CYSA U6 PRACTICE PLAN

WEEK: 1

FOCUS: DRIBBLING / COMFORTABILITY WITH THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**4 SURFACES:** Each player has a ball. Have the players try to use the 4 surfaces of the foot, in 1 fluid motion, in this order: Outside, Inside, Laces, and Bottom. Transfer the ball from the right to the left foot. After, stop the ball with the bottom of the shoe (sole). When the players display proficiency, challenge them to do it faster in a smaller space. The sequence is: - Outside of the foot tough - Inside of the foot touch - Laces push - Stop ball with the sole an change foot		1. Players should start slow, and increase the speed as they go. 2. Touches should be soft, but able to move the ball. 3. Keep the bal close and under control. 4. Players should talk to their feet: "Outside, Inside, Laces push, etc"
ACTIVITY 2	**BODY PART DRIBBLE:** All players dribbling a soccer ball. The coach calls out a body part (elbow!, knee!, etc.). The players then touch their ball with that body part. **Coach**: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.		DRIBBLING 1. Keep the ball close. 2. Change directions. 3. Dribble using different surfaces of the foot. 4. Stopping the soccer ball.
ACTIVITY 3	**RED LIGHT / GREEN LIGHT:** All players are dribbling freely in a 15x20 yard grid. When the coach says **"red light,"** the players must stop and put their foot on the ball. When the coach says, **"green light,"** the players resume dribbling. **Coach:** **Variation 1:** Introduce **"yellow light,"** to have players resume dribbling slowly, and change **"green light"** to dribble faster. **Variation 2:** Now the colors are the surfaces: **Yellow** = Outside of foot, **Blue** = Inside of foot, **Green** = Laces push, and **Red** = Stop.		DECISION MAKING 1. What part of the foot should I use? 2. Which foot do I use? 3. When, and how to shop the ball? 4. Where to go with the soccer ball 5. Encourage communication. 6. Move to space.
ACTIVITY 4	**GET OUTTA THERE WITH NUMBERS:** The players are divided into 2 teams, with each player given a number from 1-4. Players are positioned at either side of the coach, with multiple soccer balls, outside of a 10x15 yard grid with 2 small goals on each end line. The coach serves a ball into the grid, and the players try to gain possesion and score on their opponent. If a goal is scored, or the ball goes out of bounds, the coach yells, "get outta there." **Coach:** Vary the games 1v1,1v2, 2v2, 2v3, 3v3, 3v4, and 4v4, etc.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 2

FOCUS: DRIBBLING / COMFORTABILITY WITH THE BALL / DRIBBLING INTO SPACE

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**LET'S PLAY TAG:** Round 1: Players will run around, avoiding being tagged by the coach. Round 2: Coach selects two players to be the taggers. Round 3: Whoever is taged becomes a tagger. Round 4: Everybody tags - Play 3 rounds of 45 seconds - 1 minute each - Ask players to count how many tags they get and to try to improve it every time.		DRIBBLING 1. Keep the ball close to their feet. 2. Dribble using different surfaces of their feet. 3. Changing speed and direction. 4. Running with the ball. 5. Sudden changes of pace. 6. How to stop the ball.
ACTIVITY 2	**LET'S TAG WITH THE BALL:** 1. Now all of the players hold their soccer ball in their hand. 2. Players will try to tag each other, tossing the soccer ball at one another. each tag is one point. 3. Play for 3 rounds of 45 seconds - 1 minute 4. Challenge the players to improve their score each round		DECISION MAKING 1. Where to run? 2. Who to tag? 3. Where and how to tag 4. What foot to use 5. When and how to stop the ball 6. Where to go with the soccer ball 7. Dribble or pass
ACTIVITY 3	**DRIBBLE TAG:** 1. All players dribbling a socer ball will try to tag each other with their hands. 2. Players cannot abandon their own ball to tag. Coach: 1. Have players keep count of their own tags. 2. If playing more than one game, have players improve their tags by at least 1 more than before.		
ACTIVITY 4	**FREEZE TAG:** 1. The coach or coaches star as the "freeze monster" without a ball. 2. The players are dribbling their soccer balls. 3. When a freeze monster tags a player, he/she is frozen (player denotes this by holding their ball over thier head, with legs open). 4. To unfreeze a player, any dribbler must pass their soccer ball between the legs of the frozen player.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 3

