



# U6/U7 – Session 3

## **Intentional Free Play:**

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



## **Paint the Field:**

All players will dribble their soccer ball in a 25x35 yard grid pretending their soccer ball is a paintbrush and wherever it rolls is painting the field. The players will try to paint as much of the area as possible in the time allotted.

**Variation 2:** Ask the players to paint with their favorite color and try to paint with different parts of both feet. Remember: push the ball vs. kick.



## **Ninja Warriors:**

All players with a ball (dribblers) with the exception of two players who wear pinnies (Ninja Warriors) in a 25x35 yard grid with a defined island in 1 corner. The players with pinnies are trying to tag the dribblers. Once tagged, the players must go to the island. Dribblers can only get back if another dribbler tags them or the coach uses their magic powers to free them.

**Coach:** Make sure all players have a chance to be a Ninja Warriors.



## **Get “Outta” There:**

The players are divided into two team and positioned at either side of the coach. The coach sets up a 25x35 yard grid with two small goals on each end line. The coach has all the soccer balls and is in charge of serving the balls into the grid. The players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

**Coach:** Can make the games 1v1, 2v2 or 3v3. They should vary the service



## **Scrimmage:**

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4; no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. \*Remember – when your team has the ball, they are all on offense and when your team doesn’t have the ball, they are on all on defense. \*

