



U5-U6 – Fifth Practice

Objectives:

1. “Fun” games for skills and agility – emphasize dribbling and a soft first touch
2. Introduce one new game – Everybody’s It
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>NEW GAME – Everybody’s It – Every player starts with a ball in a grid. On command they hunt each other down and if they can touch their ball against somebody else’s, they score a point. This teaches them to be creative, fake to get a view of someone’s ball or in turn shield their own ball from attack.</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>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. |