FOCUS: DRIBBLING / PROTECTING THE BALL / ATTACKING AND DEFENDING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**PAINT THE FIELD:** All players will dribble their soccer ball in a 15x20 yard grid, protending their ball is a paint brush and wherever it rolls, it is painting the field. The players will try to paint as much of the area as possible in the allotted time. **Coach:** Have the players wrte their names with their "paintbrushes" (ball). Can they paint different shapes? **Variation:** Ask the players to only dribble with the left foot, then the right.		DRIBBLING 1. Keep the ball close to their feet. 2. Dribble using different surfaces of their feet. 3. Changing speed and direction. 4. Running with the ball. 5. Sudden changes of pace. 6. How to stop the ball.
ACTIVITY 2	**SNAKE:** All players are dribbling a soccer ball in a 15x20 yard grid, with the exception of at least 2 players. Those 2 players hold hands or lock arms to create a "snake." The snake works together to tag the dribbling players, who then also become part of the snake. The snake must try to stay connected and not break into little parts. **Coach:** Encourage the snake to hiss. Have the dribblers pretend their ball is an egg. Encourage them to protect their "egg."		DECISION MAKING 1. What foot to use 2. When and how to stop the ball 3. Where to go with the ball
ACTIVITY 3	**BANDITS:** Select 1 or 2 players to be the Bandits. Without their ball, their mission is to get any of the dribblers balls. Once the bandit gets the ball, the player without the ball becomes the new bandit. **Round 2:** Add goals. The bandit(s) must get the ball back to their hideout (goals). **Coach:** Have the dribblers pretend their ball is golden, and they must protect it from the bandts.		NEW SKILLS 1. 1v1 attacking and defending 2. Protecting the ball
ACTIVITY 4	**COMBAT 1:** The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball onto the playing area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal, for a point. **Coach:** You may make the games 1v1, 2v2, and 3v3's. You can have several groups of players playing in the soccer area.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 4

FOCUS: DRIBBLING / PROTECTING THE BALL / STRIKING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**4 SURFACES:** Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion, in this order: Outside, Inside, Laces, and Bottom. Transfer the ball from the right to left foot, then stop the ball with the sole (bottom of foot). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: - Outside of the foot - Inside of the foot - Laces push -Stop with sole Change foot		4 SURFACES: 1. Players should start slow and increase the speed as they go. 2. Touches should be soft, but able move the ball. 3. Keep the soccer ball close and under control. 4. Encourage "Outside - Iniside - Laces push - Stop."
ACTIVITY 2	**SHADOW DRIBBLE:** Two players (Leader and Shadow), each with a ball, dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader. **Coach:** Call out the switch from Leader to Shadow. **Version 2:** Use only the right foot, then left. **Version 3:** Leader must make a move, and shadow must copy.		DRIBBLING 1. Keep the ball close to their feet. 2. Dribble using different surfaces of their feet. 3. Changing speed and direction. 4. Running with the ball. 5. Sudden changes of pace. 6. How to stop the ball.
ACTIVITY 3	**PAC MAN:** Select two player to get a ball each, and be the Pac Man. The rest will be runners, without a ball. The Pac Mans will dribble around and try to tag any player without the ball. Once they tag a runner, he or she becomes a Pac Man, get a ball, and join the hunt for the runners. **Coach:** Vary the game with making the grid smaller/larger.		STRIKING THE BALL 1. Teach techniques of striking the ball with the laces (top of foot). 2. Willingness to kick the ball away from them. 3. Dribbling and Striking the ball. 4. Accuracy to hit a moving target.
ACTIVITY 4	**CAPTURE THE BALL:** Players should divide into equal teams to play in a grid with each team's house in each corner. Soccer balls are in the middle of the grid, with all of the players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's bases. **Coach:** Call time and each team counts the balls they have collected. Vary the game wit htime and number of scoccer balls.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 5

