


Harleysville FC: Sample U-6 Activities:

Warm-Up: Ball Master Time Needed: 5-10 minutes ** Great Game to do as a Warm-up while players are arriving **	
Equipment: <ul style="list-style-type: none"> Each player has a soccer ball Focus Skills: <ul style="list-style-type: none"> Eyes up to find Ball Master, Eyes down to locate ball quickly 	Setup: <ul style="list-style-type: none"> None Players stand anywhere on the practice field area with their soccer ball on the ground.
Procedures: <ul style="list-style-type: none"> Play begins as the coach calls "Go!" All players dribble their ball to either of the Ball Masters (coaches). Once they get near the coach players can PASS the ball to the coach. The Ball Master will then kick the ball to another area on the field. The Ball Masters (Coaches) should be moving about the field at a jogging pace so that the players need to look to find them. Players retrieve their ball each time and continue dribbling back to one of the Ball Masters (coaches) 	Coaching Points: <ul style="list-style-type: none"> <i>How do you know where your ball is? Look down for it.</i> <i>How do you know where the BALL MASTERS (Coaches) are? Look UP for them.</i> <i>How can you see both the BALL and the BALL MASTER? Look UP and DOWN for them.</i>
Link: www.usyouthsocer.org	

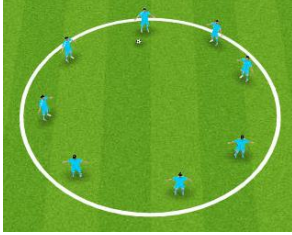
Warm-Up: Soccer Chase/Tag Time Needed: 5-10 minutes ** Great Game to do as a Warm-up while players are arriving **		
	Equipment: <ul style="list-style-type: none"> Ball (for part 2 of the activity) Focus Skills: <ul style="list-style-type: none"> emphasize movement and coordination (with and without the ball) 	Setup: <ul style="list-style-type: none"> All players should leave their balls in the soccer net for the start of the activity. Players should stand along the center line (as shown). <p>*** Can divide your team in half for this activity and complete on separate halves of your field. ***</p>
Procedures: <p>Part One (WITHOUT ball):</p> <ul style="list-style-type: none"> On GO, Players move in defined area (your half of the field) without a ball -following these rules: keep moving, no standing, no walking, no touching anyone else Add different types of movement - skipping, hopping, galloping, jumping Progression: coaches are "it" – players should avoid being tagged by the coach <p>Part Two (WITH ball):</p> <ul style="list-style-type: none"> Add a soccer ball – players should move about the area with their ball trying to avoid being "tagged" by the coach. <p><i>(Coaches will APPROACH, but NOT TAG the players during this activity – provide a light chase to encourage/motivate players to dribble with speed)</i></p>		Coaching Points: <ul style="list-style-type: none"> Head up to find space and to avoid collisions Big steps into open space, Smaller, quick steps in a crowded space Burst of speed to move into space or to get away from coaches

Harleysville FC: Sample U-6 Activities:

Warm-Up: Musical Soccer Balls

Time Needed: 5-10 minutes

**** Great Game to do as a Warm-up while players are arriving ****



Equipment:

- Cones to make a circle
- Soccer Ball for each player

Target Skills:

- Dribbling; Using Foot Brake to stop the ball
- Eyes Up
- Speed/Agility

Setup:

- Create a circle with dome cones on your team's half of the field before players arrive.

Procedures:

- As players arrive, have them dribble inside the circle.
- Once you have at least FOUR players, introduce the game as "Musical Soccer Balls." On go, players will start dribbling inside the circle.
- When the coach shouts, "**SWITCH,**" all players should stop their ball with their foot brake and run to another soccer ball. Players will then start dribbling with that ball when the coach shouts "Go!"
- REPEAT SEVERAL TIMES so players have opportunities to use several soccer balls.

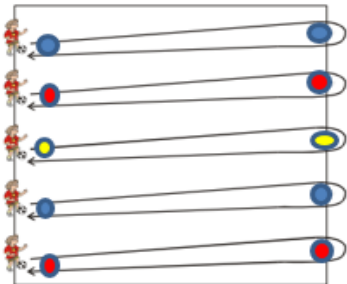
Coaching Points:

- Encourage players to run **QUICKLY** for a new ball.
- Stopping the ball with your foot brake
- Keeping the ball **CLOSE** so that you can stop it quickly

Warm-Up: The Big Race

Time Needed 5 minutes

**** Great Game to do as a Warm-up while players are arriving ****



Equipment:

- Soccer ball for every player
- Dome cones (2 per player)

Focus Skills:

- Dribbling with eyes up
- Keeping the ball close
- Dribbling with speed

Set-Up:

- Create a grid by lining players up on the sideline with their soccer ball
- Set up a pair of cones/domes cone at least 10 yards across from the players (as pictured)

Procedures:

- The coach will say, "Start your engines" after which he will yell go.
- The players dribble their ball to the other side and around their cone and back to the starting line. The first player back is the race winner.
- Can add players to the cones as they arrive

Challenges:

Repeat using different parts of your feet (inside, outside, laces, etc.). Repeat challenging players to dribble faster, keep ball close (SMALL KICKS).

