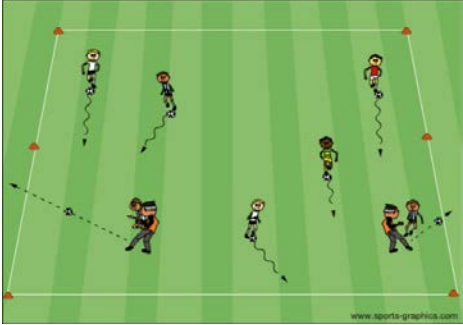







(6U) --- Week 20

Activity 1	Activity Description	Time
	<p>British Bulldog: 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>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</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>Ball Tag: 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>Version 2: 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>6 minutes</p>
	<p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cones (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops’ balls on top of discs.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 15yd x 20yd with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>