FOCUS: DRIBBLING / PROTECTING THE BALL / STRIKING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**TRAFFIC:** 1. Players dribble their soccer balls, trying not to crash with any other player. Every time a player is in front, the other players should "beep" them out of the way, and change direction. 2. Coach should give a ticket to any players that crash. After 3 crashes, that player must do 10 toe touches (or similar quick activity), and get back into trafic. 3. Each player tries to dribble as close to any tall cone, without knocking it over . If they do, they must stand it back up, to continue.		4 SURFACES: 1. Players should start slow and increase the speed as they go. 2. Touches should be soft, but able move the ball. 3. Keep the soccer ball close and under control. 4. Encourage "Outside - Iniside - Laces push - Stop."
ACTIVITY 2	**KNOCK THE CONE DOWN:** 1. Set up a 20 x 25 yard playing field. Set cones randomly throughout. 2. Players dribble around and try to knock down any cone they can. 3. Players must use their soccer ball to knock over the cones. **Coach:** Time the players to see how fast they all knock them down. Then have them count how many they get. **Variation:** Add/subtract cones to change the game.		DRIBBLING 1. Keep the ball close to their feet. 2. Dribble using different surfaces of their feet. 3. Changing speed and direction. 4. Running with the ball. 5. Sudden changes of pace. 6. How to stop the ball.
ACTIVITY 3	**COPS AND ROBBERS:** 1. The coach sets up 8-10 tall cones in a 15 x 20 yard grid. 2. Robbers will strike the ball, and try to knock over the banks (cones). 3. 2 - 3 players will be the cops, and without soccer balls, try to stand up all the cones, before all of the banks are robboed. 4. Rotate cops and robbers		STRIKING THE BALL 1. Teach techniques of striking the ball with the laces (top of foot). 2. Willingness to kick the ball away from them. 3. Dribbling and Striking the ball. 4. Accuracy to hit a moving target. 5. Players can experiment with how hard to kick the ball. 6. Weight of the pass.
ACTIVITY 4	**GET THEIR CONES:** 1. Divide the players into two teams and assign cone Guards and Raiders per team. 2. Place several cones in a zone, guarded by one or two players. 3. The Raiders will dribble to the other team's zone and shoot to knock the cone out of the zone, grab it, and dribble back to their own zone. 4. The Guards can catch the ball, block the shot, or kick the ball away. They must pick up any cone that is still inside their zone. 5. Rotate Guards and Raiders.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 6

FOCUS: DRIBBLING / CONTROLLING THE BALL / STRIKING / PASSING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**JUGGLING:** All players with a soccer ball in their hands, drop the ball downward, and try to kick it back up to their hands. Players can try to use their thighs and feet to keep the ball in the air. **Coach:** Have the players count how many times they touch the ball, before it hits the ground. **Version 2:** Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.		JUGGLING: 1. Hand, eye, and foot coordination. 2. Use foot and thigh. 3. Controlled kicks, to keep ball in front of them.
ACTIVITY 2	**BALL TAG:** All players dribble a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their ball. Players should keep count of how many times they tag another player or their ball. **Version 2:** If the players tag the coach, they are awarded 10 points. If the players tag other selected players, they are awarded 20 points.		DRIBBLING/RUNNING WITH BALL 1. Use laces to dribble, while running. 2. Running in straight line. 3. Changing pace and direction. 4. Keep the ball close. 5. 1v1 defending
ACTIVITY 3	**BANDITS 2:** 1. Designate a "hideout" area by spacing a set of cones, apart from another. 2. Select 1 or 2 players to be the Bandits. Without a ball, their mission is to get the dribbler's ball, and bring it back to their hideout. The dribbler can take the ball back from the Bandit. If the Bandit get's the ball back to their hideout, the dribbler becomes a Bandit.		STRIKING THE BALL 1. Passing and shooting techniques. 2. Weight of the pass and shot. 3. Accuracy of the pass and shot.
ACTIVITY 4	**CLEAN YOUR BACKYARD:** Split the players into 2 teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion, (Buffer Zone) is 3 yards wide, and no one can enter it. Place 3 goals, (3 yards each) at the far ends of the grid. Players on each team will try to shoot/pass and score, in any of the other teams's goals. **Coach:** Allow players to enter the buffer zone to retrieve any ball that goes in.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	15 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 7