Coaching Points:

- Eyes up to avoid colliding with teammates.
- Keep the ball close
- Stop the ball without letting the ball go too far past the cone (foot brake)

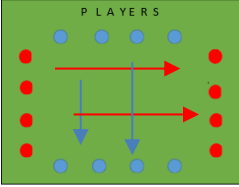
Harleysville FC: Sample U-6 Activities:

Warm-Up: Mow the Lawn Time Needed: 5 minutes ** Great Game to do as a Warm-up while players are arriving **		
Equipment: <ul style="list-style-type: none"> Every Player with a soccer ball Cones to create a square grid Focus Skills: <ul style="list-style-type: none"> Dribbling/ball control Keeping the ball close Eyes up to avoid collision 	Set-Up: <ul style="list-style-type: none"> Create a square with dome cones (Soccer Lawn) Players enter the area with their soccer ball with the mission to “Mow the Lawn” Players should have their soccer balls. 	
Organization/Procedure: Set-Up: Create a large square grid on the field.		Key Coaching Points:
<ul style="list-style-type: none"> Each player has a ball at their feet in the designated area. As players enter the area, they should dribble throughout the space trying to cut every piece of grass with your lawn mower (soccer ball) (Complete 2-3x) Encourage players to increase speed by encourage them to finish cutting the lawn (i.e. Almost time to finish, Oh no! we missed a few spots, etc.) 		<ul style="list-style-type: none"> Encourage the players to use both feet to dribble, keep the ball close Speed & Control Eyes up to avoid collision

Warm-Up: Walk the Dog Time Needed: 5-10 minutes ** Great Game to do as a Warm-up while players are arriving **		
Equipment: <ul style="list-style-type: none"> One Soccer Ball For each Player Target Skills: <ul style="list-style-type: none"> Switching from Dribbling to Kicking with Laces 	Setup: <ul style="list-style-type: none"> None 	
Procedures: <i>Coaches can review how to dribble and how to make a large kick with your LACES before playing this game.</i> <ul style="list-style-type: none"> The Coach will tell the players to walk their dog by dribbling (slowly/with control) around the practice area. The coach will yell “Oh no, the dog got loose” and the players will kick their ball hard (with their LACES) and immediately chase it. Players should be quick to retrieve their “dog.” Repeat several times until the players get the hang of it. Provide Feedback on kicking with their laces. Additional Challenges: <ul style="list-style-type: none"> <i>“Now we’re going to add a challenge....when your dog gets loose, the coaches are going to be the “Dog Catcher” try to “catch” your dog first.”</i> <ul style="list-style-type: none"> While players are trying to retrieve their “dog,” The Dog Catcher (coaches) will try to get take their dog. (Coaches should attempt to take the ball, but put fake/light pressure on the players and not really completely steal the ball). 		Coaching Points: <ul style="list-style-type: none"> Dribbling/Ball Control PROVIDE POSITIVE FEEDBACK for kicking the ball with LACES. NO HANDS!
Repeat several times		


Harleysville FC: Sample U-6 Activities:

Warm-Up: Soccer Train Time Needed: 5-10 minutes		
Equipment: <ul style="list-style-type: none"> Soccer Ball (for each player) Focus Skills: <ul style="list-style-type: none"> Dribbling, ball control, varying the PACE of dribbling, Keeping the ball close Eyes UP 	Setup: <ul style="list-style-type: none"> NONE! Soccer players can leave their soccer balls on the end line (on either side of the soccer net) Coach starts off as the Train Engineer (leader), all others line up behind the coach without their soccer ball. 	
Procedures: <ul style="list-style-type: none"> Round ONE (First 1-2 Minutes): Coach explains the job of the passenger cars (players) – Follow the Train Engineer (Coach) and stay on the track (following the train car in front of you). Players line up behind Coach. Coach begins jogging slowly as players follow. As the players get the hang of it, begin to vary the speed (players need to copy the speed) and change directions. Round TWO (remaining time): Next, players should get their cargo (soccer balls) and bring it onto the train. Players will complete the same activity, but DRIBBLE their soccer ball. Coach begins dribbling his/her soccer ball, and Players follow along by dribbling their cargo (soccer ball) around the field. Vary the speed – start slower and gradually increase the pace. Coach can wind around the field. (Second coach should be the Caboose to help keep the players on track!) 	Coaching Points: <ul style="list-style-type: none"> Keep the ball close – don't let your cargo/ball get away Stay on the track (Eyes up to follow the train car ahead of you) Keep the train together 	


