

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: PAINT THE FIELD

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

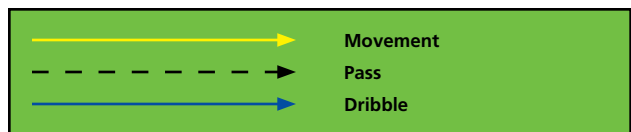
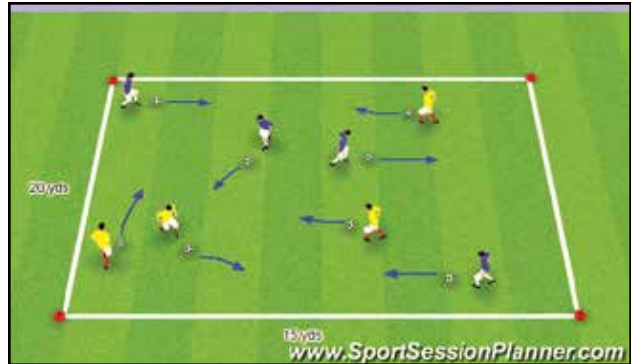
Each player has a ball within a 15x20 yard area.

ACTIVITY:

All players dribble inside the area pretending the ball is a paintbrush. Players must "paint" as much of the grass as possible within a given amount of time.

COACHING POINT(S):

- Use different parts of the foot when dribbling to paint the field.
- Use both feet when painting the field.



You Tube Watch on [youtube.com/calsouthsoccer:](http://youtube.com/calsouthsoccer)
<http://youtu.be/cCc6WrkHaUQ>

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NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: KANGAROO JACK

AGE: U6 **TIME:** 5 MINUTES

ORGANIZATION:

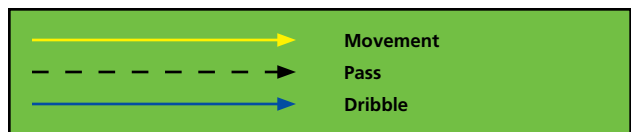
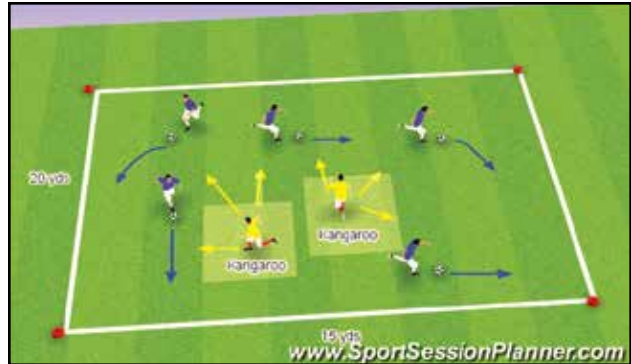
Each player has a ball within a 15x20 yard grid, with the exception of 2 or 3 players who are designated as "kangaroos."

ACTIVITY:

Each player dribbles within the area. The players designated as kangaroos hop up and down in the area trying to tag those players with a ball. Once a player is tagged, that player becomes a kangaroo.

COACHING POINT(S):

- Dribble with the head up to avoid kangaroos.
- Change of pace and direction to get away from kangaroos.



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http://youtu.be/ap2_LbVst94

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ACTIVITY: CRAB SOCCER

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Each player has a ball inside a defined area, with the exception of 3-4 players who are designated as "crabs."

ACTIVITY:

While the players with balls dribble within the area, the other players crawl about on their hands and feet like crabs. The crabs try to clear the balls out of the area while the dribblers try to avoid the crabs. If a dribbler's ball is cleared out of the area, that player becomes a crab. Play continues until every player becomes a crab.

VARIATION(S):

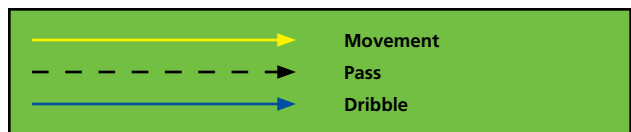
- Rather than clearing the ball out, the crab must win the ball. Once they do, the crab becomes a dribbler and the player that lost the ball becomes a crab.

COACHING POINT(S):

- Keep the ball under control to avoid the crabs.
- Change of speed and/or direction to get away from the crabs.

COACHING QUESTION(S):

- How can you keep from becoming a crab?



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<http://youtu.be/Fa229jxB31E>

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ACTIVITY: BALL TAG

AGE: U6 **TIME:** 10 MINUTES

ORGANIZATION:

Each player has a ball inside a 15x20 yard area.

ACTIVITY:

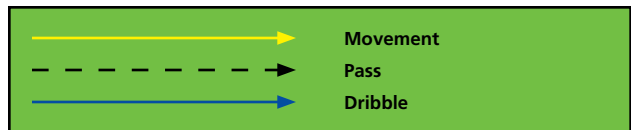
All players dribble and then try to kick and hit the other players' balls or feet with their ball. Play for a pre-determined amount of time. Have players keep count of their own tags and try to improve their score if playing more than one game.

VARIATION(S):

- May start with one player as the designated tagger who has the ball in their hands.
- If players tag the coach, they are awarded 10 or 20 points. If players tag other selected players, they are awarded 50 or 100 points.

COACHING POINT(S):

- Activity will require players to dribble with their head up and keep the ball close in order to be successful.
- May introduce the technique of passing or striking a ball to ensure proper form.



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ACTIVITY: 3V3 GAME

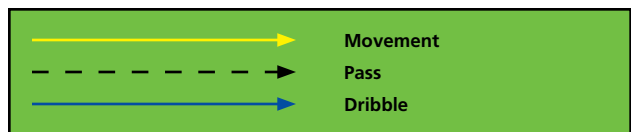
AGE: U6 TIME: 20 MINUTES

ORGANIZATION:

Play 2 teams of 3 players each and 2 small goals.

ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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