FOCUS: DRIBBLING / CONTROLLING THE BALL / STRIKING / PASSING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**4 SURFACES:** Each player has a ball. Have the players try to use the 4 surfaces of their foot in 1 fluid motion, in this order: Outside, Inside, Laces push, and Bottom. Transfer the ball from the right to the left foot after they stop the ball with the bottom of the foot (sole). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: - Outside of the foot touch - Inside of the foot touch - Laces push - Stop with the sole Change foot		4 SURFACES: 1. Players should start slow and increase the speed as they go. 2. Touches should be soft, but able to move the ball. 3. Keep the ball close and under control. 4. Players should talk to their feet: "Outside - Inside - Laces push - - Stop" DRIBBLING/RUNNING WITH BALL 1. Dribbling, using different surfaces of the foot. 2. Accelleration after going through a triangle. 3. Use front part of foot. 4. Run in a straight line. 5. Head up. 6. When and how to turn with the ball. 7. Acceleration after the turn. STRIKING THE BALL 1. Technique of striking the ball. 2. Willingness to kick the ball away from them. 3. Players can experiment with how hard to kick the ball. 4. Dribbling and striking the ball. 5. Weight of the pass. 6. Accuracy of the pass.
ACTIVITY 2	**AROUND THE CONE:** The coach will put the players in teams of 2 or 3 players. The first player on the team will run with the ball from their Red cone, to their Yellow cone. Each player will go 3 times. At the Yellow cone, the player will perform the folowing: 1. Go around the cone with the inside of the foot. 2. Go around the cone with the outside of the foot. 3. At the cone, stop the ball with sole of foot, and pull the ball back.		
ACTIVITY 3	**TRIANGLE DRIBBLING:** In a 15x20 yard grid, set up 5 to 7 triangles (3 cones, about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point. **Coach:** Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat their score by one or more points. You can also ask them to dribble with the left or right foot only, or stop in each triangle, with the sole of there foot.		
ACTIVITY 4	**MOVING GOAL:** All players are dribbling a soccer ball in a 15x 20 yard grid. Twor or more coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick the ball through the goal, in any direction. **Coaches:** Move around into open space so the players have to dribble around, and kick their ball through a moving target.		
MATCH	3V3 DUAL FIELD SCRIMMAGE	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	20 Minutes

CYSA U6 PRACTICE PLAN

WEEK: 8

FOCUS: DRIBBLING / CONTROLLING THE BALL / DECISION MAKING

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	**PAINT THE FIELD:** 1. All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. 2. The players will try to paint as much of the area as possible in the time allotted. **Variation 2:** Ask the players to dribble their favorite foot and then dribble with your other foot.		**DRIBBLING** 1. Keep the ball close to their feet. 2. Dribble using different surfaces of their feet. 3. Changing speed and direction. 4. Running with the ball. 5. Sudden changes of pace. 6. How to stop the ball.
ACTIVITY 2	**RED LIGHT/GREEN LIGHT:** 1. All players are dribbling freely in a 15x20 yard grid. 2. When the coach says "red light" the players must stop and put their foot on the ball. 3. When the coach says "yellow light" the players must dribble slowly, 4. When the coach says "green light" the players must dribble fast **Coach:** Control the frequency of light changes. **Variation 2:** Add other light colors and actions (i.e.: "purple light" = hop back and forth over the ball, "orange light" = run around the ball, "black light" = dance, and "blue light" = hide behind the ball.		**DRIBBLING/RUNNING WITH BALL** 1. Dribbling, using different surfaces of the foot. 2. Accelleration after going through a triangle. 3. Use front part of foot. 4. Run in a straight line. 5. Head up. 6. When and how to turn with the ball. 7. Acceleration after the turn.
ACTIVITY 3	**SHARKS AND MINNOWS:** Area: 15x20 yard grid 1. Have 2-3 players acting as the sharks, at one end of the field. 2. The minnows are in one end of the grid with their soccer balls. 3. When the coach says"GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick their balls out. 4. If the dribbler's ball goes out, he/she becomes a shark. 5. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.		**DECISION MAKING** 1. What foot to use 2. When and how to stop the ball 3. Where to go with the ball
ACTIVITY 4	**CAPTURE THE BALLS:** 1. Players should be divided into equal teams to play in a grid with each team's home in the corners. 2. Soccer balls are in the middle of the grid with all players starting inside their home bases. 3. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. 4. Players can steal soccer balls from their opponent's home bases. **Coach:** Call time and each team counts the balls they have collected.		
MATCH	**3V3 DUAL FIELD SCRIMMAGE**	Set up 2 fields of about 20 x 25 yards with a 5 yd space between them, in order to keep the majority of your team playing.	20 Minutes