

OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

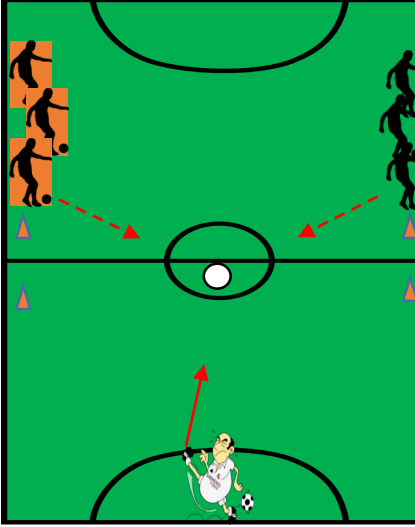
Week 5

<p><u>THEME</u> Running with the ball</p> <p>Warm up</p> <p><u>Purpose</u> Improve passing and movement with the ball</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></p> <ul style="list-style-type: none"> -ensure players execute soft touch passes. -use of the instep -keep their heads up. -focus on accuracy of the pass. 	<p>Diagram</p> 
<p><u>THEME</u> Running with the ball</p> <p>Individual skill activity</p> <p><u>Purpose</u> Improve running with the ball</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>1 ball per player</p> <p>1 minute rounds</p>	<p><u>EXECUTION</u></p> <ul style="list-style-type: none"> -Players dribble around the grid square and attempt to tag each other above the waist line. -Every tag counts as 1 point. -When a player gets tagged they lose 1 point. -which player can get the most points. 	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -eyes up to see the field -control the ball -use all a parts of the ball -change of speed -change of direction 	<p>Diagram</p> 

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Week 5

<p><u>THEME</u> Running with the ball</p> <p>Integrated group activity</p> <p><u>Purpose</u> Improve running with the ball under pressure</p>	<p><u>PLAY DESIGNATION</u> 20 x 20yard grid</p> <p>4 flags</p> <p>Players are divided into two teams</p>	<p><u>EXECUTION</u> Teams are positioned at opposite end lines. The coach will designate each player with a number</p> <p><u>Team 1</u> <u>Team 2</u> 1-5 1-5</p> <p>The coach calls out a number 1-5 and simultaneously plays a ball to the center of the grid. The player that corresponds with the called number, from both teams, will run into the grid and attempt to win the ball. The player must then attempt to score. Repeat after a score or when the ball rolls out of play.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -PLAYERS SHOULD ENCOURAGE EACH OTHER! -eyes up to see the field -control the ball -use all a parts of the ball -change of speed -change of direction 	<p>Diagram</p> 
<p><u>THEME</u> Running with the ball</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u> Improve running with the ball</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>Diagram</p> 