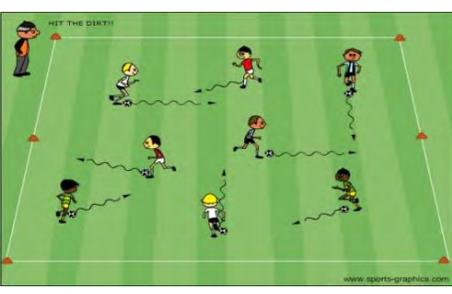
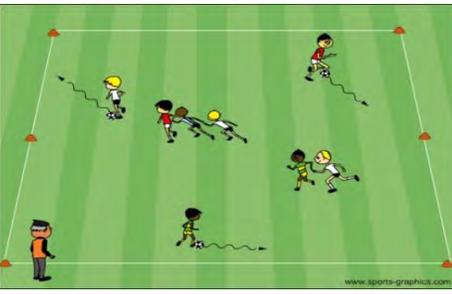
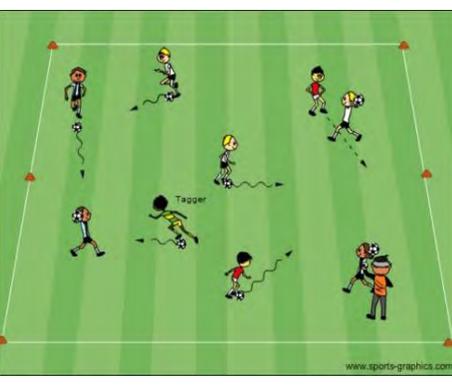


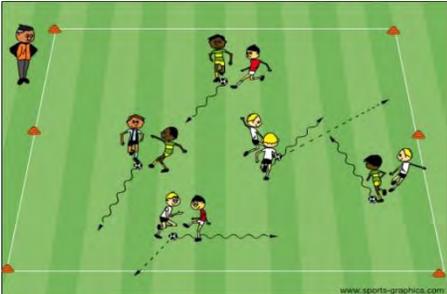
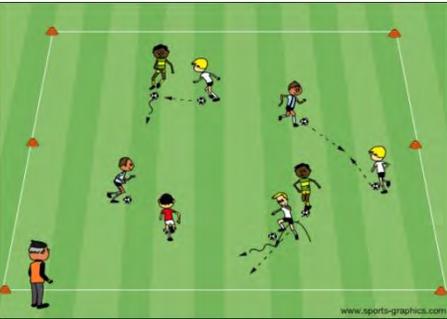
# U6/U7 Activity Plan 1

Activity 1	Activity Description	Time
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<p><b>6 minutes</b></p>
	<p><b>Hospital Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p><b>Coach:</b> Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.</p>	<p><b>6 minutes</b></p>
	<p><b>Cross Over Dribbling:</b> All players with a ball standing around the perimeter of a 15x20 yard grid. When the coach says “GO” the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.</p> <p><b>Variation 2:</b> Have them reach the other side and return to another spot.</p> <p><b>Variation 3:</b> Time the activity and see how many times the players cross over in 30 seconds or a minute.</p>	<p><b>6 minutes</b></p>
	<p><b>Get “Outta” There:</b> The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

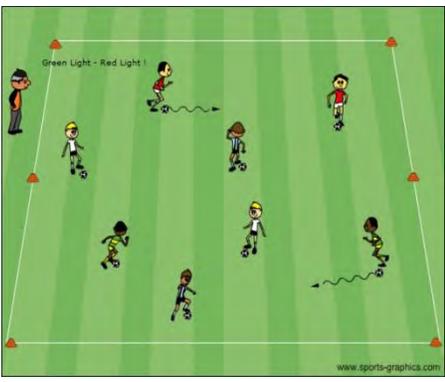
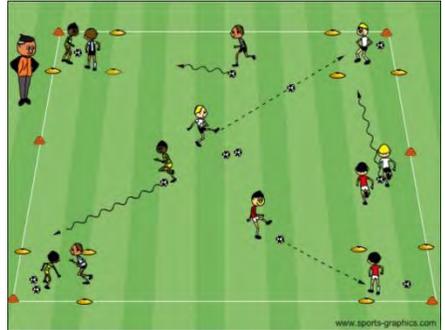
# U6/U7 Activity Plan 2

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6</b> <i>minutes</i></p>
Activity 2	Activity Description	Time
	<p><b>Hit the Dirt:</b> All players are dribbling in a 15x20 yard grid. When the coach says “Hit the Dirt”, the players must stop the ball and lie on his/her chest on the ground. When the coach says “Up” each player gets up and dribbles again.</p> <p><b>Variation 2:</b> When the coach says “Hit the Dirt”, the players hit the ground and jump up again.</p>	<p><b>6</b> <i>minutes</i></p>
Activity 3	Activity Description	Time
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p><b>6</b> <i>minutes</i></p>
Activity 4	Activity Description	Time
	<p><b>Freeze Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p><b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players.</p> <p><b>Version 2:</b> Players can unfreeze each other by tagging them. <b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p>	<p><b>6</b> <i>minutes</i></p>
Scrimmage	Activity Description	Time
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25</b> <i>minutes</i></p>

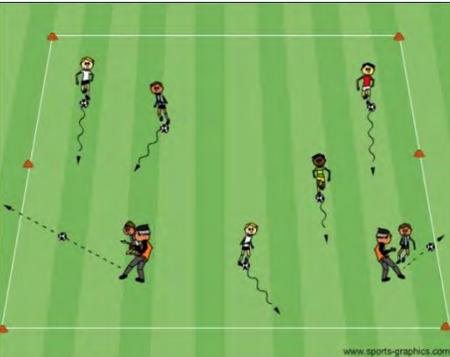
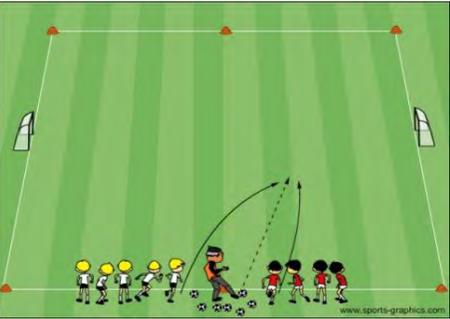
# U6/U7 Activity Plan 3

