



SOCCER COACH
Norbert Altenstad
Tel: 514-717-5373
E-mail: nstad@sympatico.ca



U6 --- Session Eight

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.*)

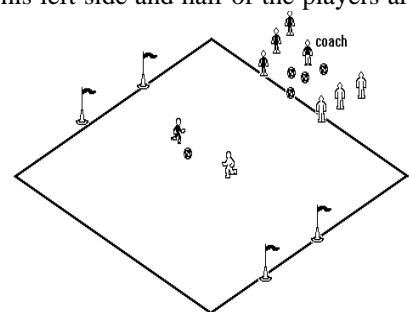
1) Kangaroo Jack---All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. (6 minutes)

2) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

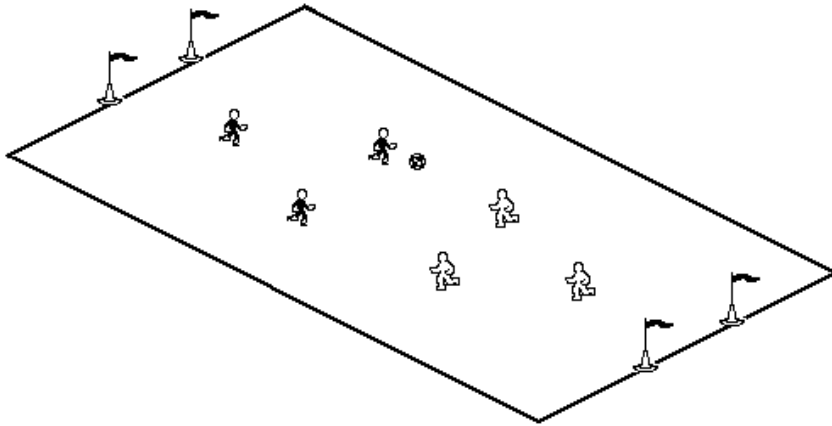
3) Shrek/Spiderman/Spongebob---Place a couple players in pennies and have everyone else get a soccer ball. Set up a 20 yd x 15 yd grid and have the players with soccer balls dribble around in the space. The players in pennies are Shrek (or Spiderman or SpongeBob, etc.) and try to tag the players who have soccer balls. When players are tagged they go to into the goal (castle, spidernet etc. etc.) and can only get back out if a teammate with a ball tags them or the coach uses his/her magic powers to let everyone free. Use any character or images you like for this and make sure all players get a chance to be one of the special characters at some point during every practice. (8 minutes)

4) Cops and Robbers---Coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops. *Variation (If don't have stand-up cones):* ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking their soccer balls at them. Cops must replace the soccer balls on the cones as quickly as possible. (8 minutes)

5) 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)



6) **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)



SOCCER COACH
Norbert Altenstad
Tel: 514-717-5373
E-mail: nstad@sympatico.ca

