



U5-U6 – Fourth Practice

Objectives:

1. “Fun” games for skills and agility – emphasize dribbling and a soft first touch
2. Introduce one new game – Math Dribble
3. Teach very basic game concepts

Time	Activity
20 min	<i>Before Practice</i>
	Arrive early to lay out cones and disks for grids before the players arrive.
20 min	<i>Fundamentals Games – skill development with one player per ball</i>
	<p>Red Rover - Start without a ball to develop agility. Then repeat with each player dribbling a ball.</p> <p>Players start in a line at one end of the grid, with the coach in the middle. The coach calls “Red rover, red rover, send everybody over” (or substitute boys, girls, or shirt colors, etc.). The coach tries to tag players as they try to reach the other side of the grid. If they do, they turn around and wait for the coach to call again. If they are tagged, they are also “it” in the middle with the Coach.</p> <p>Break</p> <p>Red Light, Green Light – Start all players on one sideline of a grid. Each has a ball. The objective is to be the first to the other side. When the coach calls “green light,” the players dribble as fast as they can towards the other line. When the coach calls “red light,” players must stop with their ball under control. If they are still moving or their ball is more than one yard from their feet, they go back to the start line!</p> <p>Possible Variation – Make it fun by trying to make the players laugh. If they laugh or smile, they also have to go back.</p>
20 min	<i>Match Related Games – more than one player per ball</i>
	<p>Pac-Man – Place the balls just outside of the grid within easy reach. The players try to stay inside the grid. One player, usually a better player, starts with a ball inside the grid. On command, the player with the ball has to dribble the ball under control while attempting to tag the others. If he tags a player, that player gets his ball and attempts the same.</p> <p>Break</p> <p>NEW GAME - Math Dribble – Every player has with a ball in a grid. On command, the players dribble in the grid. The coach then gives the players an equation and the players must get into group equal to the answer to the equation. For example, the coach yells “2+3” and the players must quickly get into groups of five. Players should dribble their ball to the group and link their arms to signal that they have the correct amount. The last player(s) to get into a group get a special activity such as star jumps, donkey kicks, or alien push ups.</p>
20 min	<i>Match Conditions – Scrimmage</i>
	<p>Hand out scrimmage vests.</p> <p><u>Briefly</u> remind players of game concepts as appropriate: 1) no hands; 2) keep the ball inside the grid; 3) kick the ball through their goal; 4) stop the other team from kicking the ball through your goal; 5) if the other team kicks the ball out, your team throws it in; and 6) how to do throw ins.</p> <p>Help players to learn on their own by keeping instructions occasional and brief.</p>
5 min	<i>After Practice</i>
	End on a positive note, remind families about the next practice, and answer questions.