Activity 1	Activity Description	Time
	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Variation 2:</b> Ask the players to dribble their favorite foot and then dribble with your other foot.</p>	<p><b>6 minutes</b></p>
	<p><b>Kangaroo Jack:</b> In a 15x20 yard grid, two or three players are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p><b>6 minutes</b></p>
	<p><b>Crab Soccer:</b> Have 3-4 players without soccer balls inside a 15x 20 yard grid acting as crabs. These crabs are standing upright. The other players start anywhere in the grid and when the coach says “GO” they dribble their soccer balls around, avoiding the crabs. The crabs try to kick the balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs.</p>	<p><b>6 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

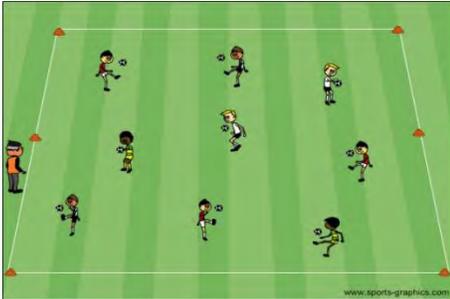
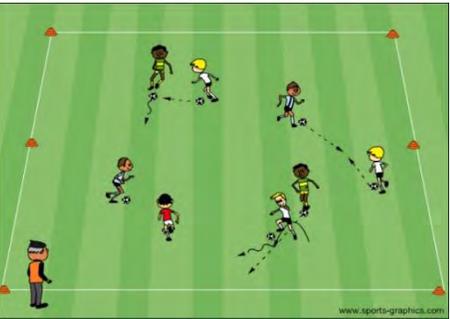
# U6/U7 Activity Plan 4

Activity 1	Activity Description	Time
	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Variation 2:</b> Ask the players to dribble their favorite foot and then dribble with your other foot.</p>	<p><b>6 minutes</b></p>
Activity 2	Activity Description	Time
	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p><b>Coach:</b> Control the frequency of light changes.</p> <p><b>Variation 2:</b> Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p><b>6 minutes</b></p>
Activity 3	Activity Description	Time
	<p><b>Sharks and Minnows:</b> In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p><b>6 minutes</b></p>
Activity 4	Activity Description	Time
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<p><b>6 minutes</b></p>
Scrimmage	Activity Description	Time
3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.	25 minutes

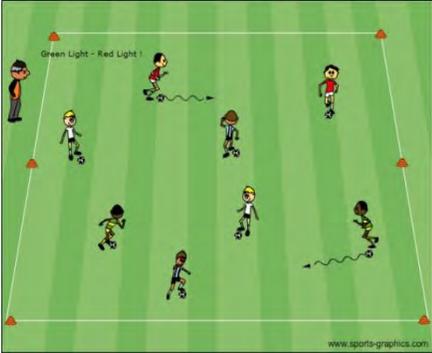
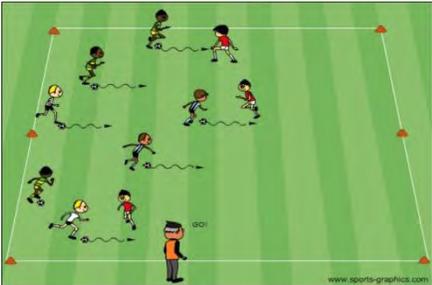
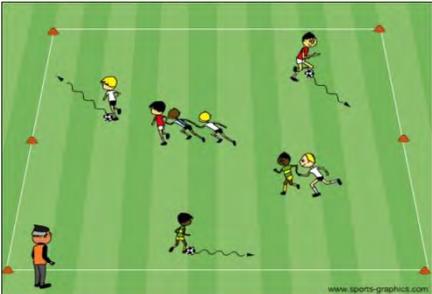
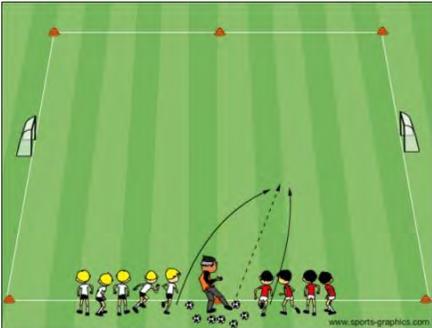
# U6/U7 Activity Plan 5

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6 minutes</b></p>
	<p><b>British Bulldog:</b> All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Players who dribble the soccer ball close to their feet cannot be attacked by the “bulldog.”</p>	<p><b>6 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>6 minutes</b></p>
	<p><b>Get “Outta” There:</b> The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

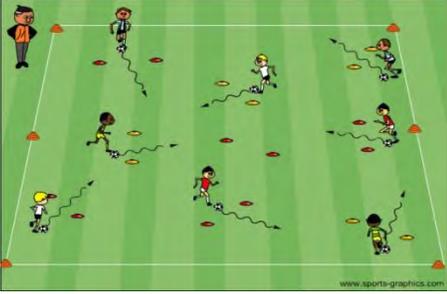
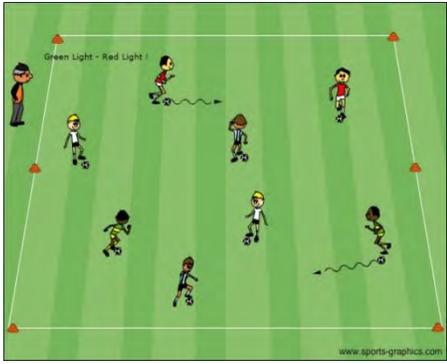
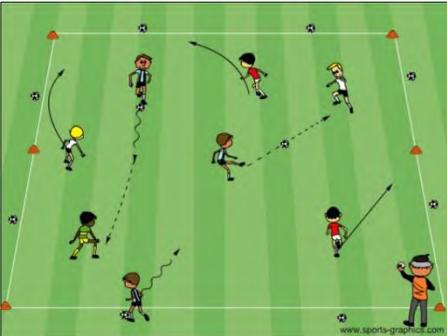
# U6/U7 Activity Plan 6

