

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** EXPLODE

**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

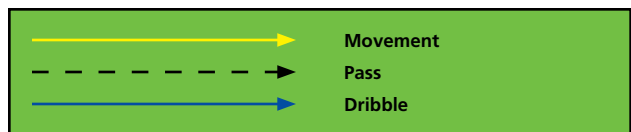
Each player has a ball inside of a defined area. The coach should place several cones outside of the area, around 10-15 yards away.

## ACTIVITY:

Dribble inside the area, keeping the ball within close control. When the coach yells "Explode," the players have to dribble with speed out of the smaller area around one of the cones and then come back to the area.

## VARIATION(S):

- On "Explode," players need to leave their ball, find another ball and dribble around the outside cone.



**You Tube** Watch on [youtube.com/calsouthsoccer](http://youtube.com/calsouthsoccer):  
[http://youtu.be/ITM8iBzs\\_T8](http://youtu.be/ITM8iBzs_T8)

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: GATES**

**AGE: U6 TIME: 10 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):

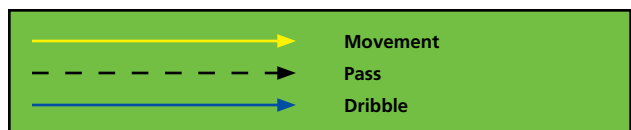
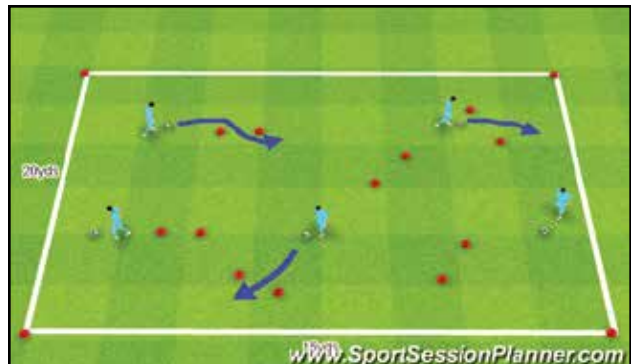
- Ask the players to dribble through the gates at different speeds, i.e., fast, slow, fast.
- Challenge the players to dribble through as many gates as they can in 30 seconds. Players are asked to dribble through more gates than their previous attempt. Go for several rounds and keep track of score.
- 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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<http://youtu.be/2y8aaghFp6U>

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: STEAL THE BACON**

**AGE: U6 TIME: 10 MINUTES**

## ORGANIZATION:

Within a defined area, use cones to make a small square just inside each corner of the area. Have a team stand outside the area at each corner. A supply of balls should be in the middle of the area.

## ACTIVITY:

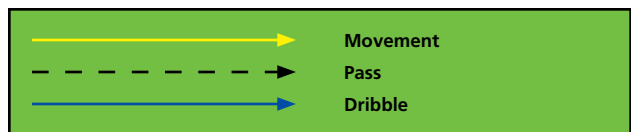
On the coach's command, 2 players from each corner must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle, the players then try to take balls from the other 3 corners. No one can defend their "bacon" inside their corner.

## VARIATION(S):

- Players can use their feet.

## COACHING POINT(S):

- Recognize when to use big touches to get away from defenders and when to use small touches.
- Which surfaces of the foot make you have more control and speed?



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<http://youtu.be/-aTeunef5XY>

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

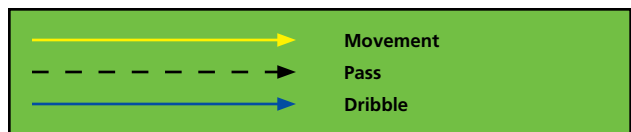
**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

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

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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<http://youtu.be/7BSrdi1u7fl>

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