

## Concord Soccer Association

### Coaches Symposium 2011

*Given By Lew Atkinson - DYSA State Director of Coaching*  
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## CONDUCTING AN EFFECTIVE AND PRODUCTIVE PRACTICE FOR UNDER-6 PLAYERS

### Collecting Activity

#### Retrieve

Individually, and in pairs, have the players hand you their ball and then throw or kick it a distance and have them "retrieve" the ball and bring it to you using one of the commands below.

Individuals w/ ball  
w/hands  
bouncing ball  
rolling  
with feet

pairs w/ ball  
pass with hands  
bounce pass  
roll to each other  
pass to each other  
pass between legs

### Tag

#### Defrost Tag

When tagged I am frozen until a player crawls through my legs to "defrost" me. No one can be tagged while "defrosting" another player.

#### Hospital Tag

Each player has a ball and while dribbling attempts to tag anyone. Once a player has been tagged they must continue to dribble while holding onto the body part that was tagged. The third time they are tagged they then must go to the hospital and do something (ball taps) to be healed. Then they may reenter the game.

#### Tail Tag

Each player has a pinnie that acts as a tail. In an "everyone's it" game, the object is to collect as many tails as possible in a period of time.

### Ball Activities

#### Body Part Dribble

Each child has a ball and dribbles within a fixed space until the coach calls out a body part ("knee") and the child must stop the ball with that body part. At some point put a child in charge. This activity can also be played like "red light, green light."

### **Knock Out**

Each child has a ball and dribbles within a fixed space. While dribbling his or her ball each player tries to “knock out” another player’s ball from the playing area. If a player’s ball is knock out of the space s/he runs to the ball, does a task, and returns.

### **Red Light / Green Light**

Classic game of Red Light / Green Light, but with a ball. When “red light” is called the ball must be stopped within one big step from the player. At some point the children need to be made the Red Light.

## **Game**

### **Moving Goal**

Tie three or four pinnies together and have two players hold it as a goal. The rest of the players are divided into two teams and try to score through the goal. The players who are the goal are allowed to move around the playing area.

### **Balls Galore with Four Goals**

Play a four-goal game with multiple balls. Must have a “Boss of the Balls.” Try to get to three balls at once.

### **3v3 or 4v4**

Play multiple games or make three teams and one team switches out when a goal is scored.

## **“Cool Down”**

### **Crows and Cranes**

Children are seated in two lines with feet touching. One line is a crow and one line is a crane. If the coach call out “cranes” the cranes must get up and run to a line behind them while the crows attempt to tag them.