

Practice Plan:

If any of the activities are flopping, and you don't have kids attention, then move on to another activity. Any activity that the kids enjoyed from a previous practice can be repeated as well if none of the activities in the plan are working.

Review Names: (2-5 min)

Run through your players names real quick. If there is someone who didn't make it last week, make sure that they meet the rest of the team. v

Review last week: (3-5 min)

See if anyone remembers what you practiced last week. You'll be amazed at the answers you get. Talk to them briefly about the parts of the body they can use on the ball. That would be anything other than your arms and hands. Ask them about different body parts like; nose, belly, chest, knee, etc. Remind your players that it is fine for people to run into each other and bump while playing soccer, but pushing with their hands and arms is not allowed.

Instruction: Shielding the ball (10-15 min)

First watch this video for a good explanation of what shielding is, and why you are doing it <http://www.youtube.com/watch?v=Kyh-FzjrUWI>. Get the parents to help out on this one. Show the kids what shielding is with one of the parents. If you keep a foot in contact with the ball, and your body between the ball and the defender, then you are showing what they can understand at this age. The video talks about how to use your arms, but for the U6 player, this would become shoving very quickly, so don't be worried about arm use. Correct them if they are shoving, but otherwise let their arms do what they will do. Have the parents be the defender, while their child protects the ball from them. Nothing complicated. The parents should be able to explain that the player needs to be between the defender(parent) and the ball, if they want to keep the ball.

Drink Break (2-3 min)**Knock Out/Sharks and Minnows: (5-10 min)**

Knock out is a game where all the players have a ball except for one. Have the players dribble the ball inside your half of the field, or some smaller area. It is their job to protect their ball from the player who doesn't have a ball, the shark. That player is going to try to kick everyone's ball out of bounds. The player who loses a ball will be out for the duration of this round. The last player left with a ball is the new shark or attacker. Everyone else gets a ball, and you go again. This game reinforces the idea of shielding the ball, and keeping the ball close while dribbling. To speed the rounds you up you can add a second shark, or have minnows join the sharks as their balls get kicked out. If the way you begin to play this game isn't working, change the rules until it does. It doesn't matter much how the game is played, the goal is that most of the players are learning to protect the soccer ball when they have it, and to dribble closely.

Shooting:

Any practice can be finished with some shooting. Like last time, encourage them to set a ball outside the marked goal box, and take shots. No lines, no waiting, no order. Just let them go for it.

Drink Break (2-3 min)**Prepare for the game (25 after the hour):**

Reinforce the kicking/passing and shielding as the game gets ready to begin. Make sure everyone knows which way they are going, and