



# CARBON VALLEY

## PARKS & RECREATION DISTRICT

### U6/U7 Practice Plans

Hello Coaches,

Below is your season practice plans and a general outline of how to structure your practice time. Feel free to interchange these activities/drills as you see fit to best work with your team's skill level! Below is suggested what skills your team works on each week, and a list of activities/drills correspond skill.

- **Session #1/Week #1**
  - Improve Ability to Dribble with Head Up
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
  
- **Session #2/Week #2**
  - When, How to Dribble and Turn
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
  
- **Session #3/Week #3**
  - Improve Ability to Dribble with Head Up
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
  
- **Session #4/Week #4**
  - Dribbling to Beat Defender
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
  
- **Session #5/Week #5**
  - When, How to Dribble and Turn
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
  
- **Session #6/Week #6**
  - Improve Dribbling and Shooting
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage



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- Session #7/Week #7
  - Improve Ability to Dribble with Head Up
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
- Session #8/Week #8
  - Dribbling to Beat Defender
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
- Session #9/Week #9
  - Dribbling to Beat Defender
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage
- Session #10/Week #10
  - Improve Dribbling and Shooting
    - Warm Up Activity/Drill
    - 2 or 3 other Activity/Drill
    - Finish practice with a scrimmage



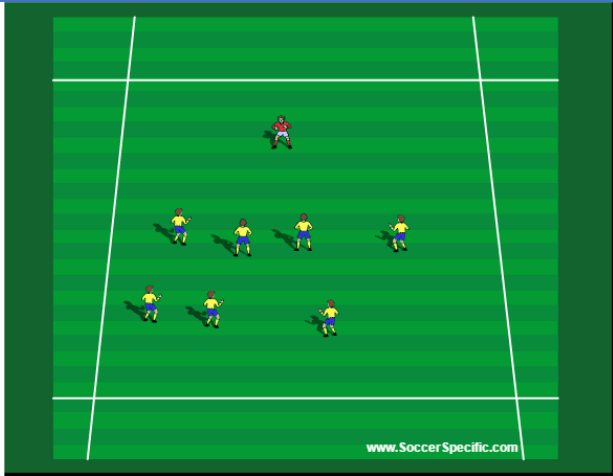
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## PARKS & RECREATION DISTRICT

### U6/U7 Practice Plans

## Activities/Drills: Improve Ability to Dribble with Head Up

### I Can Do Something, Can You?



**Setup:** Open area, can be done with players with or without soccer balls

**Instructions:** The coach simply says, "I can do something, can you?", and then demonstrates a movement with or without the ball for the players to try to perform.

**Variations without the ball:** ask players to skip, hop, walk, or run backwards or sideways, run and clap, roll on the ground, etc. Anything else that the coach can come up with.

**Variations with the ball:** ask players to juggle, do toe taps, perform quick side to side touches, lift the ball on the ground, etc., or anything else that the coach can come up with.

**Coaching Points:** Fun & Body Movement Education  
Ball Control

### Musical Balls



**Setup:** Set up 20 x 20, every player with a ball, dribbling in the grid.

**NO STANDING OR WALKING:** Every time two players crash, they each do 3 pushups/star jumps

**Instructions:** Players dribble in the grid and Coach says "new ball" each player stops their ball, gets their head up, and finds a new ball. Progress to musical soccer where the coach removes a ball each time. Have players who do not get a ball, and thus "out" do footwork exercises on the side.

**Variation:** As your team excels in this activity, feel free to add new challenges. Assign a skill to a number and as they dribble you can call out a number for them to execute. I.E. "1" means do a pull back, "2" inside foot turn, etc.

**Variation:** 2:1 2-players-1-ball passing among the group

**Coaching Points:** Keep the ball close to feet Head up while dribbling to avoid crashing Stay focused and listen while dribbling

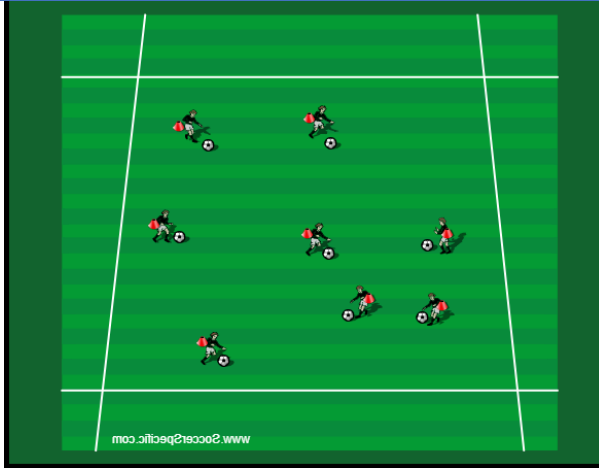


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### U6/U7 Practice Plans

#### Tail Tag



**Set Up:** 20 x 15 yd grid, 1 ball per player. Each player tucks a scrimmage vest into the back of their shorts to make a "tail."