Dribble Across a Square/Dribbling in Traffic Time Needed: 5-10 minutes		
	Equipment: <ul style="list-style-type: none"> Soccer ball for every player Dome cones Focus Skills: <ul style="list-style-type: none"> Dribbling with eyes up Keeping the ball close 	Set-Up: <ul style="list-style-type: none"> Create a square with dome cones of two different colors (if available). Line half of the players up on one side and the other half of the players on another side (forming an L shape) (See PLAYERS on Diagram). Players should have their soccer balls.
Procedures: <ul style="list-style-type: none"> On go, have the players all dribble across at the same time to the cones across from them. Players must look up to avoid running into a teammate. Players at the blue cones dribble to the blue cones across from them, players at the red cones, dribble across to the red cones. Players should dribble to the opposite side, and stop their ball when they get across (use their “foot brake” to stop the ball). Continue playing with additional challenges (see below). Repeat and challenge players to “beat their score” from before) Additional Challenges: <ul style="list-style-type: none"> Players dribble across and back to starting point. Give players a certain # of times to go across. (repeat multiple times to beat their last score) Have players count how many times across in one minute’s time (repeat 2x to “beat their score) Add the coach to the center and the coach can put “fake pressure” to try to “steal” the players’ soccer balls <li style="color: #00a0e3;">pull-back and turn to go to the other side. (can be introduced later in the season) <li style="color: #00a0e3;">Discuss/demonstrate pull-back. (can be introduced later in the season) 		Coaching Points: <ul style="list-style-type: none"> Eyes up to avoid colliding with teammates. Keep the ball close Stop the ball without letting the ball go too far past the cone (foot brake)
Link: https://www.soccerhelp.com/soccer_drills/Dribble.shtml Video Demonstration: https://www.youtube.com/watch?time_continue=4&v=SbdgdBqhG5Q		

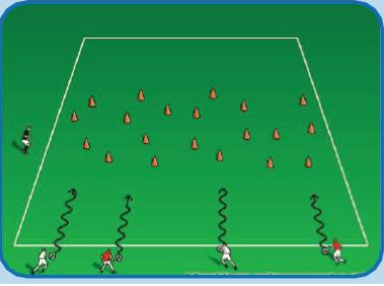
Harleysville FC: Sample U-6 Activities:

Go Score! Time Needed: 10 minutes	
Equipment: <ul style="list-style-type: none"> Ball (one per player) ONE Pugg Net Focus Skills: <ul style="list-style-type: none"> Eyes up to find the net & Dribble shooting the ball (with laces) 	Setup: <ul style="list-style-type: none"> Players will stand at the Pugg Net that is NOT being used for the game The Coach will take the other pugg net and move it from the end line to various parts of the field during the game.
Procedures: Repeat several times <ul style="list-style-type: none"> Players stand at the base of the Pugg Net that is not being used for this game. The coach will stand about 10-20 adult steps from the players and place the other pugg net there. He/she will tell all players to face the goal he/she has & point to it. The Coach will shout "Go Score," all the players dribble to the goal and score. All players will dribble their ball to the net and score. Once the player scores he/she should leave the ball in the net and stand right behind the net so they don't get kicked. Once ALL players have scored, the coach should: <ol style="list-style-type: none"> (a) lift the pugg net up (leaving all soccer balls where the net was) (b) instruct players to find their soccer ball (c) Coach moves the net to a new location and shouts "Go Score!" again <i>(sometimes the players like it if the coach tells them to close their eyes so they don't know where the net will be; when the coach says "Go Score!" players can open their eyes to find the net).</i> (d) Have one coach by the players so he/she can direct the players face/point to the net once moved. <p>FINAL ROUND: Set up the goal in place on the endline (where it should be when you play the game), have players line up across from the net near the center of the field. Call each player's name individually in order to give them a chance to dribble at their own pace and score.</p>	Coaching Points: <ul style="list-style-type: none"> Encourage small pushes when 'dribbling,' and larger kicks to shoot. Players should Only kick their soccer ball (not kick other players' soccer balls) Run behind the net after you scored! Kick with laces to score
Source: SoccerHelp.com: See video: SoccerHelp.com Go Score Drill (at 1 minute 25 seconds)	

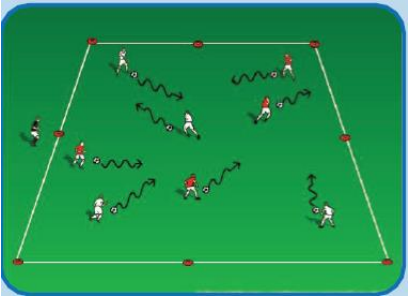
Dribbling through the Gates Time Needed: 10 -15 minutes		
	Equipment: <ul style="list-style-type: none"> Ball (one per player) Cones to make "gates" Focus Skills: <ul style="list-style-type: none"> Eyes up when dribbling Ball control Speed of dribbling 	Setup: <ul style="list-style-type: none"> Create a series of "gates" on the field by placing cones roughly shoulder width apart. Space the gates apart so that they're facing different directions and are spread throughout the field (MAKE AT LEAST 6 sets of gates)
Procedures: Players play several Rounds of this drill/activity On "go", each player tries to dribble their ball through as many gates as they can during the allotted time period. <ul style="list-style-type: none"> Round One: Dribble through as many as you can in two minutes. (Players Count out loud as you go along). At the end of time ask each player how many. (sometimes the players will embellish this number...just go along with them!) Round Two: See if you can beat your number (encourage players to dribble FASTER!) Round Three: How quickly can you get to each of the gates? When you finish Shoot the ball in the net and cheer for your teammates. <p>*** After each round, talk to the players about things they're doing well (i.e. "I like how PLAYER NAME was keeping the ball close.>"). Then offer a challenge "Let's see if we can...."</p>		Coaching Points: <ul style="list-style-type: none"> Eyes up to avoid crashing in your teammates and to find the gates. Improve speed of dribbling
Website: Dribble Through the Gates		

Harleysville FC: Sample U-6 Activities:

