

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: PAINT THE FIELD**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

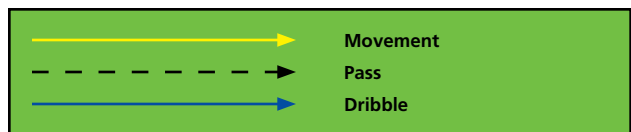
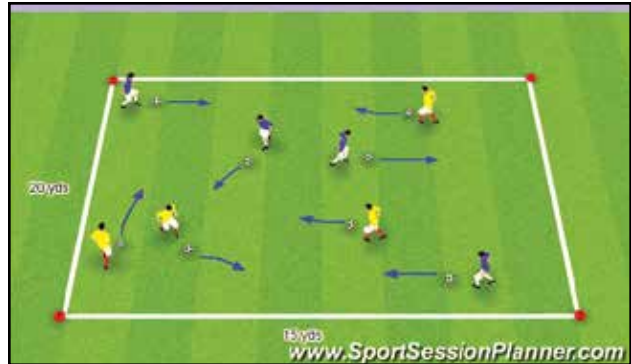
Each player has a ball within a 15x20 yard area.

## 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.



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<http://youtu.be/cCc6WrkHaUQ>

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: RED LIGHT/GREEN LIGHT**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

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

## ACTIVITY:

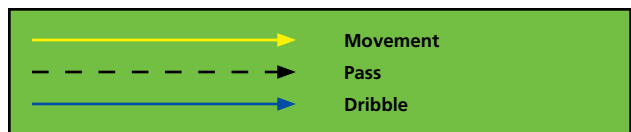
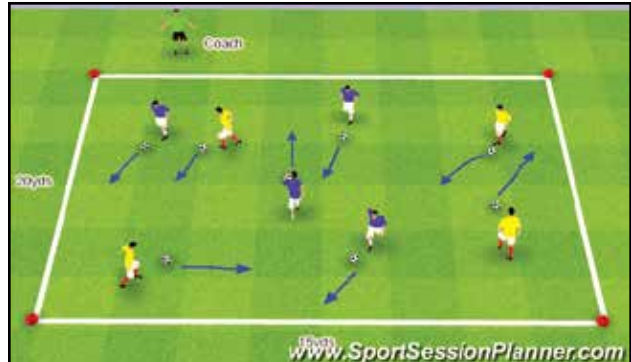
All players dribble freely within the area, and are designated as "cars." When the coach says, "Red light," the players must stop the ball. When the coach says, "Yellow light," the players must dribble slowly, and when the coach says, "Green light," the players must dribble fast. The coach controls the frequency of the light changes.

## VARIATION(S):

- Rather than speaking the commands, the coach holds three different pinnies in his hand -- red, green and yellow -- and holds up the corresponding pinnie to signal each change. The coach can move about the area to ensure that the players will need to pick their heads up.
- Have the players "honk" imaginary car horns if another car gets too close.

## COACHING POINT(S):

- Keep the ball close so the player can stop it quickly.
- Heads should stay up so players don't run into other cars.



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<http://youtu.be/PfI7RqQm4d0>

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

## ACTIVITY: SHARKS AND MINNOWS

AGE: U6 TIME: 5 MINUTES

### ORGANIZATION:

Within a set 15x20 yard area, several players are designated as "minnows," with each one possessing a ball. All other players are designated as "sharks."

### ACTIVITY:

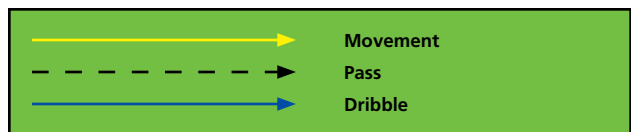
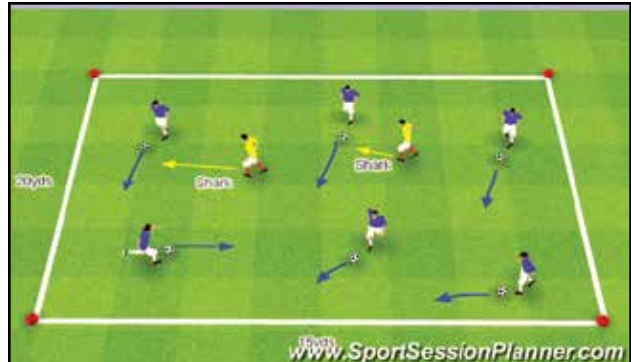
When the coach says, "Go," the minnows dribble their balls within the area while the sharks try to take the balls away. If a shark takes a ball from a minnow, the roles of those two players are reversed. The minnows are not allowed to leave their balls in order to evade the sharks. Several rounds can be played to allow everyone a chance to be a shark.

### VARIATION(S):

- The number of sharks can be varied to add or take away pressure.
- The coach can become a shark or minnow to add excitement to the game.

### COACHING POINT(S):

- Change of pace and direction.
- Different types of dribbling styles, depending on the time and space available.
- Keep head up to avoid the sharks.




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[http://youtu.be/d\\_4T1DMBy1A](http://youtu.be/d_4T1DMBy1A)

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### NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: PIRATE'S TREASURE**  
**AGE: U6 TIME: 10 MINUTES**

## ORGANIZATION:

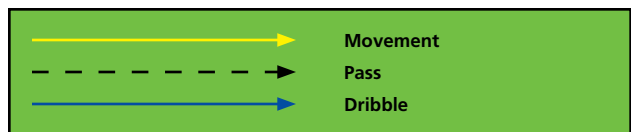
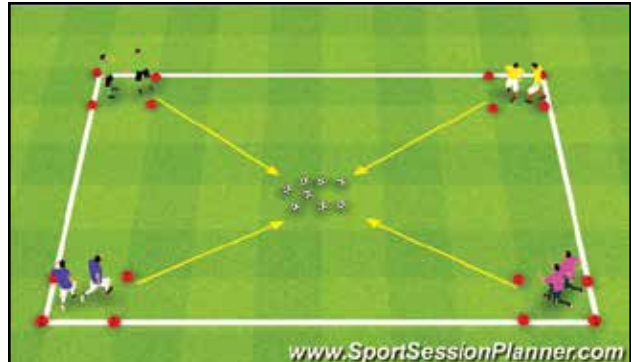
In a set area, divide players into equal teams with each team's "pirate ship" in one corner of the area.

## ACTIVITY:

All soccer balls are placed in the middle of the area with each team starting play at their pirate ship (corner). On the coach's command, the players try to retrieve the balls ("treasure") and return with them to their ship. They can also steal treasure from their opponent's ships. When the coach calls time, each team counts the amount of treasure they have in their ship.

## COACHING POINT(S):

- Keep the ball close to avoid getting it taken by the other teams.
- Keep head up to avoid opponents.



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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

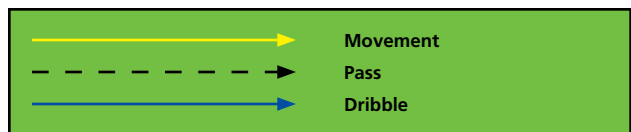
**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

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

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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