

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: DRIVING SCHOOL

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

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

ACTIVITY:

All players pretend they are "cars." Players start dribbling when the coach says, "Green light," and stop their balls with the bottom of their feet when the coach says, "Red light." Introduce "yellow light," which indicates that everyone should dribble in slow motion.

After the players understand the basics, it's time to teach them how to park. Place cones throughout the grid equal to the number of players. When the coach says, "Park your car," players must find an open cone ("open parking spot") quickly. Only 1 car can be at each spot at a time. Slowly reduce the number of parking spots by 1 cone, then 2 cones, etc. to add to the challenge. Those that can't find a spot have to keep driving. Start combining the different commands and add in variations as needed. Make it fun. Have the players rev their engines and honk at other cars to add to the excitement.

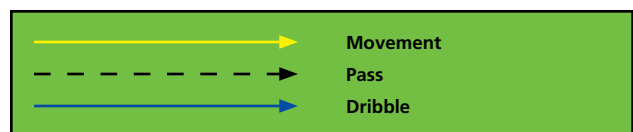
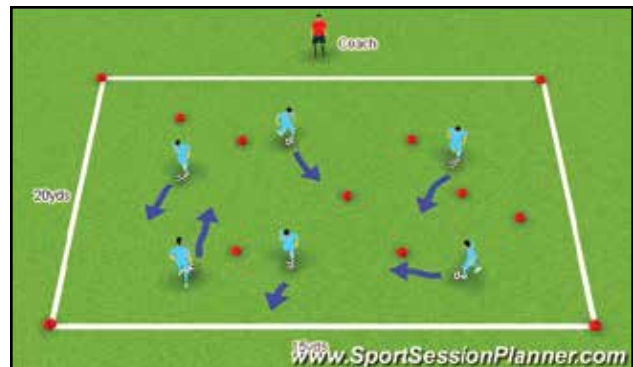
VARIATION(S):

- Fill the car with gas by finding a gas station and pump the gas, i.e., toe taps, etc.
- Turn on windshield wipers, i.e., ball between their feet.
- Dribble around obstacles (coach, goal, garbage can, etc.) and then have them park their cars.
- Coach acts as police officer and hands out tickets to speeders (tagging a player is a speeding ticket -- kids love this; watch them try to speed away!) A ticket penalty can be Walley jumps.
- Let players be the police officer.

- Use colored bibs instead of speaking commands to make sure the players have their heads up while dribbling.

COACHING POINT(S):

- Dribbling under close control.
- Promotes quick reaction time and balance.
- Decision-making. Anticipation. Listening for verbal cues.



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<http://youtu.be/ksLMF3ICInY>

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ACTIVITY: TAIL TAG

AGE: U6 **TIME:** 5 MINUTES

ORGANIZATION:

All players have a ball within a set 15x20 yard area. Players tuck a T-shirt or a scrimmage vest into the top of the back of their shorts so it looks like they have a tail.

ACTIVITY:

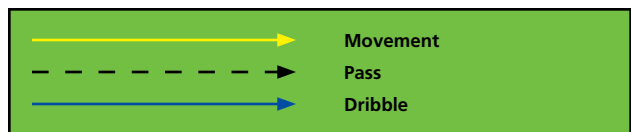
On the signal, the players see how many tails they can gather while dribbling within the area. Players that lose their tails should still continue to play. Play for 30-60 seconds. The player with the most tails wins the round.

VARIATION(S):

- If the rounds go too quickly, another tail can be added to each player so the coach who can control the pace of the game.
- Can play game with or without balls.

COACHING POINT(S):

- Changing direction. Balance. Quickness.
- Decision-making.
- Vision.



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ACTIVITY: THE RIVER

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Set up a "river" using cones. Each player will need a ball.

ACTIVITY:

Each player stands on the "bank" of the river with a ball. Upon the command, "Go," each one strikes their ball across the river, past the other bank. Upon striking the ball, players are instructed to follow the coach around the river. The coach yells, "There are alligators in the river!!! Don't go through the river!" Players then retrieve their balls and line up on the opposite line. The process repeats.

After striking the ball several times, players are asked, "Can you kick the ball farther if you stand next to it or if you run up to the ball?" Regardless of their responses, players are moved back from the ball. Upon the command, "Go," they should run and kick the ball. After running and striking the ball a few times, players are asked, "Can you kick the ball farther with your laces or your toe?" Ask the players to strike the ball with their laces. Ultimately, players should be running up to the ball and striking it with their laces.

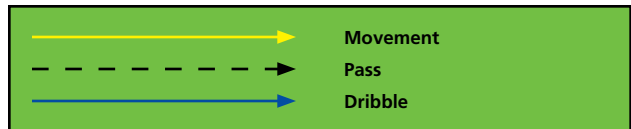
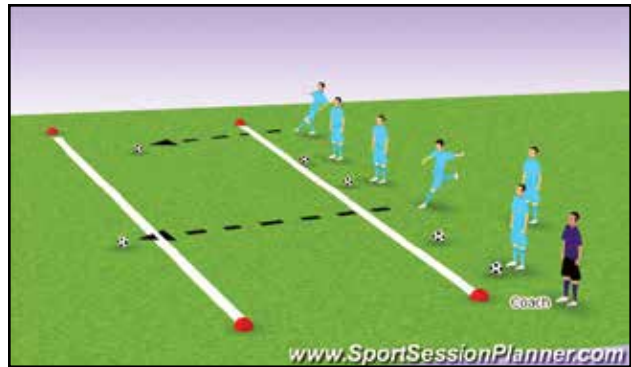
CAUTION: Allowing players to run through the river is NOT advised. A player might run through the river and get struck from behind by another player's ball.

VARIATION(S):

- Striking the ball with the side of the foot. Who can stop the ball closest to the riverbank?

COACHING POINT(S):

- Proper striking technique (toe down, laces, ankle locked, non-kicking foot, etc.)



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ACTIVITY: COPS AND ROBBERS

AGE: U6 TIME: 10 MINUTES

ORGANIZATION:

Within a 15x20 yard area, several players are designated as "robbers," with each one possessing a ball. 2 or 3 other players are designated as "cops." The coach sets up 8-10 tall cones ("banks") within the area.

ACTIVITY:

The robbers will try to knock down the banks with their ball. The cops try to set up all the cones before the banks get robbed. Play multiple rounds so everyone has a chance to be a cop and a robber.

COACHING POINT(S):

- Proper ball-striking technique.
- Head up to find available cones.
- Proper dribbling technique.



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ACTIVITY: 3V3 GAME

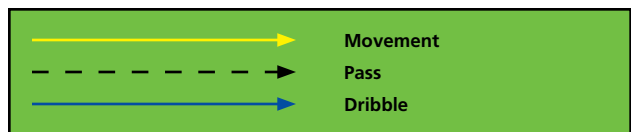
AGE: U6 TIME: 20 MINUTES

ORGANIZATION:

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

ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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