<h2 style="margin: 0;">Sleeping Bear</h2> <p style="margin: 0;">Time Needed: 10 minutes</p>		
	<p>Equipment:</p> <ul style="list-style-type: none"> Every Player with a soccer ball cones (optional) <p>Focus Skills:</p> <ul style="list-style-type: none"> Small Touches Dribbling with speed 	<p>Setup: (see photo)</p> <ul style="list-style-type: none"> Players line up next to one another with a soccer ball each at their feet (on one side of the field – can use the endline instead of cones) with one coach. The other coach (acting as the Sleeping Bear) will stand at the other end of the field. Players face the sleeping bear (coach), and the sleeping bear (coach) will face away from the players so that his/her back is facing the players.
<p>Introduction: Tell the players you'll be playing Sleeping Bear. Players will ask "What time is it Sleeping Bear?" and the coaches (sleeping bear) will say 1:00, 2:00, 3:00, or 4:00. Players will take that many SMALL kicks (dribbles/touches) (1, 2, 3, 4) toward the Sleeping Bear (bear).</p> <p>Procedures:</p> <ul style="list-style-type: none"> Players ask "What time is it Sleeping Bear?" Sleeping bear answers (1:00, 2:00, 3:00, or 4:00). Players take that many SMALL kicks (dribbles/touches) toward the Sleeping Bear. Players continue asking until the players get close to the Sleeping Bear. When the players are close and they ask, "What time is it Sleeping Bear?" The coach will say, "Time to Wake Up!" The bear will then turn around, "wake-up," and "chase" the players back to where they started. Players will dribble the ball back to the start line as quickly as they can trying to avoid having the bear take their soccer ball. <p>- Repeat several times</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Encourage the players to use small-touches (baby kicks). Encourage the players to keep the ball close to them. Encourage players to dribble quickly as they return to the starting point using SMALL & QUICK kicks.
Adapted From: http://www.freeyouthsoccerdrills.com/soccer-practice.html		

<h2 style="margin: 0;">Cone Maze</h2> <p style="margin: 0;">Time Needed: 10 minutes</p>		
	<p>Equipment:</p> <ul style="list-style-type: none"> Every Player with a soccer ball many tall cones or dome cones (approx. 10-15) <p style="color: red; font-weight: bold;"><i>(coaches can obtain extra cones at the HFC Shed if you don't have enough)</i></p> <p>Focus Skills:</p> <ul style="list-style-type: none"> Dribbling with speed Eyes up 	<p>Setup (see photo):</p> <ul style="list-style-type: none"> Place cones in random pattern in the middle area of the field (as shown). Players should stand at one sideline with their soccer balls.
<p>Procedures:</p> <ul style="list-style-type: none"> When coach says "GO!" Players should race to other side of the field with their ball weaving among the cones. Players should try to avoid knocking over the cones OR bumping into the cones (if using FLAT/DOME cones). Players try to go as quickly as possible to the other side. When a player reaches the other side, he/she should stop the ball with the "foot brake." Once all have arrived to the other side, replay going the other direction. 		<p>Coaching Points:</p> <p>What part of the foot can you use to dribble? change direction? Why should you keep your head up while dribbling?</p>
Link: https://usys-assets.ae-admin.com/assets/947/15/U6%20Season%20Plan.pdf (Cone Maze: Page 6)		

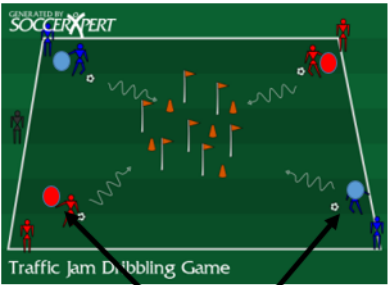
Harleysville FC: Sample U-6 Activities:

<h3>Body Part Dribbling</h3> <p style="margin: 0;">Time Needed: 10 Minutes</p>		
	<p>Equipment:</p> <ul style="list-style-type: none"> Every Player with a soccer ball Dome cones (optional). Can just use your practice field as the designated area. <p>Focus skill:</p> <ul style="list-style-type: none"> Dribbling Ball Control Speed of Dribbling 	<p>Setup: None required (can use your practice field as the designated area. All players should enter the practice area with their soccer ball.</p>
<p>Introduction: Tell the players you'll be dribbling around the field and when you call a body part out, they'll use the FOOT BRAKE (stopping the ball by using the bottom of your foot (stepping on the soccer ball with the sole of your foot)) to stop the ball. Then you'll place the body part called out on their ball. The trick is keeping the ball close so that you can stop the ball as quickly as possible.</p> <p>Procedures:</p> <ul style="list-style-type: none"> On go, players should dribble throughout the space. As the players get into the flow, Coach should call out a body part (i.e. elbow, knee, ear, head, tummy/stomach, etc). Players should immediately use foot brake to stop the ball and touch the body part called to their soccer ball Play – PAUSE – Discuss (Coaching points) – Play Again! 		<p>Coaching Points:</p> <p>What part of the foot can you use to dribble? (laces, inside)</p> <p>What happens if we don't keep the ball close? (when we try to stop the ball, it's too far away and hard to do)</p> <p>Encourage players to dribble faster (game speed)</p>
<p>Adapted From: https://www.teamsnap.com/community/skills-drills/soccer/soccer-ball-control/483-body-part-dribbling Video Demonstration: https://www.youtube.com/watch?v=LUk9vdqdfZI</p>		

