

Week 8: Backyard Games

Cutters Community Soccer U-6

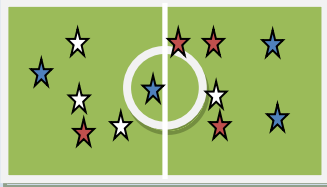
Coaching Points

- We would like to encourage the players to continue playing and practicing their skills during the off season.
- We will try several games that the players can try at home with friends or family members.

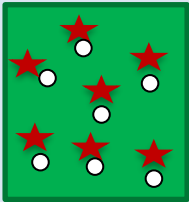
11:15 - 11:20 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Activity 1: Follow the Leader in pairs	<p>SETUP: Have players get in pairs. Each player should have a ball.</p> <p>The “leader” can dribble, juggle or do soccer tricks that the “follower” should try to imitate.</p> <p>The leader must move at a speed and do activities where the partner can follow.</p> <p>After a minute or so, switch roles.</p>	 <p>Red Stars = players White stars= sharks/coaches ☺</p>	<ul style="list-style-type: none"> • Players practice moving with their heads up • Players can change direction, move quickly and deceptively. • Keep head up – don’t run into other players ☺
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11:20 – 11:27 a.m.

Activity 2: Red Light. Green Light. (modified)	<p>Players dribble around the field. When coach calls out “Red Light” the players stop dribbling by placing the sole of their foot on top of their ball.</p>		<p>Other instructions:</p> <ul style="list-style-type: none"> • Green light = go • Yellow light = go slow • U-turn • Race car = go fast • Keep the ball close (under control), so you can stop quickly when needed. • Keep your head up so you don’t run into anyone ☺
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11:28 – 11:35 a.m.

Activity 3: Freeze Tag	<ul style="list-style-type: none"> • All players dribble the practice field. • Coaches and trainers are “it” – be careful not to go overboard here ☺ • Coaches and trainers tag players. • Tagged players hold the ball over their heads and stand with feet at least shoulder width apart. • Other players unfreeze the tagged players by passing/dribbling their ball between the frozen player’s legs. • Once the ball goes through the frozen player’s legs, he/she begins dribbling again. • Players should try to avoid getting tagged and look to unfreeze others. 	 <p>White dots = soccer balls</p>	<ul style="list-style-type: none"> • Practice dribbling, changing direction, keeping head up, deception, etc. • Players should want to avoid getting tagged. • Please remind players to use the inside of their foot to pass the ball through another player’s legs – no toe balls!!
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11:35 -11:40 a.m. – take a short water break before starting the game

Game	<p>Play your scheduled game.</p> <p>DO NOT place all players on the field at once, please use subs.</p> <p>Games are 4 quarters, 8 minutes each.</p> <p>All out-of-bounds restarts are kick-ins either on the sideline, as a goal kick on the half-circle in front of the goal or as a corner kick.</p>	<p>Players at this age get tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.</p>
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Thanks for a great season!