

U6 Training Activities

“Can you show me?”

Session One:

1. I can do this!
 - a. What can you do with out a ball?
 - b. What else can you do? Show me something different.
 - c. What can you do with a ball?

2. Body Part Dribble
 - a. Coach calls out a body part
 - b. Players choose body part
 - c. Multiple body part calls

3. Fetch/ Bring the ball back. Players hand the ball to the coach, coach tosses ball & the players return it.
 - a. Toss & players return ball however they want.
 - b. Toss & players return the ball a differently.
 - c. Repeat
 - d. Players return the ball using there feet
 - e. After the coach tosses the ball, he moves. You move at any time.

4. Goal Maze. Coach shows the size of the goal/gate and asks the players to each make and place a gate in an area around the coach.
 - a. How many gates in 45 seconds?
 - b. How many different gates in 45 seconds?
 - c. Can you improve your score by one or two?
 - d. Goal Munchers; have a few parents act as goal munchers or gate keepers. They can move from one gate to the next at their own pace, but are not allowed to defend. See if Players attach the gates with out the muncher.

5. The Game. “Ball Master” places balls at the center of the field. The coach (ball master) controls when to put the ball into Play. When you run out of balls have the kids retrieve them and then start over = to the players break.
 - a. 1 vs. 1
 - b. Build to 3 vs. 3

Session Two:

1. Pretend to be... (As they dribble ask the players to be...)
 - a. An Animal
 - b. A car
 - c. Players choice

2. Red Light/Green Light
 - a. Players are asked to start and stop while dribbling
 - b. Use hand gestures to start and stop the players
 - c. "ZOOM"

3. Knockout played in a confined area. Players try to knock the other players ball out.
 - a. If the players catches up to ball before the ball stops he/she can come right back in.
 - b. If the ball stops, the player does a task or skill with the ball and the player re-enters the game.

4. 1 vs. 1 to Goal
 - a. Have players point in the direction they will attack
 - b. Coach tosses ball out and the players go at it.
 - c. Vary serves so each player gets a chance or to challenge a stronger player

5. The Game, 3 vs. 3

Other Activities:

- Everybody's It. how many times can you tag some one the a) back b) shoulder?
- Noodle Tag. Coach tries to tag players with a pool noodle while they dribble a ball.
- Moving Goal. Parents act as the moving goal while holding the noodle high enough so that the players can dribble underneath the goal.
- Pirates. Coach (Black Beard) disperses cones (gold) around area for his pirates to collect. How many can the pirates collect?

U6 Considerations:

- Players are "ME" oriented
- No sense of pace
- Emphasis on motor development skills
- One task at a time, simple rules
- Easy fatigue and rapid recovery
- Need generous praise
- **Catch them being good!**