**Instructions:** At the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. Players continue to play, even after they have lost their "tail."

**Variations:** Play this game with or without a ball. There are two different ways to decide a winner: The last player who still has a tail remaining; or the player (or players) who collect the most total tails.

**Coaching Points:** Fun Body Movement Education  
Ball control & Dribbling - different surfaces of the foot  
Change of direction/speed to get away

#### Get Out of There



**Setup:** Set up a 20 x 15 yard grid with small goals on each endline. Organize the players into two teams, each setting themselves up on opposite sides of the coach, who is on the sideline with all the balls.

**Instructions:** The coach serves a ball into the grid and calls out a number (1,2,3, etc.) The number called indicates how many players from each team enter the field to play. The two teams compete trying to score into their opponent's small goal. If a ball gets scored, the team who gave up the ball leaves the grid immediately as the coach shouts "Get Out Of There." The player/team who scored stays on and new player/team from the other team enters keeping the players in a 1v1, 2v2, 3v3, etc. If the ball goes out of bounds, both players/teams leave the grid immediately. "Get Out Of There" making sure to leave the grid as quickly as possible not running through the grid to ensure the next round can be played immediately. Coach then plays a new ball in and shouts a number of players from each team to enter the grid and play.

**Variation:** If a team ever gets caught



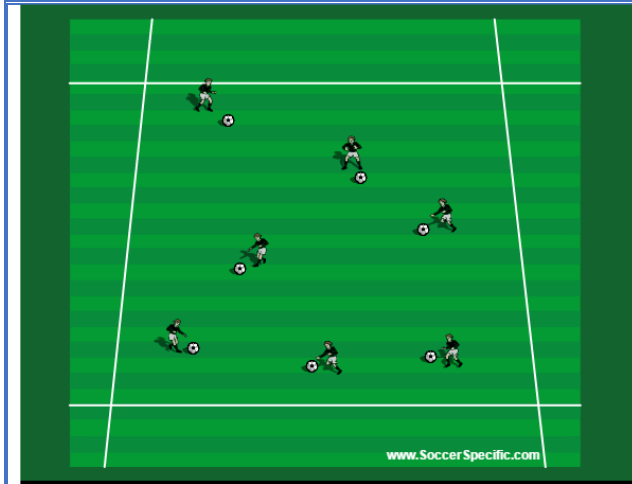
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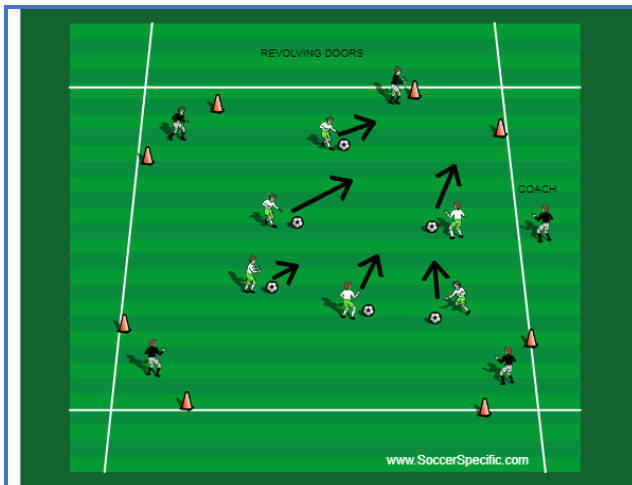
with too many players in the grid at the same time, a penalty kick is awarded for the other team. Overall, this is a fantastic activity, and one

#### Body Part Dribble



**Setup:** 20 X 20 yard grid, 1 ball per player  
**Instructions:** All players in the grid with a ball. They dribble to keep control while avoiding other players. While they are dribbling, coach calls out a body part, and the players immediately stop the ball with that body part. Use all different body parts to make it fun: "right elbow", "chin", "left knee", "butt", etc.  
**Coaching Points:** Fun & Body Movement Education  
Ball Control - Can we keep it close?  
Dribbling - What are the 4 parts of the foot we use to dribble(inside, outside, laces, sole)?

#### Revolving Doors



**Setup:** "Revolving Doors" In defined space large enough for everyone to dribble (30x20) every player has a ball. Set up a series of cone gates and have a parent for each one.  
**Instructions:** Players dribble around the grid. Coach point to a grid and that grid is now "open" and parent blocking moves out. Players dribble and try to get through the gate before coach point to a different gate to open it.  
**Variation:** Coach can point to two gates at once. Positive reinforcement for those who see the opening first. Coach should move around so players have to scan the whole field.  
**Coaching Points:** Head up! Little touches in a crowded space, look to find open space, and take look at coach as often as possible. Big touches into space to increase speed and get to an open gate quickly.

