

U5/U6 Session 2

Objective: *To provide fun, active, age appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. (Sessions, including the 3v3 or 4v4 game, should be about 45-60 minutes in duration.)*

1) **Tail Steal**--- All players tuck a pennie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked. (6 minutes)

2)

3) **Snake**---In an appropriate space, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (8 minutes)

4)

5) **Freeze Tag**---Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. *Version 2:* Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (8 minutes)

6)

7) **Capture the Balls**---Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Coach calls time and counts up how many balls are in each base to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again. (8 minutes)

8)

9) **Get “Outta” There**---Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent's goal. If the ball goes in the goal or out of bounds, the coach yells “get outta there” and plays a new ball into the field immediately for the next two players. *Version 2:* Coach can stop yelling “get outta there” and see if the 1st players in each line recognize that they should begin play when a new ball is kicked into the field. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* If the Coach calls out the number “TWO” before he/she kicks a ball on the field, the first 2 players in each line enter the field and play as a team of 2 against each other. (10 minutes)

10)

11) **3v3 or 4v4 Game**---Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. **REINFORCE the GOOD STUFF!** (15 minutes)