<h3>Cone Kick Down –Planters and Tree Trimmers</h3> <p style="margin: 0;">Time Needed: 10-15 minutes</p>		
<p>Equipment:</p> <ul style="list-style-type: none"> Several tall cones (at least 15) half of players with ball <p>Focus skills:</p> <ul style="list-style-type: none"> Kicking the soccer ball (accuracy/aim) 	<p>Set-up:</p> <ol style="list-style-type: none"> 1. Divide Team into TWO GROUPS – Tree Planters and Tree Trimmers. One coach takes the planters and the other takes the tree trimmers. 2. Tree Planters: Leave their soccer balls in one of the soccer nets and set out the tall cones scattered around the Forest (soccer field) 3. Tree Trimmers: Stand with their coach and their soccer ball at their foot by the other soccer goal. 	
<p>Procedures: (Play a few rounds – each player has a turn to be Planter 2x; Trimmer 2x)</p> <ol style="list-style-type: none"> 1. On go, have the Tree Trimmers (players) start by dribbling their soccer balls toward a tree (tall cone) and try to trim as many trees as possible (by kicking their soccer ball towards a tree to knock it down). 2. Meanwhile, the Tree Planters (players without soccer balls) should re-plant the trees, by standing the cones back up. 3. Continue for a couple minutes until the players have had the chance to practice kicking the ball. 4. Switch Roles so that players have the chance to be the tree planters & tree trimmers. <p>*** You may want to do a quick drink break between rounds to keep the players engaged ***</p> <p>Fun Ideas:</p> <p>~ set a timer for 2 minutes. When the timer goes off see who has more (planters - or trimmers – players).</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Encourage kicking the ball towards cones. Challenge players to count the number of trees they cut down. Demonstrate how to aim their kick by pointing their helping foot toward cone.

Harleysville FC: Sample U-6 Activities:

<h3 style="margin: 0;">Color Dribbling</h3> <p style="margin: 0;">Time Needed: 10 Minutes</p>	
<p>Equipment:</p> <ul style="list-style-type: none"> Every Player with a soccer ball dome cones of four different colors (2-3 of each color) <p style="color: red; font-weight: bold;">(you may need to check the equipment shed if you need cones of different colors)</p> <p>Focus Skills:</p> <ul style="list-style-type: none"> Eyes up while dribbling changing directions when dribbling maintaining control of the ball. 	<p>Setup:</p> <ul style="list-style-type: none"> Place the dome cones of various colors around the practice area
<p>Procedures:</p> <ul style="list-style-type: none"> Players circle up in the center of the field. On go, players dribble anywhere on the field (keeping the ball close). As players are dribbling, the coach will call a color. Once a color is called, the players should quickly dribble to a cone of that color (there will be more than one player at each cone). (This is not an elimination game) Once all players have arrived at the correct color, the coach will tell the players to begin dribbling again, waiting for the next color to be called. Repeat several times - Vary the time between calling colors. <p>Fun Ideas:</p> <p style="color: red; font-weight: bold;">~ As the players get the hang of it, start calling the colors QUICKLY so that the players are moving in different directions at a quick pace.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> Encourage the players to keep eyes up to avoid bumping into other players, keep the ball close. Change directions to find the cone of the color being called.

<h3 style="margin: 0;">Traffic Jam Dribbling</h3> <p style="margin: 0;">Time Needed: 10 – 15 minutes</p>		
 <p style="font-size: small; margin-top: 5px;">Traffic Jam Dribbling Game</p> <p style="font-size: x-small; margin-top: 5px;">Players start here!</p>	<p>Equipment:</p> <ul style="list-style-type: none"> 2-4 Soccer Balls 4 corner cones (2 different colors as shown), several dome cones to make center circle (instead of flags as pictured). <p>Focus Skills:</p> <ul style="list-style-type: none"> Dribbling in traffic 	<p>Setup:</p> <ul style="list-style-type: none"> Create a Large Square with 4 corner cones (cones that are diagonal from each other should be the same color see picture). In the center, create a circle made of orange cones (no flags as shown in picture).
<p>Procedures:</p> <ul style="list-style-type: none"> Divide the players evenly at each cone. Two Groups Start with a Soccer Ball (see arrows) In Relay format, have two players start and dribble across (diagonally – i.e. blue dribbles to blue, red dribbles to red) to the other side. When players get to the other side, they should pass their ball to the player that is in the front player of that line, and move to the back of that line. The player that now has the ball will dribble diagonally to where the previous player came from, etc. Continue until all players have gone at least twice. STOP/Give FEEDBACK and Play Again 		<p>Coaching Points:</p> <p style="font-style: italic;">– Emphasis on dribbling/keeping your head up/avoiding collision</p> <p style="font-style: italic;">- Stop after a few minutes, provide positive feedback, coaching points, etc. and try again.</p>
<p><i>Coaching Tips: Start with TWO players starting off with a soccer ball (see arrows). After the players have successfully completed the task, stop, regroup, discuss, and restart this time with a ball at every corner and four players dribble at a time.</i></p>		
<p>Link: https://www.soccerxpert.com/soccerdrills/id1259.aspx</p>		

Harleysville FC: Sample U-6 Activities:

Hungry Hippos

Time Needed: 10-15 minutes

GREAT GAME TO PLAY WITH THE OTHER TEAM ON YOUR FIELD!