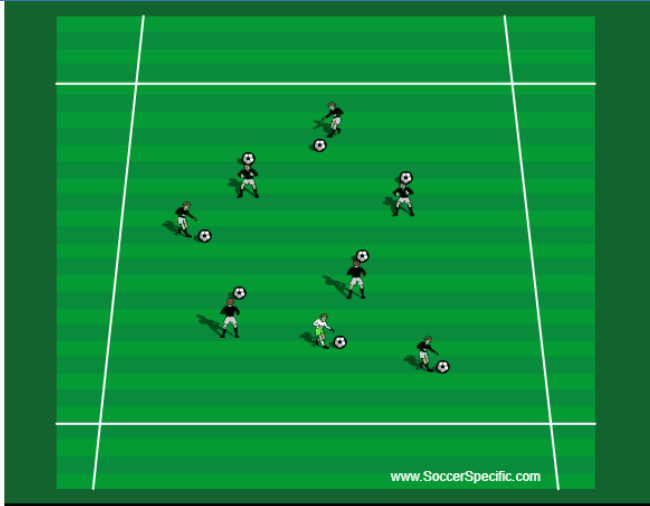


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#### Defrost Tag Game



**Setup:** Grid size is 20 x 15 yards. 1 ball per player

**Instructions:** One player is Frosty. All other players dribble ball within grid.

Frosty tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribble as before.

Everyone is Frosty to get more involved. Frosty can only use a certain part of the foot to dribble, Frosty may not have a ball.

**Coaching Points:** Keep ball under control; use all surfaces of the feet. Keep head up and find space while dribbling. Why do we change speeds and directions. Stay 4:1 on the positive to instructional comments throughout the session. Be positive; laugh and have fun with the players. Become a fan of the players (good job, well done, keep it up, etc.).



# CARBON VALLEY

## PARKS & RECREATION DISTRICT

### U6/U7 Practice Plans

## Activities/Drills: When, How to Dribble and Turn

### Ball Master



**Setup:** Every player has one ball in an undefined space, the more the better

**Instructions:** Players bring the coach/Ball Master and hand coach the ball, and coach throws/punts/kicks the ball into random space giving them a command as to how to bring the ball back to the ball master.

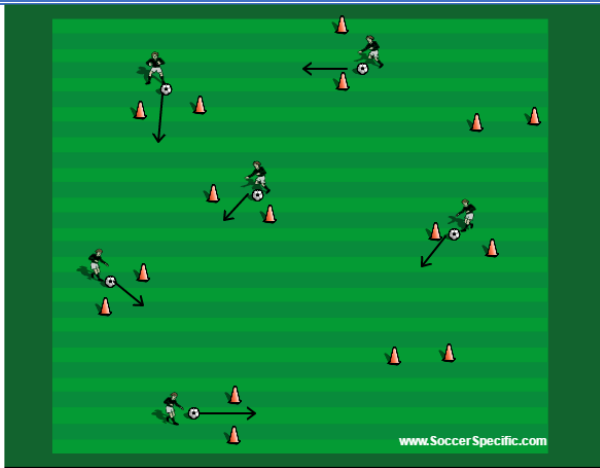
Endless possibilities, and this is a great way to challenge the players based on their abilities: slanty line theory.

Bring it back with 7 dribbles, as fast as you can, left foot only, balancing it on your head, between your elbows, etc. Be creative

**Coaching Points:** Endless! Passing technique is the easy one to teach here, but it's also great for body movement education for the young ones.

What kind of dribbles do you need to bring it back in the right number of touches?

### Dribbling Gates



**Setup:** set up 8-10 "gates" with cones. Set them up in a random fashion around the area. 1 ball per player.

**Instructions:** See how many gates each player can get through in a 60 or 90 second time. Let them do it again to see if they can beat their first score.

**Variations:** 1) Players only dribble with their right or left foot.

2) Have players execute a skill move as they dribble through a gate.

3) Have players go back through the gate they came. This is a good way to introduce turns and change of direction moves.

**Coaching Points:** Fun - make it a contest either against their teammates, or for them to try and beat their previous score.

Body Movement Education - Play at different speeds, accelerate after going through a gate.

Ball control/Dribbling - keep the ball close Head up, take a touch, look.

Find an open gate. No Crashing!!

