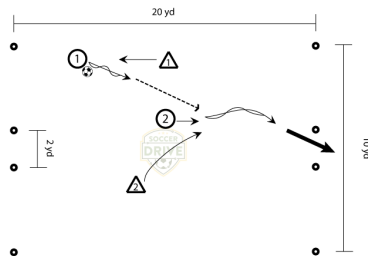




# BALL FAMILIARITY

AGE LEVEL: U6 TIME: 60 MINUTES

## PRACTICE PLAN



### 20 X 10 2VS. 2 SMALL SIDED GAME

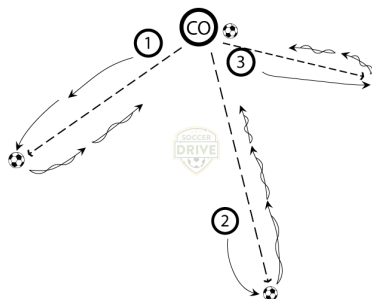
**TIME** 10 minutes

#### SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goal kick

#### COACHING POINTS

- » None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



### BACK TO COACH

**TIME** 10 minutes

#### SETUP

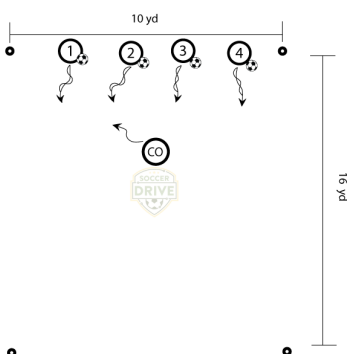
- » Every player has a ball.
- » One at a time, the players hand their ball to the coach who tosses their ball in a different direction while telling them how to bring the ball back
- » Ways to ask the players to bring it back: running (with ball in hand), skipping, hopping. Using only their elbows touching the ball. Using only their knees etc.

#### COACHING POINTS

- » Have fun, and be creative with the actions!
- » Encourage players to think about how they can bring the ball back, only using the body parts you've said they could use. Don't let them break the rules that you give!

#### PROGRESSION

- » Give them ways to bring the ball back that are more soccer specific: dribbling the ball, dribbling using only the bottom of their feet, using only the inside of their feet etc.



### CROCS IN THE RIVER

**TIME** 10 minutes

#### SETUP

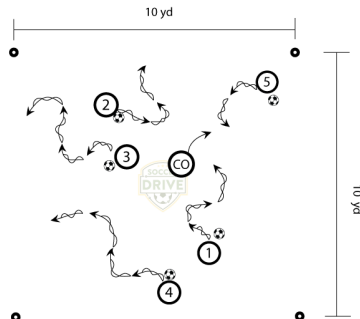
- » When the coach says 'go,' all players (the swimmers) try to dribble from one end of the grid to the other without getting their ball stolen by the coach (the crocodile).
- » If a player gets their ball stolen, they must perform a special activity for the croc to spit them out (ex: touching the top of the ball with the bottom of their feet alternating eight times, or passing the ball between their feet eight times). Players cannot become a croc with the coach - we want them to keep dribbling their soccer ball! Be goofy! Make lots of silly noises!

#### COACHING POINTS

- » Ask players to think about the length of their touches, and how they can use the different parts of their feet to manipulate the direction of the ball. When do we use big touches, and when should they be smaller?
- » Show players how to deceive the crocs by leaning one way and then dribbling the other. What body parts can we use to deceive someone? (hips, eyes, shoulders, legs). Ask them to be creative!



# BALL FAMILIARITY



### FREEZE TAG

**TIME** 10 minutes

**SETUP**

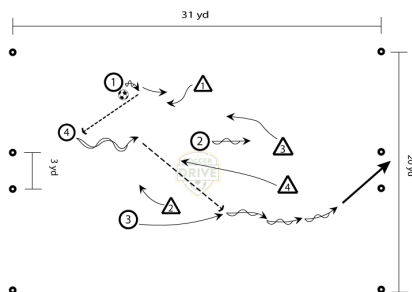
- » In your decreased grid, every player has a ball.
- » The coach(es) are it and try to tag the players who must keep control of their ball.
- » If a player gets tagged, they have to touch the ball with the bottom of their (alternating) six times before they can start playing again.

**COACHING POINTS**

- » Encourage players to take little touches when the tagger is close (so they can change direction quicker), and bigger touches to get away from the tagger!

**PROGRESSION**

- » When a player gets tagged, they have to stand with their legs open and the ball above their head. A teammate who isn't frozen will pass a ball under their legs to unfreeze them.



### 31 X 20 4 VS 4 GAME

**TIME** 20 minutes

**SETUP**

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game)
- » There are no goalkeepers

**COACHING POINTS**

- » None! Just sit back and let them play. For kindergarten, we play continuous restarts, meaning when a ball goes out, a coach just kicks another one in. Feel free to grab the parents to use as 'bumpers' around the field to keep the game moving. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Have fun and get excited!

### END OF PRACTICE QUESTIONS

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » When should we use little touches vs. big touches? (little touches in tight spaces and big touches in space so we can build up speed faster).
- » What should we do with our head/eyes when dribbling? (use peripheral vision so we can see what's around us, while still seeing the ball at the same time).

Have a team cheer, and see everyone at the game!