



U6 VHSC Practice Session 4

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: Vestavia Hills Soccer Club
Jason Woodall, Alabama, United States of America

Description

U6 VHSC Practice Session
Technical Focus: Dribbling, Ball Control
Tactical Focus: Cooperation
Game

Catch the Robber (7 mins)

Catch the Robber

Field size should be appropriate for the bank robber's (coach's) fitness level

Each police officer has a ball

To arrest the robber, the police have to "shoot" him with their balls 10-15 times

Players begin round with ball in hand and throw at robber (cannot throw at head or private areas)

Next round, players have to dribble and shoot at robber

The **robber** yells "ouch" each time he's hit

Play 2-3 rounds of 2-3 minutes



Knights & the Evil Wizard (8 mins)

Knights & the Evil Wizard

All the knights (children) stand stand about 15 yards in front of goal with 1 ball each

The knights are returning to their castle (goal) with gold (balls)

However, **an evil wizard (coach)** stands at the **drawbridge** (5 yards in front of the goal)

The **evil wizard** steals their goal turning them into frogs, who then have to hop back for more gold

The **knights** try to get their gold past the wizard into the castle by dribbling or shooting

Progression: knights (players) can fly back to dry land to get their gold (ball) or another piece of gold (ball)

Variation: use multiple goals and entries into the castle

Variation: add another wizard



Goal Stations (15 mins)

Goal Stations

Using cones, **mark out a shooting line 5-7 yards** in front of 3 yard wide goal; Set up another **3 yard wide goal** on each side of the shooting line; Mark out a **starting goal 5 yards** in front of the shooting line

Together, these make up the goal station (Set Up 2 Stations)

1 - First player runs from starting goal to the shooting line and shoots at main goal

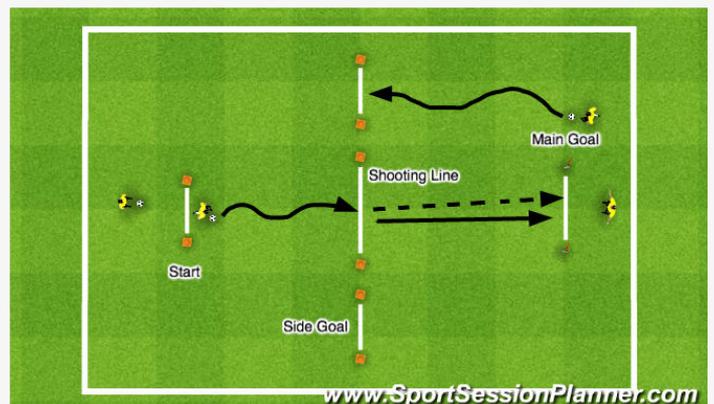
2a - The player beside the goal, then attacks one of the side goals

2b - The player behind the goal collects the shot and gets ready for next shot

2c - This player dribbling through the side goal calls out the next player's move! Only then is the next player allowed to move up and shoot!

PRACTICE FIRST: then move to team competition if you have 8 players

***Team competition:** who can score 5 points first!



4v4 (20 mins) or Game Time!

4v4 Game

4v4 game if #'s permit

Variation: 4v3, 3v2

Variation: Coach can play to help play and even teams

