

# Soccer Coach Canada Practice Plans



## U-6 Dribbling Practice Plan

### Coaches Tip

At this age it is essential that all players are given their own ball for the majority of the practice. One of the worst decisions you can make as a coach at this age level is having these children standing in line listening to you explaining the fine points of the game. This is a formula for chaos!!

### Warm Up: Basket of Eggs

**Objective:** Develop dribbling skills, creative thinking, and team-work.

**Set up:** Divide your squad into 2 teams. Create a 6' x 6' area with cones for each team (their nests). Scatter all of your soccer balls throughout your practice area.

**Rules:** When you say "go" all players begin their quest to secure and dribble as many balls (eggs) back to their nest as possible. Each player can also invade the oppositions' nest and kick their eggs back into the playing area. As soon as one team has all of the eggs in their nest a winner is declared. If neither team secures all of the balls you can play for about 5 to 10 minutes and count up who has the most eggs in their nest at that time.

### Game: Chicken/Statue/Superhero

**Objective:** Develop dribbling skills, listening skills, and have a lot of fun!

**Set up:** Use cones to outline a 20' by 20' playing area. Each player has their own ball.

**How to play:** Each player dribbles their ball within the boundaries. When coach shouts out "chicken" each player must sit on their ball like it is an egg. When coach shouts out "statue" each player puts their foot on the ball and freezes like a statue. When coach shouts out Superhero the player lies across their ball with arms and legs outstretched like superman flying.

**Scrimmage:** Whether you are playing against a different team or just having a fun split squad scrimmage make sure all of your players receive equal playing time and don't worry about designating positions at this age....embrace the swarm.

**Cool Down....**a structured cool down is not necessary for U-6. Shaking hands, hip-hip hooray, gathering your water bottle and finding your parents will suffice.