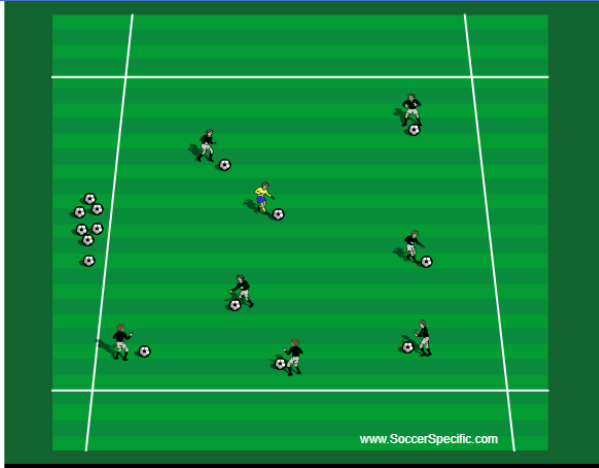


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### U6/U7 Practice Plans

#### Pac-Man



**Setup:** 20 x 20 yd grid. A pile of balls or pinneys located just outside the grid.

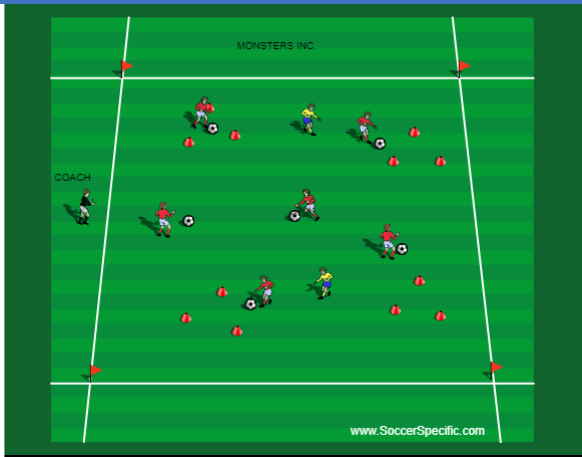
**Instructions:** One player (the Pac Man) starts out with the ball. His objective is to dribble and try to hit the other players (BELOW KNEE HEIGHT) with the ball. Once a player gets hit, she gets a ball and becomes another Pac Man. The winner is the last player remaining who has not been hit. He becomes the first Pac Man to start the next game.

**Variance:** To encourage more dribbling and less random kicking the ball at others, enforce the rule that if a Pac Man kicks his ball out of the grid, he must go get it and do 2 pushups, she cannot just go over to the pile and grab another ball.

**Variations:** Everyone plays with a ball, and the Pac-Man wears a pinney.

**Coaching Points:** Fun, body movement education, ball control & dribbling introduction to passing.

#### Monsters INC



**Setup:** In a 15Wx20L grid, with several 3-yard triangles (closets to hide in).

**Instructions:** Select 2 players to be it (they are Boo) & do not need a ball.

The rest of the players have a ball are Mike & Sully (from Monsters Inc).

They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid.

**Rules:** Play when coach says, "look out for Boo".

Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet. Only 1 player allowed in a closet at a time so if a 2nd player enters, the first must leave.

**Coaching Points:** Guided Questions:

Where should your body be when trying to stop the ball?

Besides in the closets, when is another time you would want to stop the ball?

Which part of your foot should you stop your soccer ball with?

When is it safe to leave a triangle (base) and move to another?





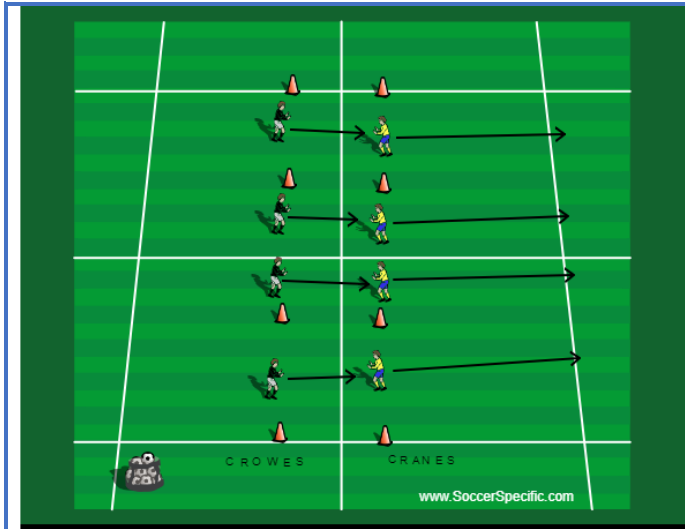
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	<p>Why is it important to pick your head up or look over your shoulder?</p> <p>Where would you have the players start?</p>
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#### Crowes and Cranes