Activity 1	Activity Description	Time
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p><b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground.</p> <p><b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p><b>6 minutes</b></p>
	<p><b>Body Part Dribble:</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p><b>Coach:</b> Should vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p><b>6 minutes</b></p>
<p><b>of Activity 3</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>6 minutes</b></p>
<p><b>Activity 4</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
	<p><b>Cops and Robbers:</b> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cones (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p><b>Variation 2:</b> If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

# U6/U7 Activity Plan 7

Activity 1	Activity Description	Time
	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15x20 yard grid. When the coach says “<b>red light</b>” the players must stop and put their foot on the ball. When the coach says “<b>yellow light</b>” the players must dribble slowly, and when the coach says “<b>green light</b>” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes. You can also add other light colors (i.e.: “<b>purple light</b>” = hop back and forth over the ball, “<b>orange light</b>” = run around the ball, “<b>black light</b>” = dance, and “<b>blue light</b>” = hide behind the ball).</p>	<p><b>6</b> <i>minutes</i></p>
	<p><b>Sharks and Minnows:</b> In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “<b>GO</b>” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p><b>6</b> <i>minutes</i></p>
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p><b>6</b> <i>minutes</i></p>
	<p><b>Get “Outta” There:</b> The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p>	<p><b>6</b> <i>minutes</i></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.	<b>25 minutes</b>

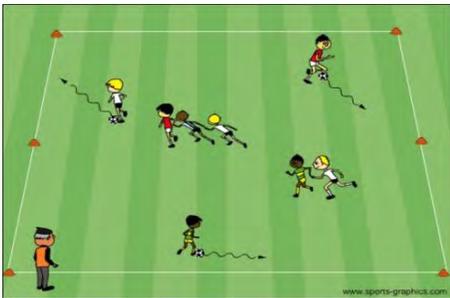
# U6/U7 Activity Plan 8

Activity 1	Activity Description	Time
	<p><b>Gate Dribbling:</b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p><b>6 minutes</b></p>
	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast</p> <p><b>Coach:</b> Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball).</p>	<p><b>6 minutes</b></p>
	<p><b>Shrek/Spiderman/Sponge Bob:</b> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p><b>Coach:</b> Make sure all players have a chance to be a Shrek.</p>	<p><b>6 minutes</b></p>
	<p><b>Catching Robbers:</b> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p><b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

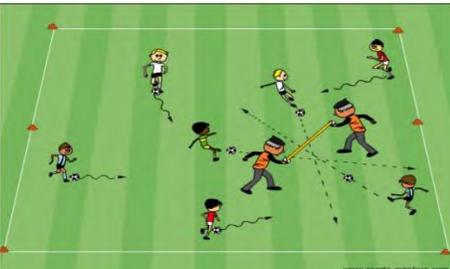
# U6/U7 Activity Plan 9

Activity 1	Activity Description	Time
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>	<p><b>6 minutes</b></p>
	<p><b>Hospital Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p><b>Coach:</b> Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.</p>	<p><b>6 minutes</b></p>
	<p><b>Body Part Dribble:</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p><b>Coach:</b> Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p><b>6 minutes</b></p>
	<p><b>Get “Outta” There:</b> The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta here”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

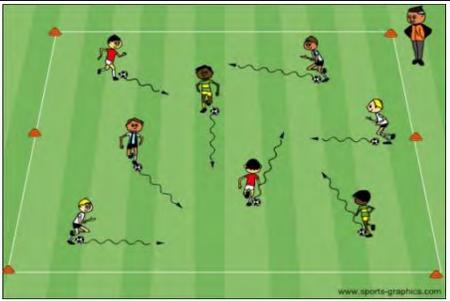
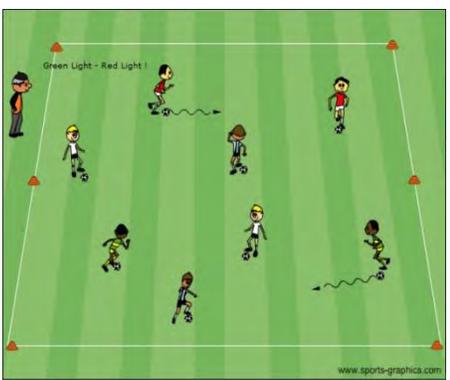
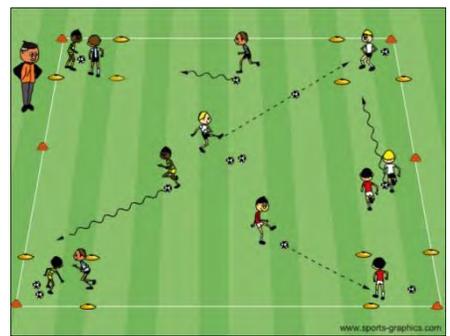
# U6/U7 Activity Plan 10

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.</p> <p><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6 minutes</b></p>
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	<p><b>6 minutes</b></p>
	<p><b>Freeze Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p><b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players.</p> <p><b>Version 2:</b> Players can unfreeze each other by tagging them.</p> <p><b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p>	<p><b>6 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

