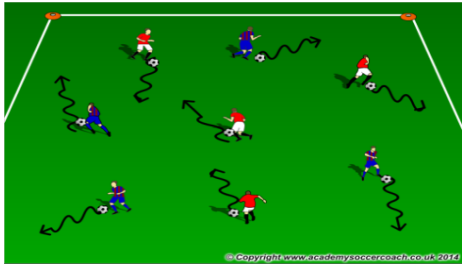



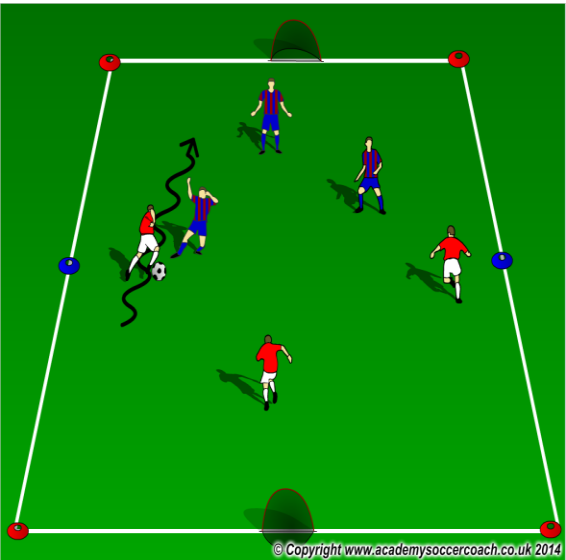
Season: Spring 2015

Age Group: U6

Week: 1

Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Coach Effectiveness
<p>Activity 1</p>	<p>3 Surfaces: (7 minutes) In a 15Wx20L grid. Each player has a ball. Have the players try to use the 3 surfaces of the foot in 1 fluid motion in this order: Inside, Outside, Laces. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. • Play 5 rounds of 1 minute each with 30 seconds rest between rounds; new information can be provided during rest period</p>		<p>Coach (C) – What are the surfaces of the foot that a player can use to dribble? Player (P) – The inside, outside, laces of the foot. C - Why is it important to keep the ball close during this activity? P - Because you can't get as many touches on the ball if you have to chase it first.</p>
<p>Activity 2</p>	<p>Red Light/Green Light: (7 minutes) In a 15Wx20L yard grid all players are dribbling freely. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast. Coach: Control the frequency of light changes. Variation: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop. • Play 5 rounds of 1 minute each with 30 seconds rest between rounds; new information can be provided during rest period</p>		<p>C – What parts of the foot do players use to stop the ball? P – The bottom or the inside of the foot. C – When the light turns green, where do players want to try to dribble? P – To empty space (where there are no other players) so you do not run into any other players.</p>

Let's Play the Game	Recommended Rules – <i>Your local rules may differ</i>		
	Dimensions in Yards:	Wide: 25 max-15 min Long: 30 max-20 min	
	Ball	Size 3	
	Number of Players	3 Players per team on the field - No Goalkeepers needed	
	Referee	No Referee needed	
	Duration	No more than 30 minutes max – Can play in quarters	
	Fouls and Misconduct	No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game	
	Free Kicks	All free kicks shall be direct	
	Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field	
	Out of Bounds – End Line	1. When the ball goes out of bound, Please say RED LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate	
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball.		