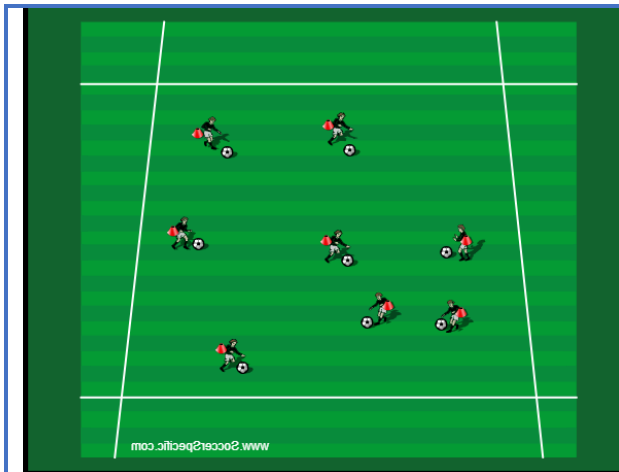
**Setup:** "Crowes & Cranes" Divide players into two teams, One team are the Crowes, the other the cranes. Each team is lined up on their side with a 2-4 yd channel between them

**Instructions:** Coach shouts "Crowes" or "Cranes". The team that is shouted chases the other team who is trying to run back past their line. If tagged, the player switches sides so that a team will either grow or shrink in numbers.

**Variation:** add a ball

**Coaching Points:** On your toes, quick thinking, This should be fun - Great activation activity/warm-up

#### Tail Tag



**Set Up:** 20 x 15 yd grid, 1 ball per player. Each player tucks a scrimmage vest into the back of their shorts to make a "tail."

**Instructions:** At the coach's command, all players move around the grid and try to grab as many "tails" as they can from other players. Players continue to play, even after they have lost their "tail."

**Variations:** Play this game with or without a ball. There are two different ways to decide a winner: The last player who still has a tail remaining; or the player (or players) who collect the most total tails.

**Coaching Points:** Fun Body Movement Education  
Ball control & Dribbling - different surfaces of the foot  
Change of direction/speed to get away



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#### Bandit Ball



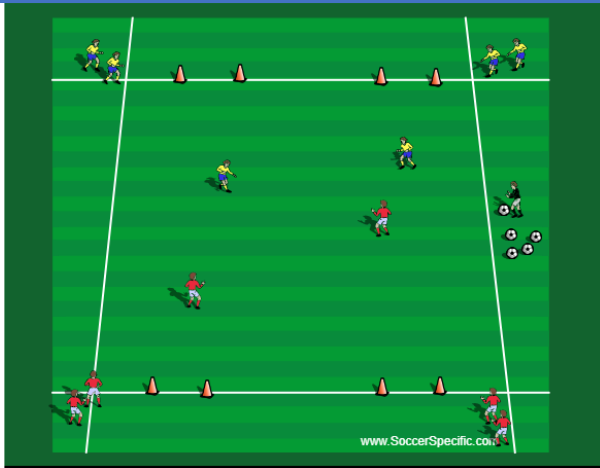
**Setup:** 15 x 15 yard grid All players but one or two with a ball

**Instructions:** All players but one or two “bandits” start in the grid with a ball. At the coach’s command, the “bandits” enter the grid and try to steal a ball away from someone. If a player get’s their ball stolen, they become a bandit, and try to steal someone else’s ball. If a ball goes out of the grid, it cannot be brought back into play. Play for a set period of time (60 to 90 seconds), and all players who have possession of a ball when time is called gets a point.

**Variation:** Play until only one ball remains.

**Coaching Points:** Fun, Dribbling, especially the concept of dribbling for possession or shielding, use the 4 parts of the foot (inside, Outside, Laces, & Sole) Change of direction/speed to get away  
Protect ball: Move the ball, keep body between your ball and defender, Tackling, the concept of battling to gain possession

#### 2v2 4-goal game



**Setup:** 25x25 Grid with a 2 lines per team on their own endline. Coach has a pile of balls on the side.

**Instructions:** Ball always starts from coach, first player in each line enters field and play. Each team can score in the opposite 2 goals, and defends the 2 goals on their end-line. Play until ball goes out of bounds. If ball goes out right away, coach can play a new ball in to the same 4 players. If a team passes through a goal to partner, count it as two to encourage running off the ball.

**Coaching Points:** 2 ways to score: Can the player on the ball dribble to an open goal? Is their space in behind a defender to attack and then get to goal? If the answer is no for both of these questions, pass.

Look to engage a defender weather passing or not. Drawing a defender out opens space.

Defending-1st defender (closest to ball) Body positioning, patience, pressure, sideways on. 2nd Defender provides cover meaning is a spot



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	<p>where can pressure ball if 1st defender gets beat yet still close enough to pressure 2nd attacker should ball get passed.</p> <p>Can we pass the ball ahead (behind defender) for teammate to run on?</p>
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## Activities/Drills: Dribbling to Beat Defender

### Ball Master



**Setup:** Every player has one ball in an undefined space, the more the better

**Instructions:** Players bring the coach/Ball Master and hand coach the ball, and coach throws/punts/kicks the ball into random space giving them a command as to how to bring the ball back to the ball master.

