



U6/U7 – Session 5

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.



Free Dribble:

All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Remind them to push the ball vs kick the ball.

Version 2: Coach can put pressure on players dribbling.

Version 3: Players can dribble at each other and perform a move and accelerate away.



Freeze Tag:

All players are dribbling a soccer ball in a 25x35 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players with their soccer ball, who then freeze with the soccer ball above their head. The activity ends when all players are frozen.

Coaches: One coach may be the freeze monster while another is unfreezing players.

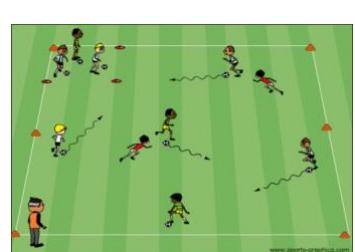
Version 2: Players can unfreeze each other by kicking the ball through their legs.



Ninja Warriors:

All players with a ball (dribblers) with the exception of two players who wear pinnies (Ninja Warriors) in a 15x20 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.



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. *





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