
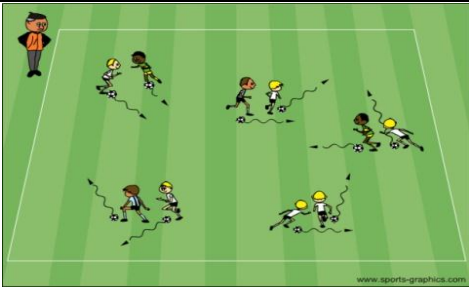

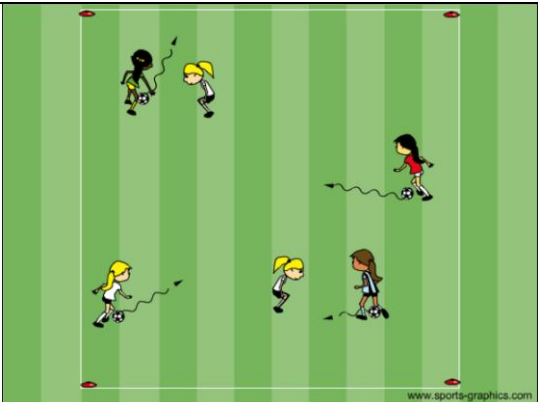


(U6) --- Week 7

Activity 1	Activity Description	Time
	<p>Circle the cones: All players with a ball try to dribble in a circle around as many cones as they can.</p> <p>Coach: Have the players count how many times they circle a cone.</p> <p>Version 2: require them to touch the cone with their hand after they go around the cone.</p>	<p>6 minutes</p>
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> <p>Version 2: Players must tag other players' knees.</p>	<p>6 minutes</p>
	<p>Freeze Tag: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p>Coaches: One coach may be the freeze monster while another is unfreezing players.</p> <p>Version 2: Players can unfreeze each other by tagging them.</p> <p>Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>6 minutes</p>
	<p>Hop Alongs: All players with a ball except two players who are rabbits. They must hop along and try to kick the ball away from the players dribbling. They must hop!</p> <p>Coach: Change the rabbits every few minutes</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>