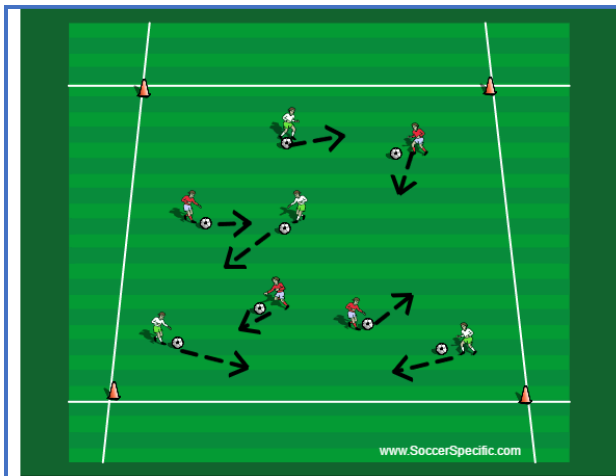
Endless possibilities, and this is a great way to challenge the players based on their abilities: slanty line theory.

Bring it back with: 7 dribbles, as fast as you can, left foot only, balancing it on your head, between your elbows, etc. Be creative

**Coaching Points:** Endless! Passing technique is the easy one to teach here, but its also great for body movement education for the young ones.

What kind of dribbles do you need to bring it back in the right amount of touches?

### Surfaces of the Foot



**Setup:** In a 15Wx20L yard grid, each player has a soccer ball. Have the players try to use 4 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe,) laces, bottom (sole). Encourage the players to talk to their feet. "Outside, Inside, Laces, Bottom!"

**Instructions:** Variations

- Round 1: have the players use 1 surface at a time then layer in the next surface.
- Round 2: have them complete the pattern with their favorite foot.
- Round 3: have them complete the pattern with their non-favorite foot.
- Round 4: have them switch feet after completing all 4 surfaces with 1 foot.



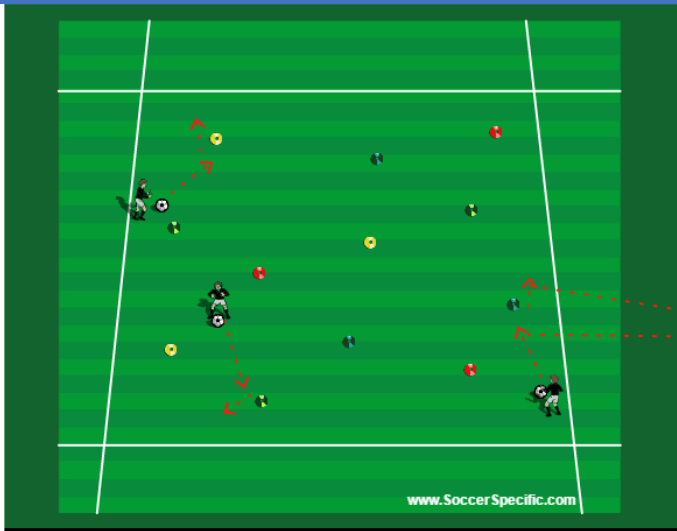
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## PARKS & RECREATION DISTRICT

### U6/U7 Practice Plans

**Coaching Points:** Stay Active  
Head up or look 3 giant steps in front to improve vision.  
Be unpredictable, change pace and direction  
45-60 sec Activity, 30 sec rest, 4 intervals

### Colored Cone Skill Moves



**Setup:** Grid set up 15x20 (varies depending on numbers). 3-5 different colored cones are spread through the grid. Each player has a ball.

**Instructions:** Each cone will have a specific skill move. Players dribble to the cone and execute move.

Ex: Yellow = scissors,

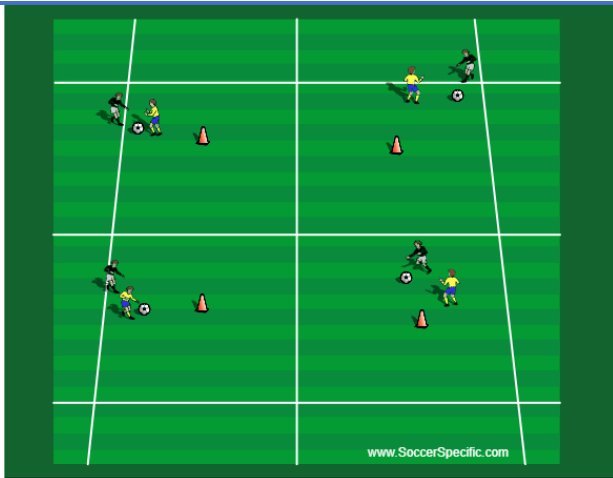
- Red = Pull and push,
- Blue = Big Toe Little Toe,
- Green = Step Over.