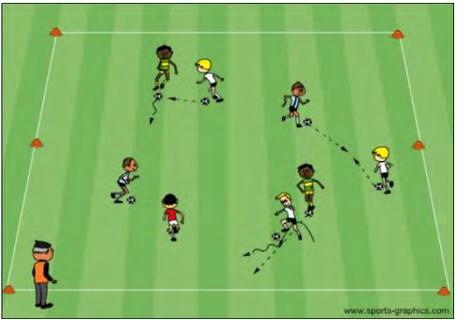
# U6/U7 Activity Plan 11

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6 minutes</b></p>
	<p><b>British Bulldog:</b> All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Players who dribble the soccer ball close to their feet do not get attacked by the bulldog..</p>	<p><b>6 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>6 minutes</b></p>
	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

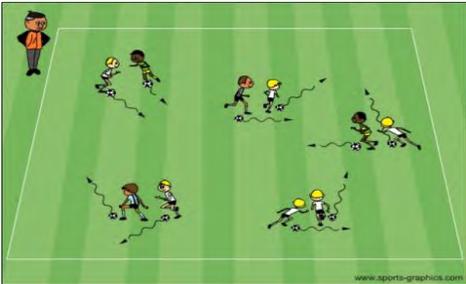
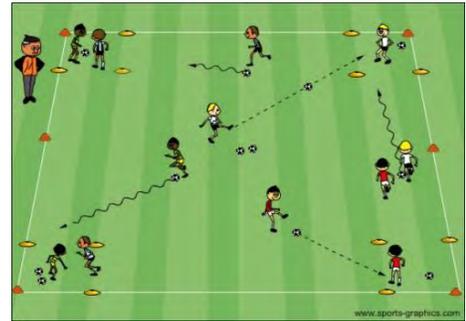
# U6/U7 Activity Plan 12

Activity 1	Activity Description	Time
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p><b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground.</p> <p><b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p><b>6 minutes</b></p>
	<p><b>Paint the Field:</b> All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Variation 2:</b> Ask the players to dribble only with the left foot, then with right foot.</p>	<p><b>6 minutes</b></p>
	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15x20 yard grid. When the coach say “<b>red light</b>” the players must stop and put their foot on the ball. When the coach says “<b>yellow light</b>” the players must dribble slowly, and when the coach says “<b>green light</b>” the players must dribble fast</p> <p><b>Coach:</b> Control the frequency of light changes.</p> <p><b>Variation 2:</b> Add other light colors and actions (i.e.: “<b>purple light</b>” = hop back and forth over the ball, “<b>orange light</b>” = run around the ball, “<b>black light</b>” = dance, and “<b>blue light</b>” = hide behind the ball.</p>	<p><b>6 minutes</b></p>
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

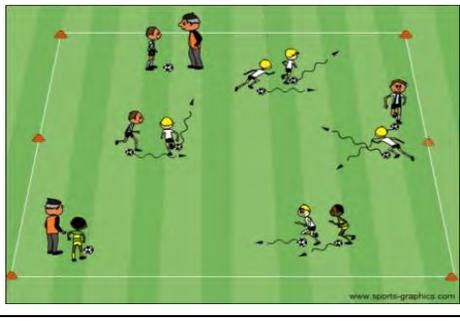
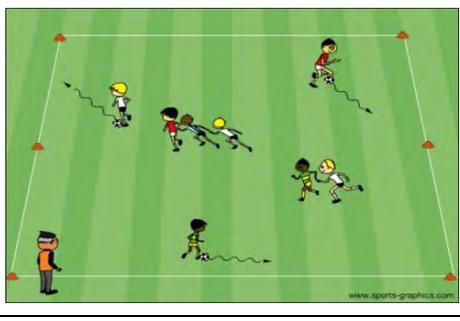
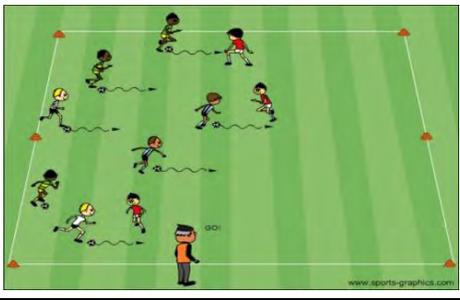
# U6/U7 Activity Plan 13

Activity 1	Activity Description	Time
	<p><b>Body Part Dribble:</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p><b>Coach:</b> Should vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p><b>6 minutes</b></p>
	<p><b>Gate Dribbling:</b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p><b>6 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>6 minutes</b></p>
	<p><b>Catching Robbers:</b> All players are spread around a 15x20 grid; only two players (<b>the cops</b>) have soccer balls. When the coach says “let's catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p><b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

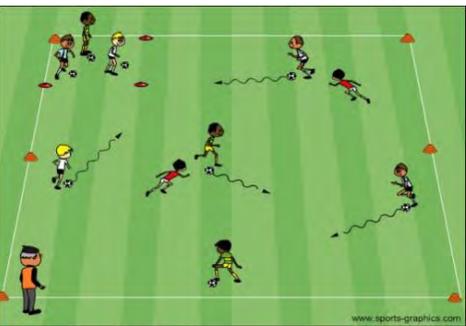
# U6/U7 Activity Plan 14

Activity 1	Activity Description	Time
	<p><b>Juggling:</b> All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p><b>Coach:</b> Have the players count how many times they touch the ball before it hits the ground.</p> <p><b>Version 2:</b> Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p><b>6 minutes</b></p>
Activity 2	Activity Description	Time
	<p><b>Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p><b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> <p><b>Version 2:</b> Players must tag other players' knees.</p>	<p><b>6 minutes</b></p>
Activity 3	Activity Description	Time
	<p><b>Freeze Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p><b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players.</p> <p><b>Version 2:</b> Players can unfreeze each other by tagging them.</p> <p><b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p>	<p><b>6 minutes</b></p>
Activity 4	Activity Description	Time
	<p><b>Capture the Balls:</b> Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call time and each team counts the balls they have collected.</p>	<p><b>6 minutes</b></p>
Scrimmage	Activity Description	Time
3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.	25 minutes