Equipment:

- All players' soccer balls
- **Additional soccer balls** (available in HFC Shed – Please be sure to return following the session)
- Dome cones

Focus Skills:

- Dribbling with speed

Set Up:

- Set up cones as shown in the diagram.
- Place Soccer balls in the area of white cones. (***THERE SHOULD BE MORE SOCCER BALLS THAN PLAYERS.***)
- Divide all players (into 3-4 groups -at least 2 players per group). Each team is assigned a color (or section) and should stand in their area.
- Each Coach should station himself/herself to have access to TWO of the groups to help them during the game.

Procedures:

- Explain to the players that they are hippos trying to fetch the watermelons (soccer balls) to eat.
- On go, one player (hippo) from each team runs to the middle of the field (white circle area with watermelons/soccer balls), retrieves a ball (watermelon), and dribbles it quickly back to their home.
- When a player from your group returns, the next player goes out.
- Play until all watermelons (soccer balls) are in a home.

***** Coaches may need to help players out telling them when to go and when to wait until they get the hang of the "relay" format.**

Challenges:

~ see if you can get all the watermelons in 2 minutes

~ see how many watermelons your 'team' ends up with at the end of the game.

Coaching Points:

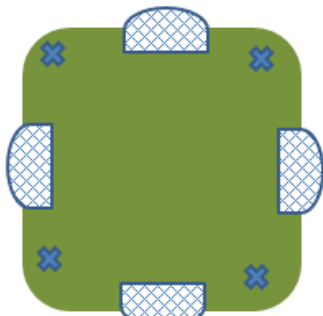
Eyes up to find your teammate.

Dribbling with increased speed

Hungry Hippos (Version Two)

Time Needed: 10-15 minutes

BEST TO PLAY THIS GAME TO PLAY WITH THE OTHER TEAM ON YOUR FIELD!



= player areas

Equipment:

- All players' soccer balls
- **Additional soccer balls** (available in HFC Shed – Please be sure to return following the session)
- 4 Pugg Nets.
- Additional Parents/Siblings to help with the activity if possible
- 4 Dome Cones (one at each X)

Focus Skills:

- Dribbling with speed
- Shooting on net

Setup:

- Set-up as shown to the left.
- Use the entire U8 Field for this game (to be played with the other team on your field)
- Soccer balls near each of the nets with a coach/parent/sibling at each net.
- One Dome Cone at each X area on the field.

Procedures:

- Players stand at their designated area.
- Parent Volunteers/Coaches/Older Siblings (one at each goal/net) can stand with several soccer balls.
- These volunteers will gently kick in a ball in to the center area of the field one after another
- Players run out and get a ball and dribble it toward any net to score.
- Play until all soccer balls are in a net!

Coaching Points:

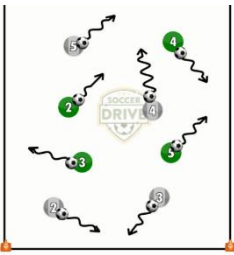
Dribbling with increased speed

Aim for the soccer net

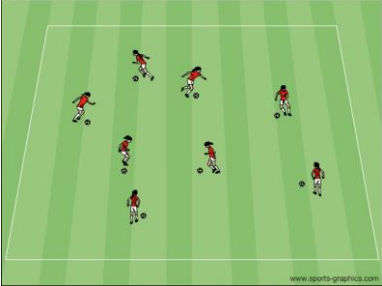
Youtube Video Demonstration: https://www.youtube.com/watch?v=J_qBgI4x4yU

Harleysville FC: Sample U-6 Activities:

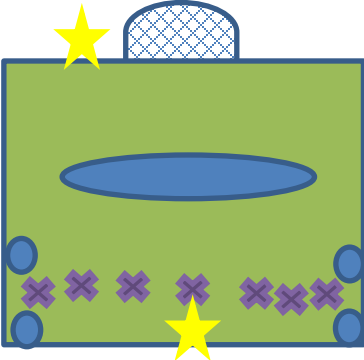
<h3 style="margin: 0;">One v One</h3> <p style="margin: 0;">Time Needed: 10 minutes</p>		
Equipment: <ul style="list-style-type: none"> Pugg Net (on end line) Soccer Balls (behind soccer net) 	Setup: <ul style="list-style-type: none"> Have the players line up on the end line on both sides of the goal (facing toward the center of the field). Coaches stand behind/near the soccer goal. Soccer Balls are placed behind the Pugg Net. 	
Procedures: <ul style="list-style-type: none"> Coach takes one soccer ball calls out two players names (one player from the left side of the net and one player from the right side of the net) and rolls the ball out toward the center of the field. (try to call players of similar soccer ability to go against each other) Both players attempt to gain possession of the ball and shoot on the goal. <ul style="list-style-type: none"> The player who first gained possession tries to keep possession and score. The player who did not gain possession of the ball should attempt to steal the ball away and try to score on the same net. Play ends when the ball goes out of bounds OR a player scores the ball. Repeat using different combinations of players 	Coaching Points: <ul style="list-style-type: none"> gaining/ maintaining possession, attacking, defending shooting 	
<p>Coaching Tip: Coaches can divide the team into two groups (sometimes split by the most aggressive players in one group and the more timid players in the other group). Each coach can complete the same drill with their group (one group at each of the nets). This will reduce the wait time for players between their turn.</p>		


