

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: INDIVIDUAL RETRIEVAL**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

The coach begins with all of the balls.

## ACTIVITY:

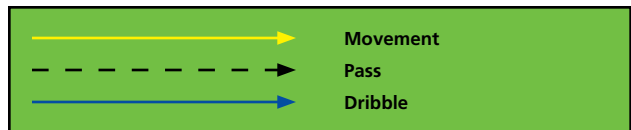
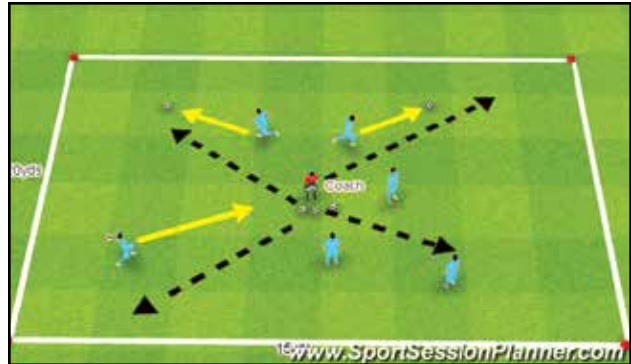
The coach throws the balls in different directions for each child, who must bring their ball back to the coach as quickly as they can. The children must bring the ball back by using their hands, i.e., rolling the ball with their hands, bouncing the ball with two hands, etc.

## VARIATION(S):

- Once the children get the idea that they are to bring the ball back to the coach, then the coach has the children bring the ball back using their feet.

## COACHING POINT(S):

- Creativity.
- Balance and coordination.
- Understanding.
- Completing the task quickly while staying under control.



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<http://youtu.be/ZzBICovSoAg>

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: BODY PART DRIBBLE**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball within a confined area.

## ACTIVITY:

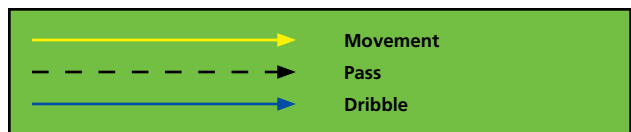
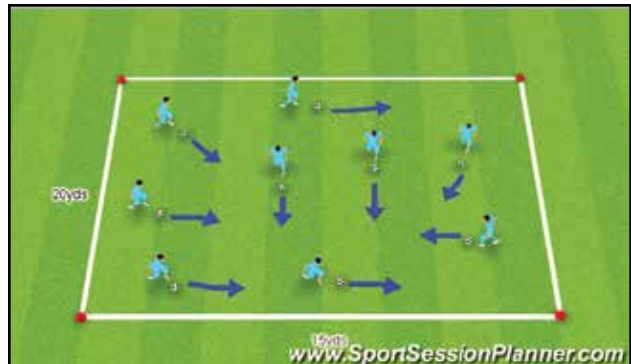
Players dribble to keep control while avoiding others. While they dribble, the coach calls out a body part. The players must immediately stop their balls with that body part. You can call "left foot," "right elbow," "chin," "left knee," etc. Make the activity fun!

## VARIATION(S):

- Switch to non-verbal cues by just stopping the ball with a certain body part. Kids are now forced to pick their head up, find the coach and figure out which body part to use.

## COACHING POINT(S):

- Dribbling in a confined area. Close control. Changing directions and/or speed.
- Reaction time. Reinforce knowledge of body parts.
- Reading the environment. Looking and moving into open spaces.
- Working within a group. Listening skills.



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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: GATES**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Set up several cone gates within an area. Each player will need a ball.

## ACTIVITY:

Upon the coach's command, the players try to dribble through the gates.

## VARIATION(S):

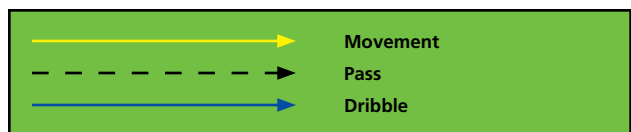
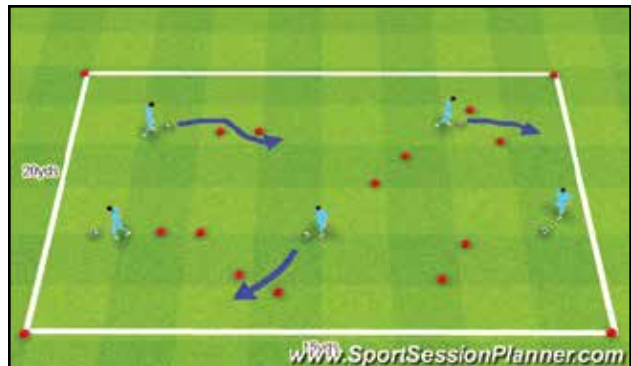
- Ask the players to dribble through the gates at different speeds, i.e., fast, slow, fast.
- Challenge the players to dribble through as many gates as they can in 30 seconds. Players are asked to dribble through more gates than their previous attempt. Go for several rounds and keep track of score.
- Add "guards" (adults) at the gates. Players must dribble through the gate that is "open." Only one gate at a time is open. The coach discreetly indicates to the guards which gate is open. Players can dribble through a gate again and again until it closes. Guards do not play defense.
- Children must dribble through all of the gates before they go through the same one again.

## COACHING POINT(S):

- Ball control.
- Quality of touches.
- Vision – "Keep your heads up!"
- Speed of play.

## COACHING POINT(S):

- Rather than asking who went through the most gates, ask the players if they went through more gates than in their previous attempt. "There is value in competing against yourself and improving because of it."
- How can you dribble through more gates?



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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: ENDLINE SOCCER**

**AGE: U6 TIME: 10 MINUTES**

## ORGANIZATION:

Set up a 30x25 yard area with goals on each end. Within the area, establish a 3vs3 match, with a pile of balls situated on the sideline next to the coach.

## ACTIVITY:

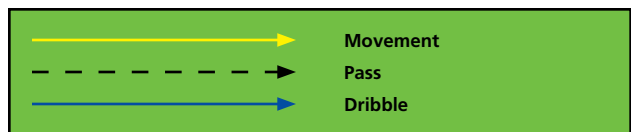
The players will play a 3v3 match to the endline. A player must dribble across the endline to score. When the ball goes out of bounds, the coach will put another ball into play.

## VARIATION(S):

- Coach can serve the ball to the team that is not winning, or to a less involved player when the ball goes out of play. This will ensure a chance for involvement and success for all players.

## COACHING POINT(S):

- Encourage children to dribble. There is no such thing as a "ball hog" here.



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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

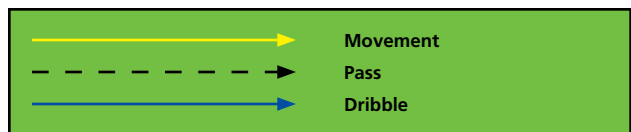
**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

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

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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