



## U6 VHSC Practice Session 5

**Category:** Technical: Ball Control

**Difficulty:** Beginner

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

### Chain Tag (6 mins)

#### Chain Tag

##### **Rabbits & Hunters**

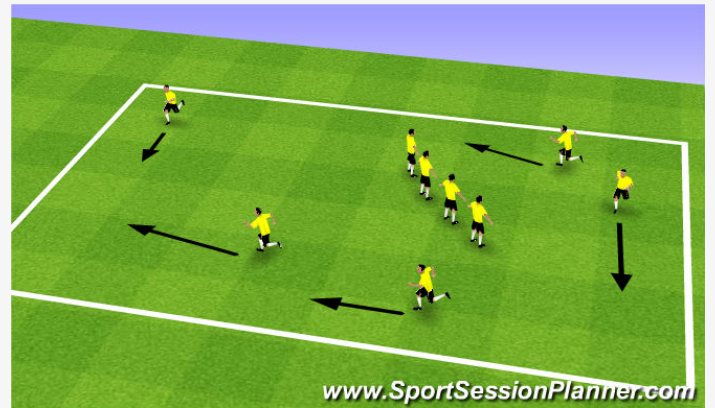
The hunters are trying to catch the rabbits

When a hunter catches a rabbit the rabbit becomes a hunter too

Little by little, the hunters form a chain

**Who is the last rabbit left?**

**Make sure the field size fits the age and ability of group**



### Return to Feeder (9 mins)

#### Return to Feeder

Coach plays ball out to team A

Player from Team A collects ball and dribbles through any goal

**Variation beginner:** can pick ball up or use feet

Then player A shoots on goal to Feeder (Coach)

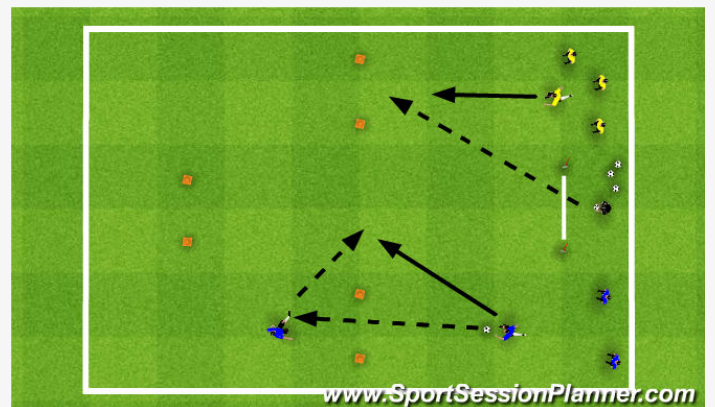
Every time you score, you get a point

**Progression 1:** parent or coach stand in goal, players must pass to parent or coach; parent or coach distributes ball anywhere so player moves to get ball back and score

**Progression 2:** players go in pairs; players must pass to teammate through goal then score

**Progression 3:** 2 vs 1 defender (defenders can score too!)

**How long does it take to score 5 points?**



### Return to Sender (15 mins)

#### Return to Sender

Coach divides team into two teams

Start with partners

Coach plays ball out and one pair from one team retrieve ball as quickly as possible to coach

Alternate teams each time

1 - no opposition, return any way possible

2 - must complete 1 pass before returning to coach

3 - add opposing team

**Variation:** add two goals

**Variation:** add one goal with Goal Keeper



## 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