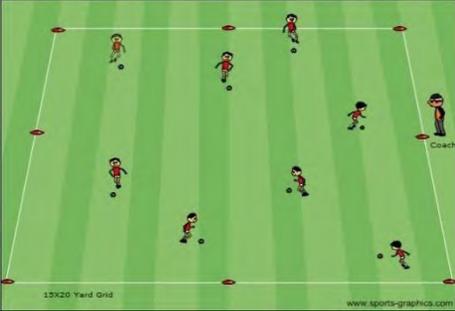
# U6/U7 Activity Plan 15

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling. <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6 minutes</b></p>
Activity 2	Activity Description	Time
	<p><b>Hospital Tag:</b> All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p><b>Coach:</b> Acts as the “doctor(s)” and heal the dribblers so they can keep involved in the activity.</p>	<p><b>6 minutes</b></p>
Activity 3	Activity Description	Time
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> May encourage the snake players to hiss.</p>	<p><b>6 minutes</b></p>
Activity 4	Activity Description	Time
	<p><b>Sharks and Minnows:</b> In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<p><b>6 minutes</b></p>
Scrimmage	Activity Description	Time
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

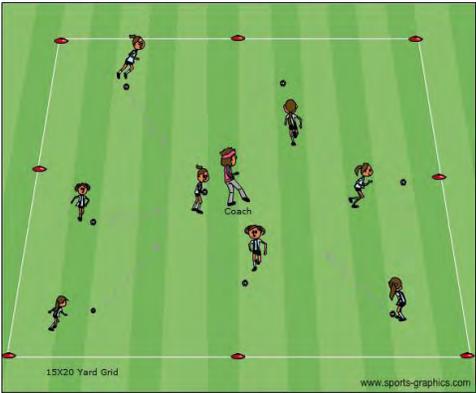
# U6/U7 Activity Plan 16

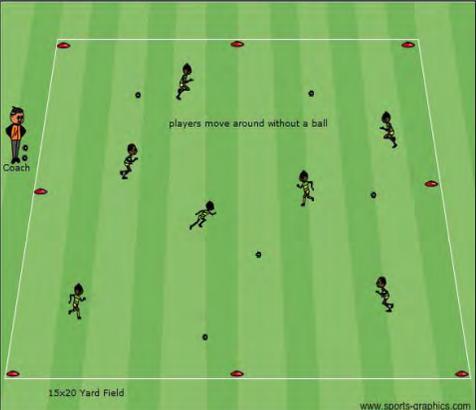
Activity 1	Activity Description	Time
	<p><b>Kangaroo Jack:</b> In a 15x20 yard grid two or three player are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p><b>6 minutes</b></p>
	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.</p>	<p><b>6 minutes</b></p>
	<p><b>Shrek/Spiderman/Sponge Bob:</b> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p><b>Coach:</b> Make sure all players have a chance to be a Shrek.</p>	<p><b>6 minutes</b></p>
	<p><b>Cops and Robbers:</b> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p><b>Variation 2:</b> If you do not have tall cones, divide the group in half cops and half robbers, and place the cops’ balls on top of discs.</p>	<p><b>6 minutes</b></p>
<p><b>Scrimmage</b></p>	<p><b>Activity Description</b></p>	<p><b>Time</b></p>
<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>

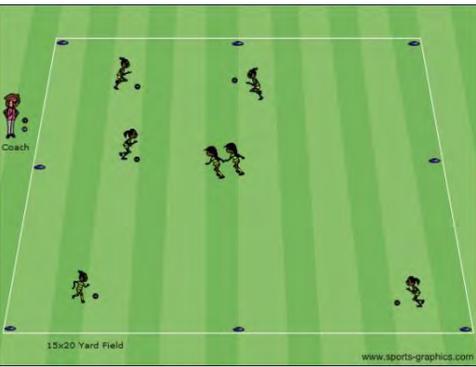
# U6/U7 Dynamic Activities

Paint the Field	Activity Description	Coaching Objective
 <p>15x20 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• Coach explains to them that their ball is actually a paint ball and wherever it rolls on the field, it paints that area.</li> <li>• How much of the field can they paint in the allotted time?</li> </ul>	<ul style="list-style-type: none"> <li>• Players can be challenged to use different surfaces of foot.</li> <li>• Keep their ball inside the playing area.</li> </ul>
 <p>15x20 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• If the Coach calls Green Light, the players must dribble as fast as they can.</li> <li>• If the Coach calls Red Light, they players must stop the ball under their foot.</li> <li>• Coach can call other colors and give the players a challenge for each color such as Yellow Light, the players dribble very slow.</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge the players to start and stop their ball quickly.</li> <li>• Encourage players to use several surfaces of their foot.</li> </ul> <p>*Remember, not all challenges have to be soccer specific (skip, jump, hop, etc.)</p>
 <p>15x20 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• When the Coach calls out a body part, the player must touch that body part to the ball as quickly as possible.</li> <li>• Coach should vary body parts and the rate at which he calls out body parts.</li> <li>• At times, call out body parts consecutively.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage the players to keep the ball close.</li> <li>• Players can make simple decisions.</li> </ul>

