



U6/U7 – Session 7

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.



Juggling:

All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players can try to use their thighs and feet to keep the ball in the air.

Coach: Have the players count how many times they touch the ball before it hits the ground. Also have them try it by allowing the ball to bounce.

Version 2: Controlled juggling – Thigh, catch. Foot, catch, Thigh, foot, catch. Thigh, thigh, catch. Foot, foot, catch. *Please keep the patterns simple!*



Ball Tag:

All players are dribbling a soccer ball in a 25x35 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. **Version 2:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.



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. *