<h3 style="margin: 0;">Sailing the Seas</h3> <p style="margin: 0;">Time Needed: 10 minutes</p>		
	Equipment: <ul style="list-style-type: none"> Soccer ball (for every player) Focus Skills: <ul style="list-style-type: none"> Dribbling Keeping ball close Changing Directions 	Setup: <ul style="list-style-type: none"> Players spread out in the practice area with their ball. Coaches can roam throughout the grid
Procedures: <ul style="list-style-type: none"> The coach (ship's captain) should roam within the ship. Players (sailors) will start sailing around the ocean and will have to change their speed based on the weather. The Captain (Coach) will give the weather report. The Game should be played in a few rounds Start Round One with TWO Commands: High Winds & No Winds <ul style="list-style-type: none"> High winds = go fast! No wind = go very slow. <p style="color: red; margin: 5px 0;">After each round, coach should round the players up and introduce & demonstrate the new weather reports</p> <ul style="list-style-type: none"> Start Round TWO with an additional Command: Hurricane <ul style="list-style-type: none"> Hurricane = dribble in a circle. Start Round THREE with another additional command: Rogue Wave <ul style="list-style-type: none"> Rogue wave = go backwards (use pull-backs to pull the ball backward) Each round starts when coach says "ahoy mates, set sail!" 	Coaching Points: <ul style="list-style-type: none"> Keep the ball close so you can change speed or turn quickly! Encourage players to use both feet when dribbling. 	
<p>Link: https://www.soccerdrive.com/soccer-drills/sailing-seas</p>		

Harleysville FC: Sample U-6 Activities:

Red Light, Green Light Time Needed: 10-15 Minutes		
 <p style="font-size: small; margin-top: 5px;">www.sports-graphics.com</p> <p style="color: red; font-style: italic;">** try having the players dribble anywhere within the square/designated area (instead of sideline to sideline). This will discourage players racing to get to the end line!</p>	<p>Equipment:</p> <ul style="list-style-type: none"> Every Player with a soccer ball cones (optional) to designate an area to dribble within (or use your practice area) <p>Focus Skills:</p> <ul style="list-style-type: none"> Dribbling ball control 	<p>Setup:</p> <ul style="list-style-type: none"> Create a grid of cones to create the designated area (or use your practice area). Each player has a ball.
<p>Introduction: Tell the players you'll be playing Red Light, Green Light. Ask them what red light means, green light, yellow light, etc. Players will dribble the ball in the box (don't go off the road – outside box). <i>Demonstrate and have players practice each command you will be working on this session. (described below) before beginning.</i> First time you play, you might want to start with just red light/green light.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Encourage the players to use SMALL KICKS (baby Kicks) Try not to 'crash' your car by knocking into another player. Keep the ball close Take turns with BOTH feet. Re-Introduce term "dribbling" SPEEDING TICKET – If a player is using large kicks and cannot stop the ball
<p>Procedures: Players begin dribbling based on the Coaches' Commands -Coach shouts out:</p> <ul style="list-style-type: none"> "Green light" - Players move around the grid randomly. (Demonstrate for players what this will look like) "Red light" - They stop the ball and put their foot on top (brake). Demonstrate for players, have them show you how they can stop their ball. (Foot Brake) "Yellow light" – They move around slowly (Demonstrate for players) "Super green" – They move around fast (speed) Demonstrate for players "Reverse" -- pull the ball back (demonstrate for the players), practice pulling back several times until the players are comfortable. Play again with all commands. <p>Play for a Couple minutes, Re-Group in the center – Review Coaching Points AND Introduce a new skill:</p> <p style="color: red; font-style: italic;">You may want to focus on Red/Green/Yellow Lights the first week you play. Then play the following week and introduce Super Green and Reverse. This will keep the game fun and exciting for the players.</p>		

Harleysville FC: Sample U-6 Activities:

<h2 style="margin: 0;">Speedy Scoring</h2> <p style="margin: 0;">Time Needed: 10-15 minutes</p>		
<p>Equipment:</p> <ul style="list-style-type: none"> Every Player with a soccer ball Dome cones <p>Focus Skills:</p> <ul style="list-style-type: none"> Dribbling with speed Shooting with laces 	<p>Setup:</p> <ul style="list-style-type: none"> Set up a rectangular area of cones across from the net (as pictured below) Players should stand in the rectangular area without a ball One coach stands by the net with all the soccer balls One coach stands with the players <p style="text-align: center;"> = Cones = Players = Coach </p>	
<p style="color: red; font-weight: bold;">Can divide the team into TWO groups and complete at opposite nets to reduce waiting time if it's easier.</p> 	<p>Procedures: Players line up in line with the cones.</p> <ul style="list-style-type: none"> Coach begins by kicking or rolling a ball out somewhere in the middle of the field of play (see oval area in the diagram) Players need to pay attention for their ball to be kicked out into the blue oval area (not designated by cones, just an arbitrary area). If the player sees their ball kicked out, they should run to the ball, begin dribbling toward the net and kick the ball into the net. Continue until all players have taken a turn, repeat 1-2 times. <p>TIPS:</p> <ul style="list-style-type: none"> ~ Coaches can serve a new ball once the previous player begins dribbling toward the net to minimize waiting time. ~ As players get the hang of it, coaches can serve multiple balls. ~ If players have a difficult time paying attention for their ball, coaches can call a name and roll out a random ball to keep the activity moving. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> Quickly approaching the soccer ball. Encourage players to keep the ball close while dribbling Shoot with laces