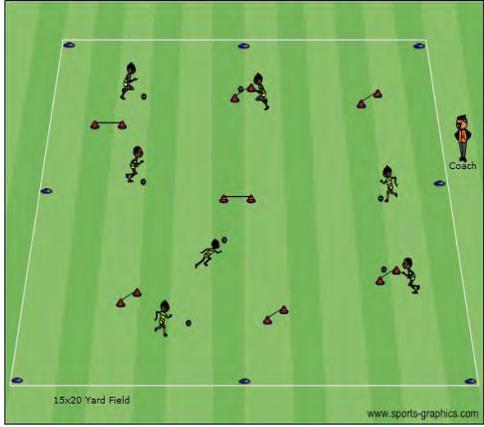
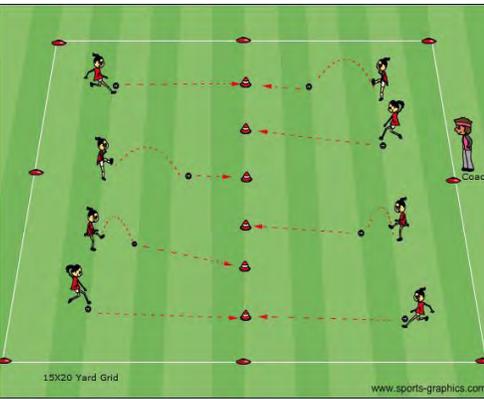
# U6/U7 Dynamic Activities

Fetch (Ball Toss)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player holds their ball in a 15x20 yard Grid.</li> <li>• One at a time, each player hands their ball to the coach.</li> <li>• The coach then kicks or tosses the ball away from the group in any direction.</li> <li>• Players bring their ball back to the coach as quickly as possible</li> <li>• Coaches can vary how the players need to bring the ball back (feet, hands, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>• Hand-Eye/Hand Foot coordination</li> <li>• Simple decision making</li> <li>• Follow directions and movement education</li> </ul>

Musical Soccer Balls	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• When the coach starts the music (CD player or sing), the players leave their balls. The players move around the space without a ball.</li> <li>• While the players are moving, the coach can remove 1 or 2 balls from the space.</li> <li>• When the music stops, the players have to get to a ball as quick as they can. (1 player per ball)</li> </ul>	<ul style="list-style-type: none"> <li>• Players need to follow direction.</li> <li>• Players can make simple decisions.</li> <li>• Players learn to anticipate.</li> </ul>

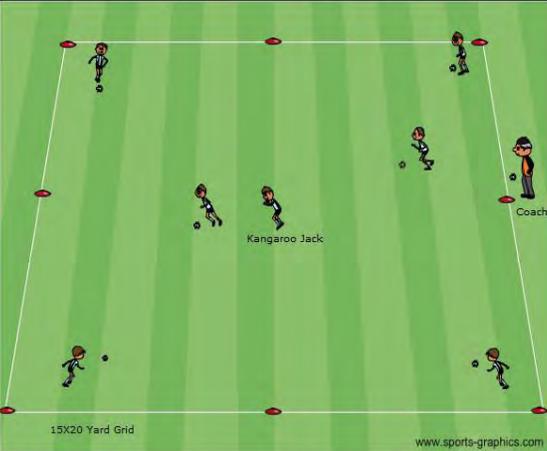
Snake	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• All players dribble a ball except for 2. The 2 join hands and try to run around and tag players with a ball.</li> <li>• If a player is tagged, they put their ball to the side and join hands to make a snake.</li> <li>• The snake must stay together and HISS like a snake.</li> <li>• Play till all players are snakes.</li> </ul>	<ul style="list-style-type: none"> <li>• Players can look for open space away from the snake.</li> <li>• The Snake players must work together.</li> </ul> <p>*Coach may want to start the first snake in order to keep the snake connected.</p>

# U6/U7 Dynamic Activities

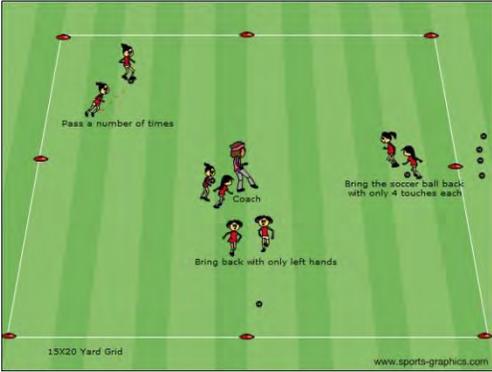
Gate Dribbling	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard Grid.</li> <li>• Coaches need to set up 1 gate per player.</li> <li>• Gates are 1-2 yards wide and about 5-7 yards between gates.</li> <li>• Players dribble through one gate then find another gate to dribble through.</li> <li>• Coaches can challenge the players to get through as many gates in 20 seconds as possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Players must keep the ball close in order to change direction toward the next gate.</li> <li>• Players will keep their head up in order to find the next gate.</li> </ul>
	<ul style="list-style-type: none"> <li>• Each player with a ball in a 15x20 yard grid.</li> <li>• All players work together to see how long it takes to knock down all the cones.</li> <li>• Distance from cones should start about 4 coach's steps but increase with each round.</li> <li>• After kicking your ball, find another ball and keep trying.</li> <li>• Game last until all cones are down.</li> </ul>	<ul style="list-style-type: none"> <li>• Willingness to kick the ball away from them.</li> <li>• Players can experiment with how hard to kick the ball.</li> <li>• Some kicking technique; but keep it limited.</li> </ul> <p>*Variation: one side vs the other side.</p>
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• When coach say, "Hit the Dirt," each player must touch his chest to the ground.</li> <li>• When the coach says "UP," all players get up quickly and resume dribbling.</li> </ul>	<ul style="list-style-type: none"> <li>• Agility and flexibility</li> <li>• Anticipation</li> <li>• Movement education</li> </ul> <p>*Variation: Players can go down to the ground and back to their feet as quickly as possible.</p>

# U6/U7 Dynamic Activities

Freeze Tag	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard Grid.</li> <li>• Coaches can pick 1 or 2 players to be Freeze Monsters.</li> <li>• Freeze Monsters run around (without a ball) and try to tag players with a ball.</li> <li>• When a player is tagged, they must freeze with their legs apart and ball held above their head.</li> <li>• The coach has the magic power to unfreeze players by touching their soccer ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Players must be aware of the Freeze Monster by keeping their heads up.</li> <li>• Dribbling, changing speed and direction</li> </ul>

