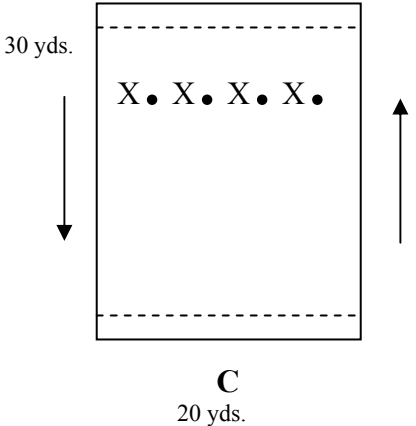
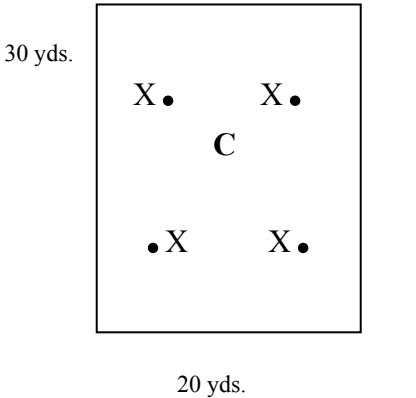
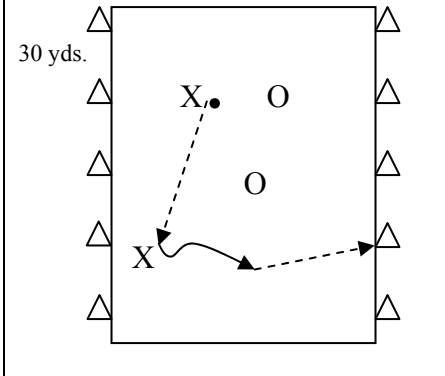
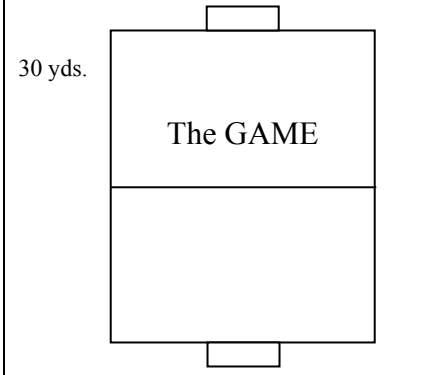


Topic: **U6 Practice Session**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Red Light Green Light. Full team – Each player with a ball (20 x 30 area). Players begin on one end-line, the coach (C) stands at the other. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Coach begins with their back to the players and yells “green light,” players dribble forward, before the coach turns around they yell “red light,” the players must then stop their ball. If they are still moving, they move back to the beginning. Repeat opposite direction.</li> <li>▪ Red Light, Yellow Light, Green Light (no direction). Players dribble inside the area. Red Light – stop. Yellow Light – dribble slow. Green Light – dribble fast.</li> <li>▪ Implement right or left foot only.</li> </ul>	 <p>30 yds.</p> <p>X • X • X • X •</p> <p>C 20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Ball control and mastery</li> <li>✓ Develop change of speed</li> <li>✓ Keep your head up while maintaining vision of the ball, players and field</li> <li>✓ Listening skills</li> <li>✓ Intrinsic motivation and competition</li> </ul>
<b>Match Related 1</b>			
<p>Sharks and Minnows. Full team – Each player with a ball (20 x 30 area). Players (Minnows) begin dribbling inside the area. Coach (C) is the (Shark) and tries to steal their ball.</p>	<ul style="list-style-type: none"> <li>▪ Once the Shark steals the ball from a Minnow, they immediately reverse roles. Repeat.</li> <li>▪ Designate one player to begin as the Shark. Once the Shark steals the ball, they kick it out of bounds and the Minnow also becomes a shark. See who the last Minnow to survive is. Repeat.</li> <li>▪ Implement right or left foot only.</li> </ul>	 <p>30 yds.</p> <p>X • X •</p> <p>C</p> <p>• X X •</p> <p>20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Shielding – body position and balance</li> <li>✓ Ball control – change direction and speed to avoid challenging players</li> <li>✓ Early decision making to avoid opposition</li> <li>✓ Confidence to challenge on and off the ball</li> </ul>

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<b>Match Related 2</b>			
<p>Shooting Gallery. 2 v 2 (20 x 30 area). Place 5 tall cones along each side of the field. Game is played to time or until one team knocks the opponents 5 cones over.</p>	<ul style="list-style-type: none"> <li>▪ Coach distributes the balls. If a ball goes out of play, the coach begins play with another ball.</li> <li>▪ Play 2 v 2 with multiple fields or rotate two new players (for each side) with each new ball.</li> <li>▪ Implement shooting with the right or left foot only.</li> <li>▪ Rotate players (teams) accordingly.</li> </ul>	 <p style="text-align: center;">20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Confidence to pass, dribble and shoot</li> <li>✓ Team transition – support the ball in possession, defend behind the ball when not in possession</li> <li>✓ Encourage natural, creative and instinctive play</li> </ul>
<b>Match Condition</b>			
<p>4 v 4 to two small goals (20 x 30 area). No goalkeepers.</p>	<ul style="list-style-type: none"> <li>▪ Define direction for each team.</li> <li>▪ No restrictions.</li> </ul>	 <p style="text-align: center;">20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Keep it FUN!</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>