<h2 style="margin: 0;">Lost Dog</h2> <p style="margin: 0;">Time Needed: 10 minutes</p>		
	<p>Equipment:</p> <ul style="list-style-type: none"> Soccer Ball (one for each Player) <p>Focus Skills:</p> <ul style="list-style-type: none"> Dribbling & kicking with the INSIDE of the foot (passing) dribbling with speed/control 	<p>Setup:</p> <ul style="list-style-type: none"> Scatter the soccer balls near the soccer net (as shown – black circles) Players (STARS) line up near center line area.
<p>Procedures:</p> <ul style="list-style-type: none"> The mission of the game is for all players to find their lost dog (soccer ball) and for the teammates to help their players find their lost dog (soccer ball) The coach will call one player to begin the game. When the player's name is called, it is his/her job to go find a lost dog (someone else's soccer ball). He/she will then dribble the ball back to the line of players. The owner whose ball it is will say "that's my dog!" and the player will pass the dog (ball) to the owner. That owner will now leave their dog (soccer ball) on the line and go and retrieve someone else's lost dog. Play continues until all dogs are with their owners. After all dogs have been found, players will bring the ball close to the net to scatter the dogs again. <p>Part TWO:</p> <ul style="list-style-type: none"> This time, as players find a lost dog, the dog catcher (coach) will try to take the dog/ball. Coaches do not attempt to steal the ball, but provide a light chase so that the players are motivated to dribble quickly. <p style="background-color: yellow; font-weight: bold;">Can repeat the second part a few times.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Dribbling/Ball Control PROVIDE POSITIVE FEEDBACK for dribbling with both feet Dribbling with speed Very basic intro to Passing to teammates

Harleysville FC: Sample U-6 Activities:

Clean Your Room

Time Needed: 10-15 minutes

**** This can be a fun game to play with the opposing team, and use the center line of the U8 fields as the center area ****



Equipment:

- Every Player with a soccer ball
- Dome Cones

Focus Skill:

- Striking a ball

Setup:

- Create a grid as shown above.
- Create a Free Zone in the center as shown
- Divide team into 2 groups (or if playing with opposing team, one team goes on one side, the other team on the other side). All players with a soccer ball.

Procedures:

- Tell players the goal of this game is to keep your room clean (having no soccer balls in your room).
- On go, players begin by kicking their soccer ball across the way into the other teams' room.
- As the soccer balls enter your room, players continue kicking the balls to get them out (making the other team's room a "mess!")
- If the ball goes in the free zone the ball becomes dead (coaches can enter and move the ball to one side).

After a couple minutes of play, start a 10 second countdown. When you get to 0, all players freeze and the team with the **least** soccer balls (the cleanest room) is the winner!

Repeat a few times

Link: [Clean your Room Drill](#)

Coaching Points:

- Encourage proper striking techniques – Non-kicking foot beside the soccer ball; Toe pointed down, kick with LACES!
- **"Oh No! Big Toe** (use this phrase if player(s) is/are using the toes instead of laces.

Team Soccer Bowling

Time Needed: 10-15 minutes

**** This can be a fun game to play with the opposing team, and use the center line of the U8 fields as the center area ****



Equipment:

- Every Player with a soccer ball
- 4 Dome Cones
- Several Tall Soccer Cones (*found in shed*) – *Please return to shed at the end of the session s others can use*

Focus Skill:

- Striking a ball

Setup:

- Create a grid as shown above with several Tall cones and a rectangular area from dome cones
- Divide team into 2 groups (or if playing with opposing team, one team goes on one side, the other team on the other side). All players with a soccer ball.

Procedures:

- Divide the players into TWO groups as shown. Each player has a soccer ball.
- Coaches can show players how to kick the ball with their LACES (point toe down, helper foot goes next to the soccer ball, and kick with the laces of your shoe). Practice several times before playing.
- The goal of the game is for the players to work together to kick down all of the cones as quickly as possible.
- On go, players try to kick down soccer cones in the center area.
- Players can retrieve the ball closest to them after initially kicking.
- **Repeat a few times** – To make it fun, you can set a timer on the phone to see if players can "beat the clock!" or to see how many cones the team can kick down in a certain amount of time

Coaching Points:

- Encourage proper striking techniques – Non-kicking foot beside the soccer ball; Toe pointed down, kick with LACES!
- **"Oh No! Big Toe** (use this phrase if player(s) is/are using the toes instead of laces

Harleysville FC: Sample U-6 Activities:

Resources Compiled from:

- <http://www.soccerhelp.com/>
- <https://www.soccerxpert.com/>
- http://www.mayouthsoccer.org/coaches/session_plans/
- [EPYSA Training Plan](#)
- <https://www.soccerdrive.com/>
- www.usyouthsocer.org