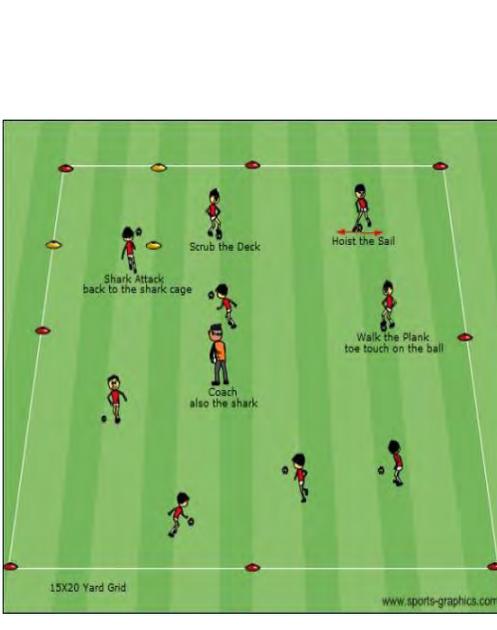
Kangaroo Jack	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player with a ball in a 15x20 yard grid.</li> <li>• Coach picks 1 or 2 players to be Kangaroo(s)</li> <li>• Kangaroos must hop on both feet and try to tag players dribbling a ball.</li> <li>• After being tagged, take your ball to the coach and they become a Kangaroo also.</li> <li>• Game last until all players have been tagged.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling technique with multiple surfaces of the foot</li> <li>• Acceleration with the ball</li> <li>• Coordination for the Kangaroos</li> </ul>

# U6/U7 Dynamic Activities

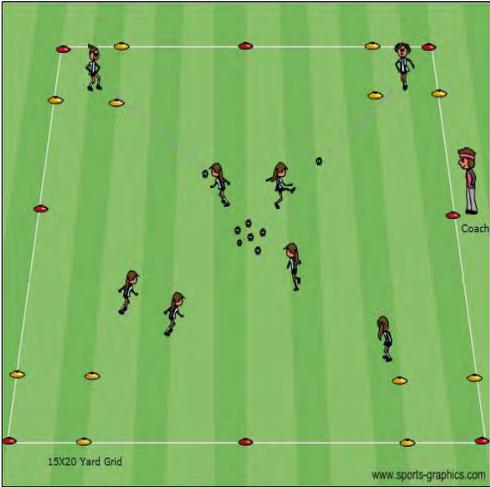
Fetch the Ball (2's or 3's)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Groups of 2 (or 3) with one soccer ball per group in a grid 15x20 yards.</li> <li>• One at a time, each group hands their soccer ball to the coach.</li> <li>• The coach kicks or throws the soccer ball into space with instructions on how to bring the ball back.</li> <li>• Players may have to dribble with a number of touches each, a number of passes, use their hands or any challenge the coach gives them.</li> <li>• Groups are working at the same time with a different challenge every time they bring their soccer ball back to the coach.</li> </ul>	<ul style="list-style-type: none"> <li>• Following directions and cooperating to meet the challenge</li> <li>• Hand-eye or foot-eye coordination</li> <li>• Simple decision making</li> </ul> <p><i>Other variations for challenge</i></p> <ol style="list-style-type: none"> <li>1. 2 left hands</li> <li>2. A foot and a hand</li> <li>3. 3 hands</li> <li>4. 2 foreheads</li> <li>5. Number of passes</li> <li>6. Number of touches</li> </ol>

# U6/U7 Competitive Activities

Cops & Robbers	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• All but 2 players dribbles a soccer ball in a 15x20 yard grid.</li> <li>• Coach sets up 8-10 tall cones.</li> <li>• Robbers have the soccer balls and try to knock over cones (banks) by hitting cones with their soccer balls.</li> <li>• 1-2 cops, without soccer balls, try to stand up the cones (before all the money falls out).</li> <li>• Each game last for about 30 seconds then coach can change some of the Cops for Robbers.</li> </ul>	<ul style="list-style-type: none"> <li>• Directional dribbling (toward cones)</li> <li>• Kicking accuracy</li> </ul> <p>*Variation: place extra soccer balls on top of disc cones and robbers try to kick the balls off the cones with their soccer balls.</p>

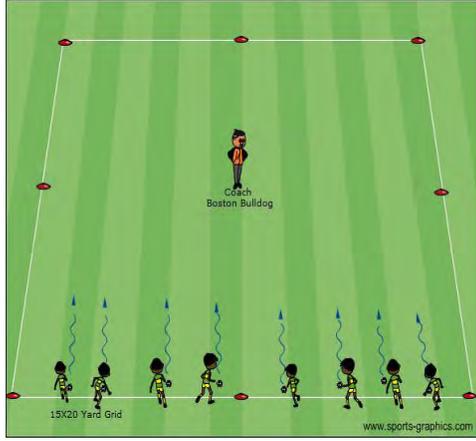
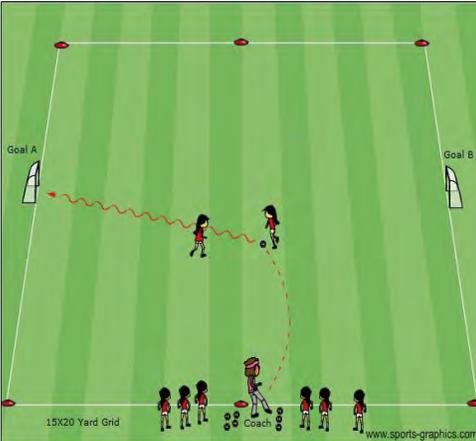
Pirate Ship	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player with a soccer ball in a 15x20 yard grid with a 6x6 (safe Shark Cage) in one corner</li> <li>• The grid is a Pirate Ship.</li> <li>• Coach makes up variations for the Pirates (players) and adds them to the Pirate Ship Journey one at a time.</li> <li>• Variations can be “Scrub the Deck” (players roll their soccer ball back and forth under their foot), “Hoist the Sail” (players can knock their soccer ball back and forth between their feet) and “Walk the Plank” (Players can do toe touches on their soccer ball).</li> <li>• When the coach calls “Shark Attack or Shark”, all players must dribble back to the safety of the shark cage without being tagged by the Shark (coach).</li> </ul>	<ul style="list-style-type: none"> <li>• Foundation skills repetition</li> <li>• Directional dribbling to avoid the Shark and get safely to the Shark Cage</li> <li>• Confidence with dribbling, how far can they get from the shark cage and still make it safely back?</li> </ul>