Run 1 min timed games

to see how many cones the players can get to. Extra credit if they can execute the skill moves twice, one on each foot.

**Coaching Points:** There will be lots of chaos in the grid so it is important for the players to keep the ball close to their feet. Head up while dribbling so they can maneuver around the other players. Execute each move in a tight space without dribbling out of the grid.

### 1v1 Cone tournament



**Setup:** Set up a line of cones approximately 15-20 yards apart or in grid format as pictured. One cone designated as the "Championship" field, while the cone on the opposite end is designated as the "Consolation" field, with 2nd and 3rd cones in between. Assign a pair of players to start at each cone, with one ball between the pair.

**Instructions:** At the coach's command, the players play 1v1 with the objective to score a point by passing the ball and hitting the cone you are playing to. Change possession after a goal. Players can play in 360° around the cone.

Play for :60 or :90, the winner moves up one field toward the "Championship" field, the player who loses moves down one field toward the "Consolation" field.



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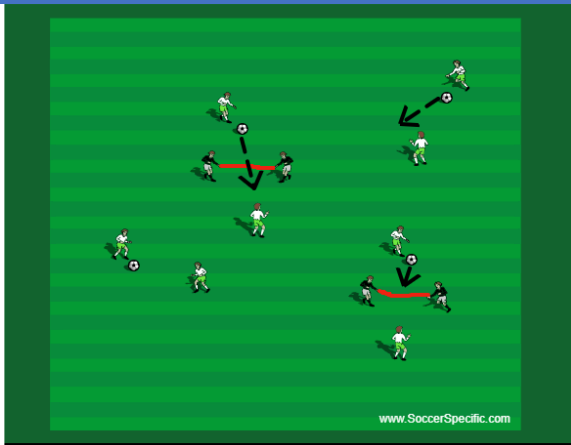
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**Coaching Points:** Fun, Ball Control, and dribbling - especially 1v1 moves Competition to beat an opponent. COMPETE! Coach must encourage players to get after the defender, and you must encourage the defender to actively defend the player with the ball. Do not allow them to sit in front of the cone and just protect the cone.

## Activities/Drills: Improve Dribbling and Shooting

### Moving Goals



**Setup:** A pair or two pairs of players/parents have a pool noodle creating a goal where players can pass/shoot their ball under the noodle with both people serving as goal posts. All players have a ball or have pairs of players with one ball. 1:1, 2:1 or 3:1

**Instructions:** The "goals" can move wherever they want in your designated space forcing players to move, dribble, look, and become aware of their surroundings to score a goal. Pairs are forced to work together to pass and set each other up to score.

**Coaching Points:** How can we communicate to be effective?

Where should player without the ball move?  
Encourage different ways to communicate, angles of support, movement

off the ball to provide good choices

Passes: weight of pass, angle, distance, height, timing

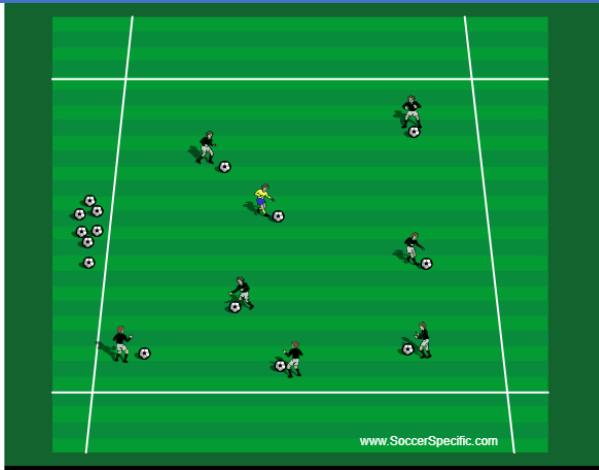


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### U6/U7 Practice Plans

#### Pac-Man



**Setup:** 20 x 20 yd grid. A pile of balls or pinneys located just outside the grid.

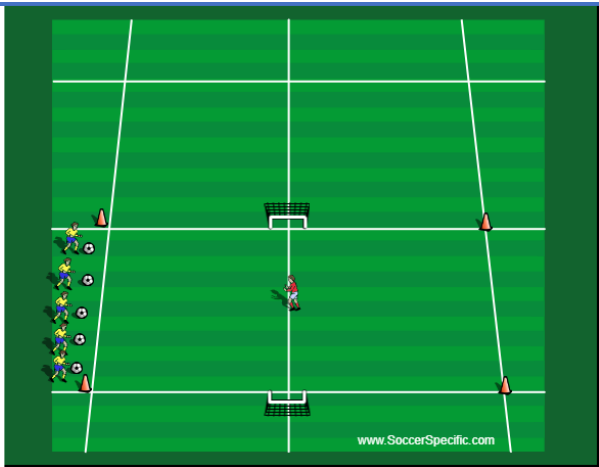
**Instructions:** One player (the Pac Man) starts out with the ball. His objective is to dribble and try to hit the other players (BELOW KNEE HEIGHT) with the ball. Once a player gets hit, she gets a ball and becomes another Pac Man. The winner is the last player remaining who has not been hit. He becomes the first Pac Man to start the next game.

