



MASSACHUSETTS YOUTH SOCCER



Season Spring 2016

Age Group U6

Week

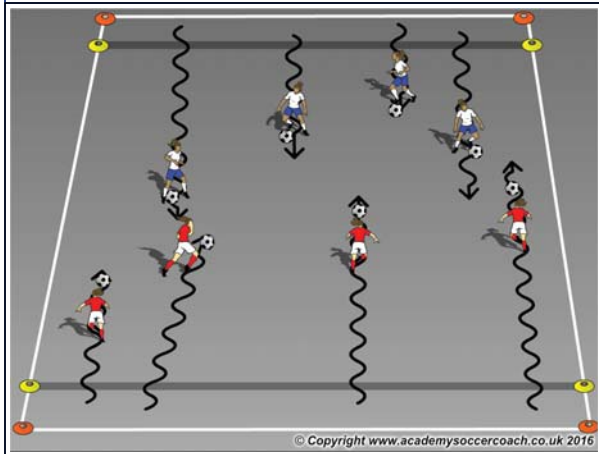
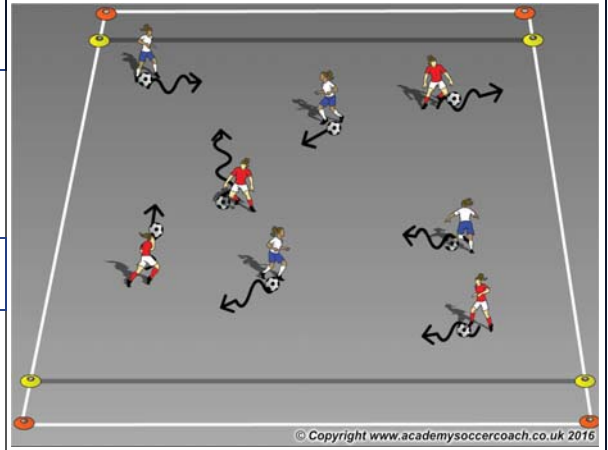
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Activity 1 4 Surfaces-Dribbling (Explore the Jungle) Duration 8 Min

In a 15Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Have the players try to use 4 surfaces of their foot in 1 fluid motion and in order: Outside of the foot (pinky toe) - Inside of the foot (big toe,) laces and bottom (sole). Once the ball has been stopped, have them try it with the other foot. Players can explore the entire field including the end zones.

Variations Activity Time 1.5 Min Rest 30 Sec Intervals 4

- Round 1: have the players use 1 surface at a time then layer in the next surface.
- Round 2: have them complete the pattern with their favorite foot.
- Round 3: have them complete the pattern with their non-favorite foot.
- Round 4: have them switch feet after completing all 4 surfaces with 1 foot.



Activity 2 Cross the Amazon Duration 8 Min.

In a 15Wx20L yard grid and a 3 yard end zone on each end line, get the players in pairs and place them on opposite sides of the grid. On the coach's command, the players will dribble their soccer ball across the river to the other side. When they arrive at the other side, they must stop their ball in the end zone. First player to stop their ball and call out their name gets a point.

Variations Activity Time 90 Sec. Rest 30 Sec. Intervals 4

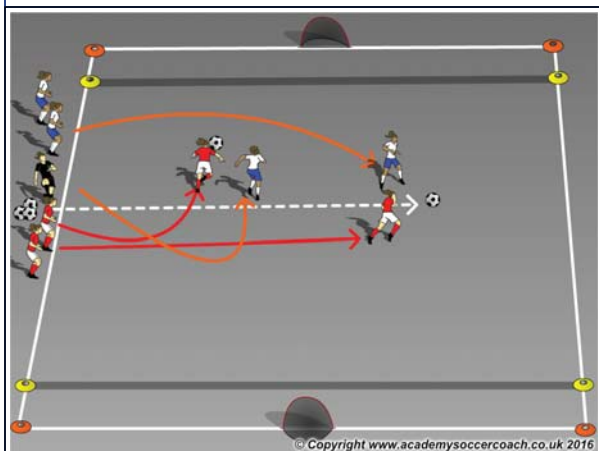
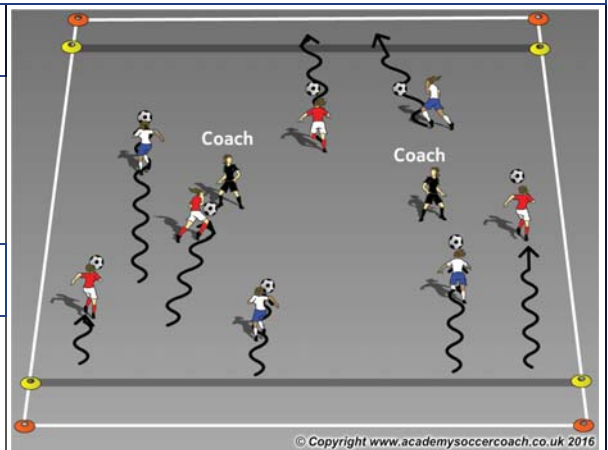
- Round 1: Players can use any surface they want to get across the Amazon.
- Round 2: Players use the laces to go forward and the sole to stop their ball.
- Round 3: Players use the inside & outside to go forward and sole to stop the ball.

Activity 3 Crocs in the River Duration 8 Min.

In a 15Wx20L yard grid and a 3 yard end zone on each end line, all players start with their ball in one end zone. The coaches start as crocs in the river. On the coach's command, the players will dribble their soccer ball across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc also.

Variations Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Coaches start as crocs and if ball is lost, the dribbler gets another try.
- Round 2: Players start as crocs and if ball is lost, dribbler and croc switch rolls.
- Round 3+: When ball is lost, dribbler becomes a croc also.



Activity 4 2v2 Rumble in the Jungle Duration 8 Min.

In a 15Wx20L yard grid, a 3 yard end zone and a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. The coach divides players into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in opponent's goal. If ball leaves the field, so do all the players.

Variations Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: 2 players from each team play 2v2 to goal or ball leaves the field.
- Round 2: No goal can be scored from inside of the end zone.
- Round 3: Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.