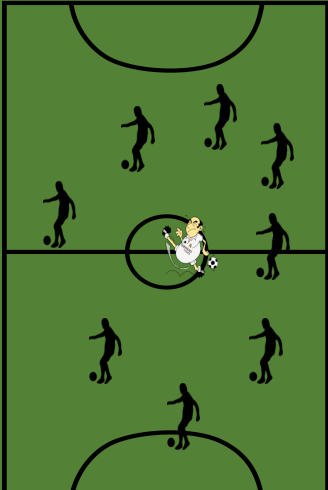
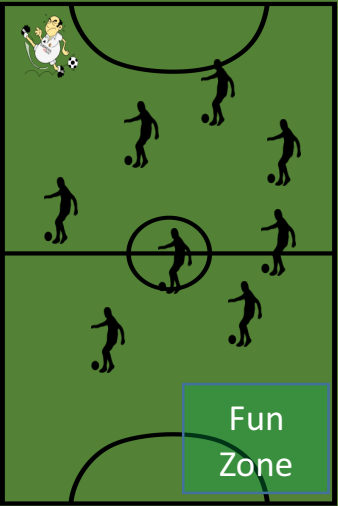
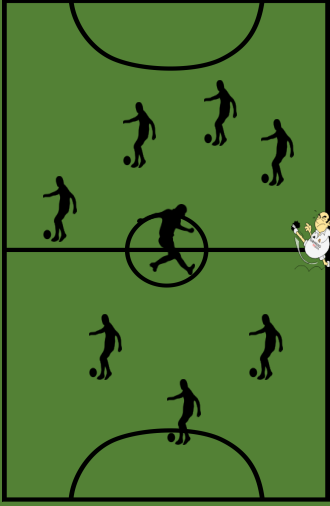


**Olympic Atlanta Youth Soccer
Activity Plan U-6**

<p><u>Week 1</u> Dribbling and Ball Control.</p> <p>Warm-up</p> <p>Purpose: Improve coordination</p>	<p><u>Play Designation:</u> 20 x 20yard area. Coach will show varying movements and have the players copy the movement.</p>	<p><u>Execution:</u> Coach will show players how to:</p> <ul style="list-style-type: none"> - Hop - Skip - Sidestep, - Move Backward - And turn while moving 	<p><u>Coaching points:</u> Coordination Balance Agility</p> <p>Advancement Give each movement a number and have the players conduct the movement o f the corresponding number</p>	
<p><u>Week 1</u> Dribbling and Ball Control.</p> <p>Individual Skill Activity</p> <p>Purpose: Improve dribbling skills</p>	<p><u>Play Designation:</u> 20 x 20yard area.</p> <p>Designate one corner with as a 5 x 5 fun zone</p>	<p><u>Execution:</u> Players dribble around the area and react to the following call outs:</p> <p>Roll-roll the ball around the grid using the soles of your feet.</p> <p>Fly-run with the ball to the fun zone</p> <p>Attack-coach runs into the area to tag players</p>	<p><u>Coaching Points:</u> Keep your head up to see the space around you.</p> <p>Use in-step when advancing the ball to fun zone.</p> <p>Keep the ball close to your body</p>	

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<p><u>Week 1</u> Dribbling and Ball Control.</p> <p>Integrated Group Activity</p> <p>Purpose: Improve dribbling skills under pressure</p>	<p><u>Play Designation:</u> 10 x 15yard area.</p> <p>Every Player has a ball</p>	<p><u>Execution:</u> One player is "IT", they chase the other players who dribble around the training square. The goal is for the "IT" player to tag as many players on the knee as possible in 1 min. Each player tag counts as 1 point for the "IT" player.</p>	<p><u>Coaching points:</u> Coordination Dribbling Shielding Agility Vision</p> <p>Advancement Coach attempts to kick players balls away.</p>	
<p><u>Week 1</u> 3 V 3</p> <p>Small Sided Game</p> <p>Purpose: Improve Individual and Group game comprehension</p>	<p><u>Play Designation:</u> 20 x 30yard area. Play a 3 V 3 game</p> <p>Size 3 ball</p>	<p><u>Execution:</u> Free Play!</p>	<p><u>Coaching Points:</u> Stay back and watch them play.</p> <p>Sub in players every 2mins.</p>	