**Variance:** To encourage more dribbling and less random kicking the ball at others, enforce the rule that if a Pac Man kicks his ball out of the grid, he must go get it and do 2 pushups, she cannot just go over to the pile and grab another ball.

**Variations:** Everyone plays with a ball, and the Pac-Man wears a pinney.

**Coaching Points:** Fun, body movement education, ball control & dribbling introduction to passing.

#### Sharks and Orcas



**Setup:** Divide the field into a 20x30yd grid. Place 1 defender (Shark) on the field without a ball, all the other players (Orcas) with a ball on the same endline, and a goal at each side of midfield.

**Instructions:** On "GO" (or Swim Orcas Swim), Orcas dribble across in control of the ball. The Shark(s) attempt to take the ball away, and score by shooting the ball into either goal. An Orca joins the Sharks feeding frenzy if the shark scores their ball. Orcas can steal their ball back and dribble across the far endline to be safe. If the ball goes out over the sideline, the Orcas can do 10 toe taps to get back in. Be creative with the exercise you give the Orcas to get back in after their ball crosses a sideline.

**Coaching Points:**

1. Head up between touches, "take a touch, take a look."
2. Technique-toe down, laces/outside of foot, knee over ball each touch
3. Attack the open space - whatever space is available - do it quickly
4. Can we tackle the ball back after a Shark takes it



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- |  |   |
|--|---|
|  | 5. Can you use a move to get away from an Orca after stealing it, finding the open goal |
|--|---|

#### Get Out of There



**Setup:** Set up a 20 x 15 yard grid with small goals on each endline. Organize the players into two teams, each setting themselves up on opposite sides of the coach, who is on the sideline with all the balls.

**Instructions:** The coach serves a ball into the grid and calls out a number (1,2,3, etc.) The number called indicates how many players from each team enter the field to play. The two teams compete trying to score into their opponent's small goal. If a ball gets scored, the team who gave up the ball leaves the grid immediately as the coach shouts "Get Out Of There." The player/team who scored stays on and new player/team from the other team enters keeping the players in a 1v1, 2v2, 3v3, etc. If the ball goes out of bounds, both players/teams leave the grid immediately. "Get Out Of There" making sure to leave the grid as quickly as possible not running through the grid to ensure the next round can be played immediately. Coach then plays a new ball in and shouts a number of players from each team to enter the grid and play.

**Variation:** If a team ever gets caught with too many players in the grid at the same time, a penalty kick is awarded for the other team. Overall, this is a fantastic activity, and one

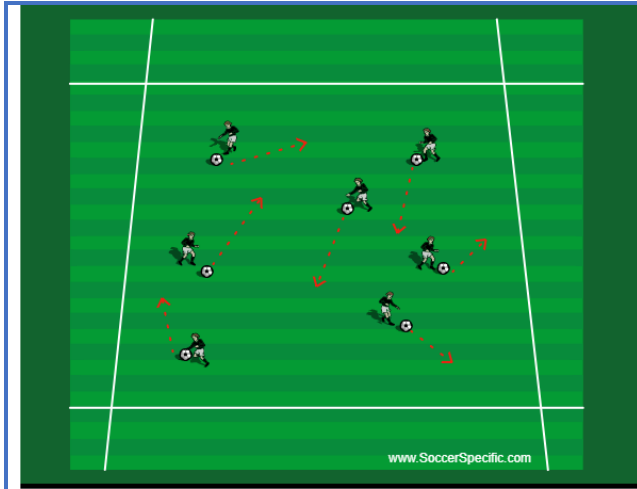


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#### Paint the Yard



**Setup:** 15x20 yd grid have every player with their own ball

**Instructions:** The ball is your paint brush, can you paint the entire box?

What is your favorite color? Have them paint quickly, slowly. Good way to work in skill moves and change of direction. Tik toks to cover more area, pull push. Tap off the paint for different color: toe taps

**Coaching Points:** What parts of the foot can we paint: inside, outside, bottom, laces.

What's the fastest way to paint the yard?

Pick up your head between touches, no crashing keep the ball close