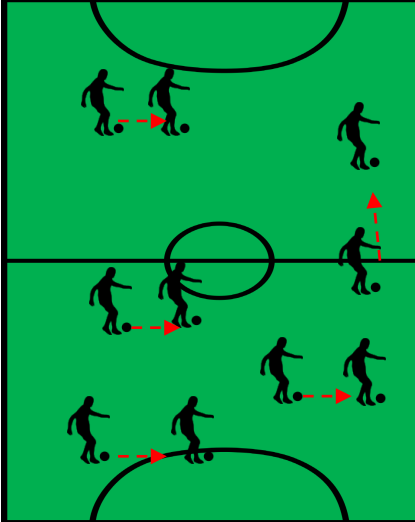
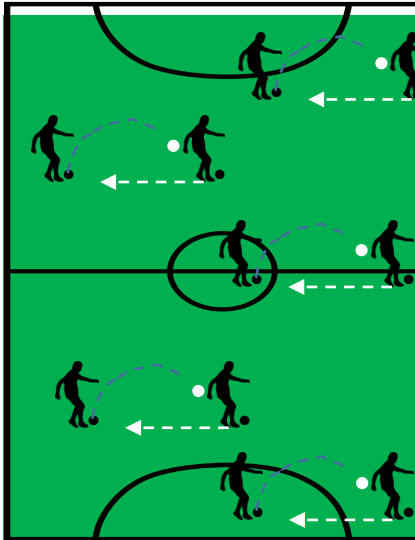


OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

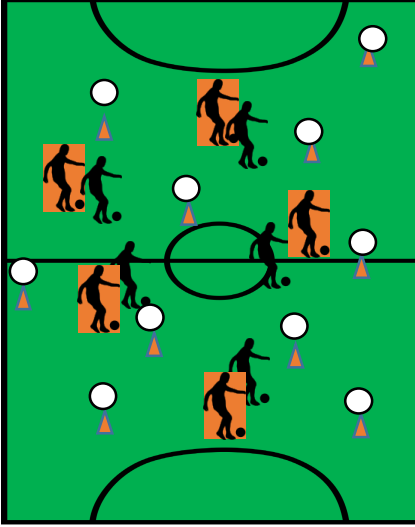
Week 7

<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></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> 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>1 ball per 2 player</p> <p>1 minute rounds</p>	<p><u>EXECUTION</u> Players pair up with in the grid. The player with the ball lightly tosses the ball to their partner who in turn receives the ball and passes the ball back. Repeat for 1 min the alternate.</p> <p>Advance:</p> <ul style="list-style-type: none"> -have players receive and return the ball with one body part. -have players return the ball with out it touching the ground. 	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -check behind you for defenders and space. -field vision -touch on the ball -aggressive to the ball -staying up on your toes 	<p>Diagram</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U6 Practice Plan

Week 7

<p><u>THEME</u> Passing</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve passing under pressure</p>	<p><u>PLAY DESIGNATION</u> 30 x 30yard grid</p> <p>1 ball in play</p> <p>various disc markers.</p> <p>1 ball for each disc marker</p> <p>2 teams</p>	<p><u>EXECUTION</u></p> <p>Coach will place soccer balls on top of randomly placed disc markers. Players will be divided into two teams (attackers/defenders). 1 ball is given to the attacking team. On the command “go” the attackers will attempt to knock down as many balls from the discs as possible by executing a pass. The defender will attempt to prevent this by blocking the pass.</p> <p>Advance: Players must pass the ball to a teammate before attempting to knock down a ball.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Communication -Defenders do not win the ball, only block the ball. -ATTACKERS PASS THE BALL TO EACH OTHER -movement w/o the ball -passing accuracy 	<p>Diagram</p> 
<p><u>THEME</u> Passing</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><u>Purpose</u></p> <p>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></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>Diagram</p> 