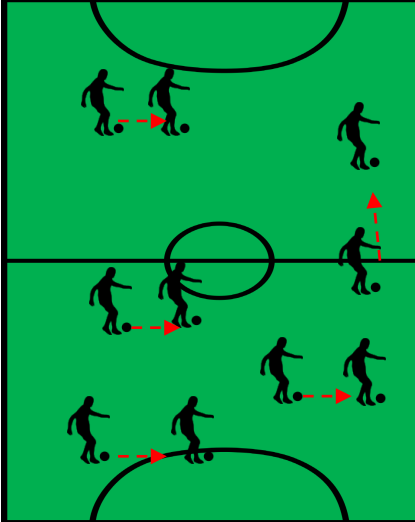
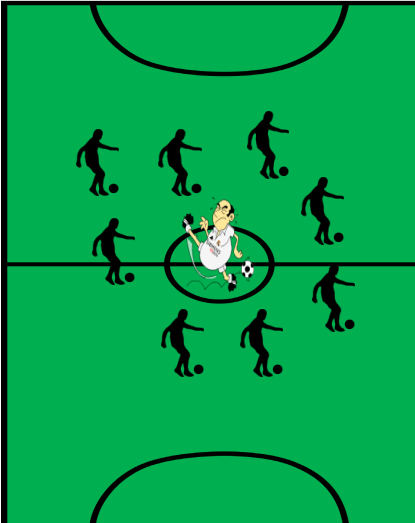


OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

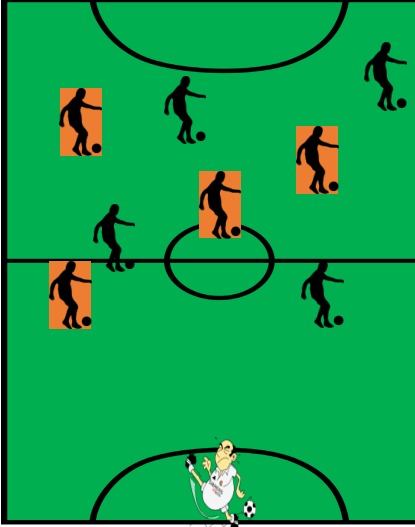
Week 4

<p><u>THEME</u> Passing</p> <p>Warm up</p> <p><u>Purpose</u> Improve passing</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 soccer ball per player</p> <p>1 min drills</p>	<p><u>EXECUTION</u> Players dribble around and attempt to strike a teammates soccer ball by passing their ball into it.</p> <p>Each successful strike counts as one point. Player with the most points after a minute wins.</p>	<p><u>COACHING</u> -ensure players execute soft touch passes. -use of the instep -keep their heads up. -focus on accuracy of the pass.</p>	<p>Sketch</p> 
<p><u>THEME</u> Passing</p> <p>Individual skill activity</p> <p><u>Purpose</u> Improve Passing</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>2 players per ball</p>	<p><u>EXECUTION</u> Players group into pairs. Pairs will split on opposite ends of the grid. The coach will random place cones in the center of the grid. Players will try to knock down all of the cones.</p> <p>Advance: Have pairs compete against each other, who ever gets the most wins.</p> <p>Have team compete against a timer.</p>	<p><u>COACHING</u> -communication -ensure players execute soft touch passes. -use of the instep -keep their heads up. -focus on accuracy of the pass.</p>	<p>Sketch</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

Week 4

<p><u>THEME</u> Passing</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve passing under pressure</p>	<p><u>PLAY DESIGNATION</u> Soccer Bowling</p> <p>2 or 3 bowling lanes</p> <p>12yard distance between player and first bowling pin (cone).</p> <p>5 or 10 cones per lane.</p>	<p><u>EXECUTION</u> Players take turns accurately passing the ball towards the cones in an attempt to knock down as many as possible. Each team member goes 1 time successively until the first team knocks down all of the cones or until each player has gone 3 times. Reset and play again.</p> <p>Advance: Increase distance to 15 yards.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> - accurate passes -strike through the middle of the ball. -proper body position <ul style="list-style-type: none"> -hips and shoulders face the target. 	<p>Sketch</p> 
<p><u>THEME</u> Movement and agility</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve passing</p>	<p><u>PLAY DESIGNATION</u> 20 x 30yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 3 ball</p>	<p><u>EXECUTION</u> 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> 