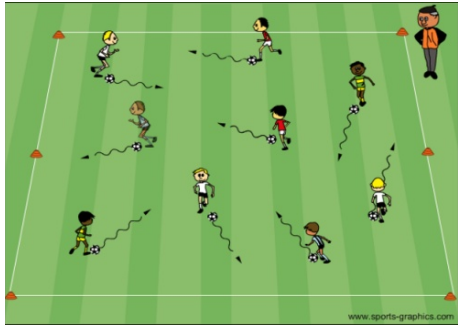
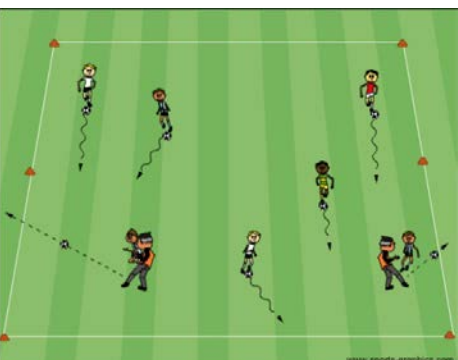

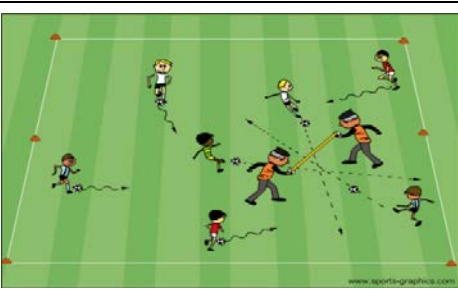


# (6U)---Week 3

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.  <b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	<p><b>6 minutes</b></p>
	<p><b>British Bulldog:</b> All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Players who dribble the soccer ball close to their feet do not get attacked by the bulldog..</p>	<p><b>6 minutes</b></p>
	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<p><b>6 minutes</b></p>
	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	<p><b>6 minutes</b></p>
<b>Scrimmage</b>	<b>Activity Description</b>	<b>Time</b>
<b>4v4 - Dual Field Scrimmage</b>	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><b>25 minutes</b></p>