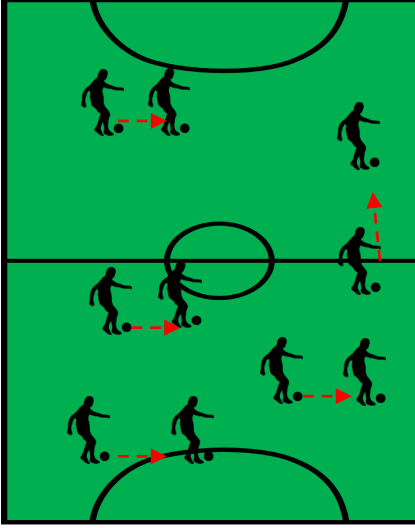
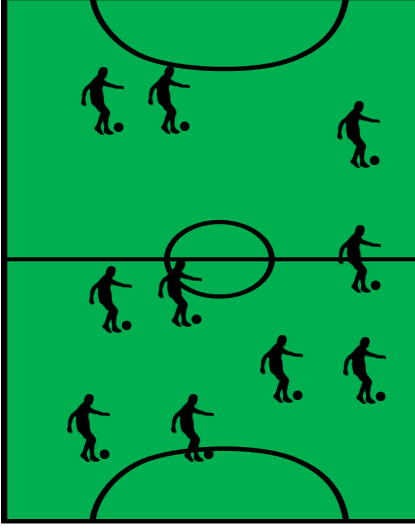


# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U6 Practice Plan

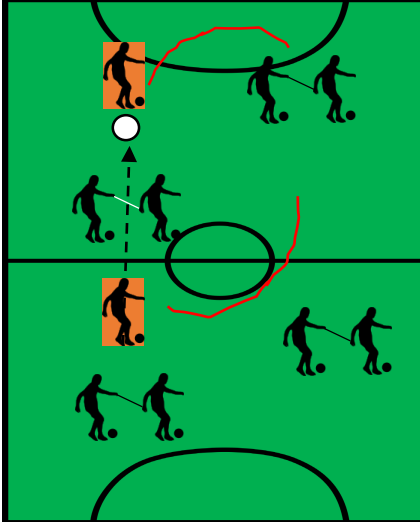
### Week 6

<p><b><u>THEME</u></b> Turning</p> <p>Warm up</p> <p><b><u>Purpose</u></b> Improve turning and passing</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 soccer ball per player</p> <p>1 min drills</p>	<p><b><u>EXECUTION</u></b> 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><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-ensure players execute soft touch passes.</li> <li>-use of the instep</li> <li>-keep their heads up.</li> <li>-focus on accuracy of the pass.</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Turning</p> <p>Individual skill activity</p> <p><b><u>Purpose</u></b> Improve turning</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball per player</p> <p>1 minute rounds</p> <p>Prep: demonstrate a drag back, chopping the ball turning with the instep.</p>	<p><b><u>EXECUTION</u></b> Players will spread out inside of the grid. The coach will call out “GO’ then the players will dribble around the grid. If a player comes near another another player while dribbling into space, the player must turn while dribbling executing one or more of the moves demonstrated earlier by the coach. After the player executes the turn the player should explode away with a burst of speed before slowing back down.</p> <p>Advance: Coach enters the grid and pressure players as needed.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-change of speed</li> <li>-change of direction</li> <li>-field vision</li> <li>-ball control</li> <li>-burst of speed</li> <li>-keeping the ball with in a controllable distance.</li> </ul>	<p>Diagram</p> 

# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U6 Practice Plan

Week 6

<p><b><u>THEME</u></b> Turning</p> <p>Integrated group activity</p> <p><b><u>Purpose</u></b> Improve turning under pressure</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball per 2 players</p> <p>Pair players up</p> <p>1 penny or jersey per team</p>	<p><b><u>EXECUTION</u></b> Coach pairs up players into teams. One pair is designated as the the attacker. The other pairs will become moving gates/goals. The moving gates are connected by holding a penny between their hands. The moving goals are to walk around the grid while maintain space. The attacker attempt to score as many points as they can by passing the ball to each other through the moving goals. Rotate teams every 1 min.</p> <p>Advance: Have moving gates jog or run.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-Communication</li> <li>-pace of moving gates is determined by the skill of the attackers</li> <li>-field vision</li> <li>-ball control</li> <li>-team work</li> <li>proper passing technique.</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b> Running with the ball</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><b><u>Purpose</u></b> Improve turning</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 30yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 3 ball</p>	<p><b><u>EXECUTION</u></b> If a team gets scored on they must exit the field expeditiously.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-Control of the ball</li> <li>-field vision</li> <li>-heads up</li> <li>-burst of speed</li> </ul>	<p>Diagram</p> 