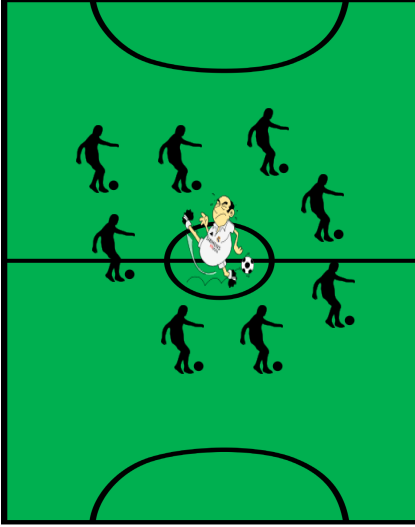
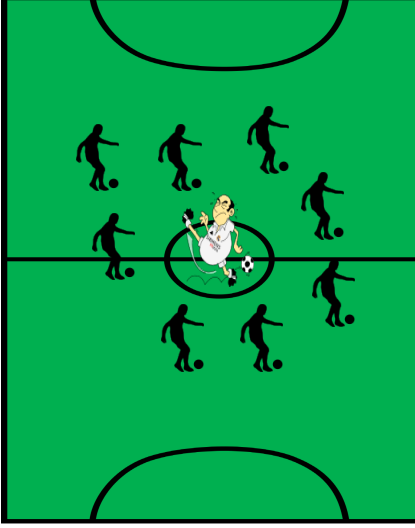


OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

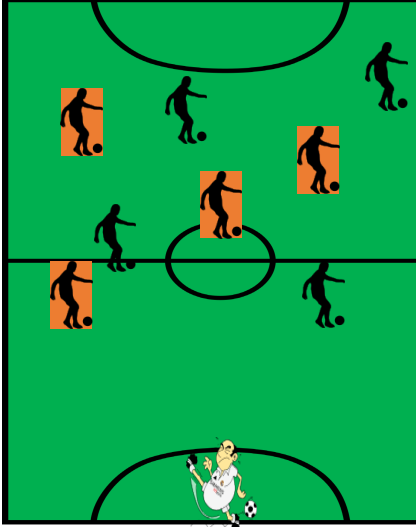
Week 3

<p><u>THEME</u></p> <p>Movement and agility</p> <p>Warm up</p> <p><u>Purpose</u></p> <p>Improve coordination</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 20yard grid no soccer balls</p>	<p><u>EXECUTION</u></p> <p>-Coach spreads players out in the grid. On the coaches command the players will emulate various movements demonstrated by the coach.</p>	<p><u>COACHING</u></p> <p>Demonstrate how to:</p> <ul style="list-style-type: none"> -jump -skip -run -backwards -sideways -feints 	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Movement and agility</p> <p>Individual skill activity</p> <p><u>Purpose</u></p> <p>Improve movement and agility</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 20yard grid 1 ball player</p> <p>Players copy coaches movements</p>	<p><u>EXECUTION</u></p> <p>Coach will perform movements with the ball and the players will follow the coach.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -keep the pace fast -positive reinforcement -touch on the ball -ball control 	<p>Sketch</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

Week 3

<p><u>THEME</u></p> <p>Movement and agility</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve movement and agility under pressure</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 20yard grid</p> <p>1 ball per player</p>	<p><u>EXECUTION</u></p> <p>-Players spread out in the grid. On the command “go” the players will dribble around the grid and attempt to tag another player on the waist. If a player is tagged he must exit the grid and execute 15 toe taps before returning to the grid.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> - keep the pace fast -positive reinforcement -touch on the ball -ball control -field vision -change of speed -change of direction 	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Movement and agility</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u></p> <p>Improve movement and agility</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 30yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 3 ball</p>	<p><u>EXECUTION</u></p> <p>If a team gets scored on they must exit the field expeditiously.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Control of the ball -field vision -heads up -burst of speed 	<p>Sketch</p> 