequences of characters to get players to move in different patterns and directions.

WHAT TO EXPECT

Players may run out wildly and the ball may fly away- encourage them to take **small touches** to keep the ball close and under control.

Players may also struggle to turn the ball and may just run around it to turn it.



That's OK — at this age, it's all about practice and getting comfortable with the ball.

COACHING TIPS

Ask players to share their favorite moves and work those into the callouts. You can also introduce new moves — ask players to change direction by putting their foot on top of the ball and **pulling it back**. If players can perform a **step over**, encourage them to try it here, or if a player uses a really creative move, stop the game and ask them to show it to their teammates and encourage them to try it.

MAKE IT HARDER

Adding additional squares and characters along the endlines and/or touchlines makes it more challenging. You can also challenge their memories with more complex sequences.

MAKE IT EASIER

Making the grid smaller makes it easier for players to complete sequences.

CHANGE IT UP

Instead of turning at the cone, you can ask players to round the whole box with the ball.

Additional Notes: