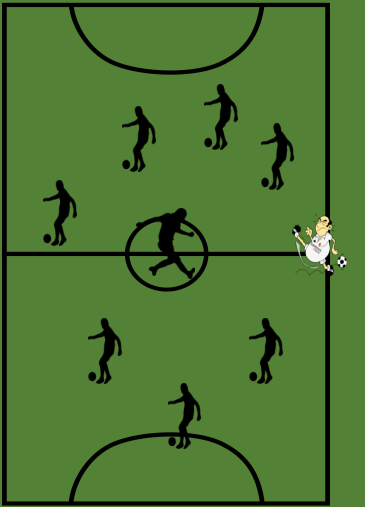


**Olympic Atlanta Youth Soccer  
Activity Plan U-6**

<p><b><u>Week 1</u></b> Dribbling and Ball Control.</p> <p>Integrated Group Activity</p> <p>Purpose: Improve dribbling skills under pressure</p>	<p><b><u>Play Designation:</u></b> 10 x 15yard area.</p> <p>Every Player has a ball</p>	<p><b><u>Execution:</u></b> 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><b><u>Coaching points:</u></b> Coordination Dribbling Shielding Agility Vision</p> <p>Advancement Coach attempts to kick players balls away.</p>	
<p><b><u>Week 1</u></b> 3 V 3</p> <p>Small Sided Game</p> <p>Purpose: Improve Individual and Group game comprehension</p>	<p><b><u>Play Designation:</u></b> 20 x 30yard area. Play a 3 V 3 game</p> <p>Size 3 ball</p>	<p><b><u>Execution:</u></b> Free Play!</p>	<p><b><u>Coaching Points:</u></b> Stay back and watch them play.</p> <p>Sub in players every 2mins.</p>	