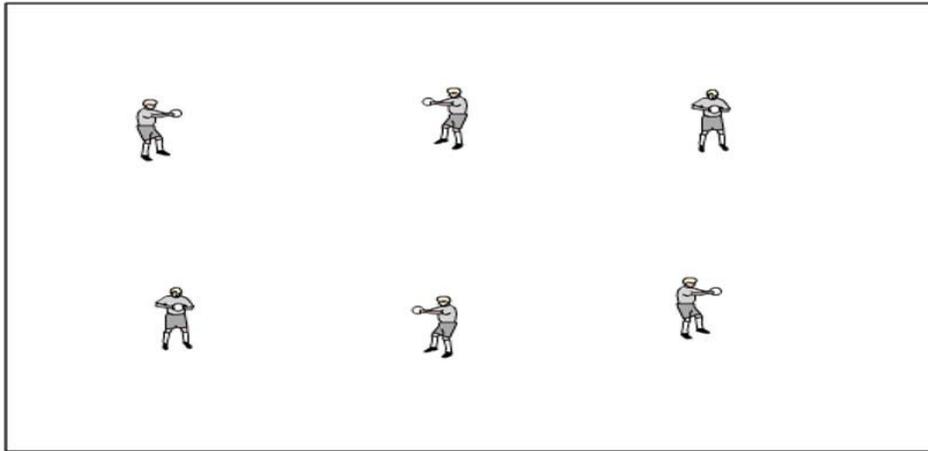


U-6 PRACTICE IDEA: "Warm up activities"

1 Ballnastics



Organization: Ballnastics exercises should be performed individually with or without a ball. *Ballnastics examples:*

Movement Education: *Running forwards and backwards, hopping, bouncing, skipping, crab crawling or bear crawling through and around the balls.*

Ball Movements: Figure eight around legs, round the waist, throw and catch, thigh and catch.

Toe taps on the ball: On top or side to side (play a game to see how many you can do in 10 seconds). Roll the ball around with the balls of your feet, jump back and forth over the ball.

U-6 PRACTICE IDEA: "Tick Tock"

Teaches: Fast feet & ball control using inside-of-feet

Set-up: Every player has a ball & starts with the ball between his feet, with knees bent

The Game: On "Go" each player taps the ball between his or her feet. Each tap is "one" and 1st to reach 20 wins (1st to 40 if U-12).

Tip: Keep knees bent & tap ball with the front of the foot (this gives better control than the back of the foot).

U-6 PRACTICE IDEA: "Hit the Coach"

Teaches: Dribbling, kicking & teaches the Coach how to be funny

Comment: A simple, fun game for U-6

Set-up: Each player has a ball

The Game:

- Players stand shoulder-to-shoulder facing Coach who is about 5 steps away
- On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him
- Players get 1 point each time they hit him
- Recruit parents to help & split into 2 games or even 3, so it is less crowded
- Stay in a small area & have fun with this game
- Play for about 5 minutes

Variation:

- Before starting, tell the players that if they hit you 5 times (total) you will make the sound of their favorite animal, like a dog or a cow, etc. When you are hit 5 times, stop & let them choose a sound. Then start all over.
- Try to stop about every 60 seconds. You can adjust by changing the number of required hits to 3 or 4

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U-6 PRACTICE IDEA: "Keep Your Yard Clean"

Here is a game that involves kicking and is a good example of parallel play in that it involves all players on the team at one time, but, they are all acting as individuals during the game. This allows for individual differences in skill. The game is simple, fun, and easy to adapt to account for team size and experience.

The Game: Create a 'neutral area' between the two teams where no player is allowed into. This area can be as small as one yard and as big as 10 yards wide. The width is determined by how far the players can kick the ball. Each player starts with a ball at his / her feet. On command, each team tries to keep their side of the game free of balls by kicking their ball over to the other teams side. After an appropriate amount of time (when the balls become too scattered, or, the players are losing focus), call the game and count which side has the most balls on their side. Distribute the balls evenly for another try if the players are still interested.

After players have found some success with this basic game, try these variations:

- Players can only use their left foot.
- Throw the ball back.
- Punt the ball back.
- Dribble the ball around a cone that has been set up in the middle of their "yard", then, kick the ball back.

U-6 PRACTICE IDEA: "Red Light...Green Light"

Here is a game that should be familiar to most U-6's. Again, the game is fun, simple to set up, and has direct application to the game. The skill that it is targeting is dribbling.

The Game: Each player has a ball, except the one player that is designated as the "light". Lines from start to finish should be approximately 20 - 30 yds. Players start from the line opposite the "light". The "light" then turns away from the group shouting out "GREEN LIGHT". At this signal, the players start to dribble towards the "light".

When the "light" turns back around, calling out "RED LIGHT", players must freeze their bodies and their ball.

If the "light" catches players or a ball still moving, that player must take 5 steps back.

The first player to cross the line where the "light" is standing is the winner and becomes the new "light".

You can start the game without using balls for younger players, then have them roll the ball with their hands, then use their feet.