# U6/U7 Competitive Activities

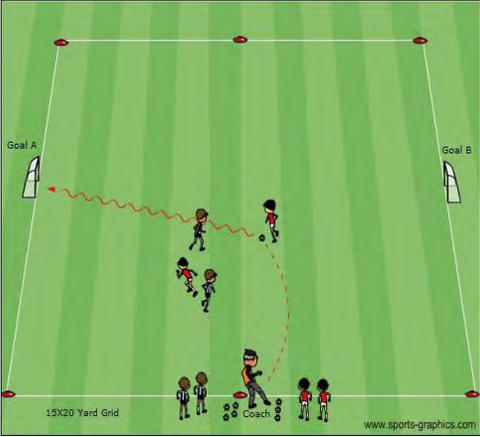
Capture the Balls	Activity Description	Coaching Objective
 <p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Each player dribbles a ball in a 15x20 yard grid.</li> <li>• Set up 3 to 4 home bases in the corners of the grid.</li> <li>• Divide the players equally in the bases.</li> <li>• All soccer balls in the center of the grid.</li> <li>• On the coach's command, all players try to get as many balls as they can into their home base.</li> <li>• Teams can steal balls from other bases.</li> <li>• Team with most balls after 30 seconds, wins the round.</li> </ul>	<ul style="list-style-type: none"> <li>• Scheming (how to attack the soccer balls, steal soccer balls from other home bases and how to defend your home base)</li> <li>• Decision making (dribble or pass)</li> </ul>

Doctor - Doctor	Activity Description	Coaching Objective
 <p>15X20 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with 2 4x4 Hospital. 1 near each end.</li> <li>• All players except the Doctor have a soccer ball.</li> <li>• The players dribble their soccer balls in the grid.</li> <li>• Coach selects 2 players to try to hit the other players with their soccer balls below the knees.</li> <li>• Any player who is hit can be saved by the Doctor's touch.</li> <li>• If the Doctor gets hit below the knees, game over.</li> <li>• Doctor is safe in either hospital but must come out to save the players.</li> </ul>	<ul style="list-style-type: none"> <li>• Agility</li> <li>• Dribbling and Kicking technique</li> <li>• Simple Decision making</li> </ul>

# U6/U7 Competitive Activities

Boston Bulldog	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player lines their soccer ball on one side of a 15x20 yard grid.</li> <li>• The coach (Bulldog) starts in the center of the grid.</li> <li>• The coach dares the players to try to cross the grid without losing their soccer ball.</li> <li>• If the coach (Bulldog) steals a ball, that player has to join the coach in the middle to be a Bulldog also.</li> <li>• If the players make it across, they wait until the Bulldogs dare them to come across again.</li> <li>• Last player to lose their soccer ball starts the next round as the Bulldog.</li> </ul>	<ul style="list-style-type: none"> <li>• Players need to follow direction.</li> <li>• Changing speed and direction (running with the ball)</li> <li>• Bulldogs learn how to win the soccer ball through 1v1 challenges.</li> </ul>
	<ul style="list-style-type: none"> <li>• Coach sets up in the middle of the field and on the sideline with all the soccer balls.</li> <li>• Team is split in half with half the players on the coach's left and the other half on the coach's right.</li> <li>• Team on left tries to score in Goal B and the team on the right tries to score in goal A.</li> <li>• The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first player from each side enters the field and plays 1v1 till a goal is scored or the soccer ball goes out of play.</li> <li>• When the soccer ball goes out of play, the coach calls "Get Outta There". The players leave the field, the coach serves a new soccer ball and the next 2 players play 1v1.</li> <li>• Game last until all soccer balls are gone.</li> </ul>	<ul style="list-style-type: none"> <li>• 1v1 attacking and defending</li> <li>• Creativity and scheming</li> <li>• Decision making</li> </ul> <p>*Variation: game can be played without goals and a point is scored by dribbling over the sideline.</p>

# U6/U7 Competitive Activities

Get "Outta" There (2v2)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up in the middle of the field and on the sideline with all the soccer balls.</li> <li>• Team is split in half with half the players on the coach's left and the other half on the coach's right. (identify teams with pinnies)</li> <li>• Team on left tries to score in Goal B and the team on the right tries to score in goal A.</li> <li>• The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first 2 players from each side enters the field and plays 2v2 till a goal is scored or the soccer ball goes out of play.</li> <li>• When the soccer ball goes out of play, the coach calls "Get Outta There". The players leave the field, the coach serves a new soccer ball and the next 2 players from each side play 2v2.</li> <li>• Game last until all soccer balls are gone.</li> </ul>	<ul style="list-style-type: none"> <li>• Learning to share the soccer ball.</li> <li>• Creativity and scheming</li> </ul> <p><i>*This game can also be played 3v3.</i></p>

3v3 or 4v4 Game	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Coach sets up a 15x20 yard grid with a goal at each end. (goal can be 2 to 4 steps wide)</li> <li>• Coach divides the players into teams of 3 or 4.</li> <li>• Teams play 3v3 or 4v4 with no goalies.</li> <li>• Multiple games can be played at the same time on similar grids.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to use technical skills in a game environment.</li> <li>• All technical coaching objectives can be recognized</li> </ul>