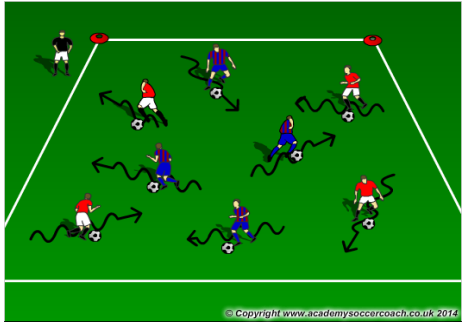




Season: Fall 2014

Age Group: U6

Week: 10

Stage	Activity Description	Diagram	Coach Effectiveness
Warm up	Paint the Field Dribbling: In a 15Wx20L grid all players will dribble their soccer ball pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted. Coach: Have the players write their names with the "Paintbrush" (Ball) Can they "paint" different shapes? How big can they paint the shapes? Variation: Ask the players to dribble only with the left foot, then with the right foot.		Coach (C) - When should the ball be close to the dribbler? Player (P) - When another dribbler is in front of them or you want to change direction. C - What should a player do with the ball if they want to paint long lines even faster? P - Push the ball further in front of you then run onto it.
Soccer Festival			
Organization	• The teams will: ○ Play 8-10 minutes games ○ Teams will have a 2-3 minutes to change fields ○ Coaches will sub on the fly ○ Teams will rotate as shown below 