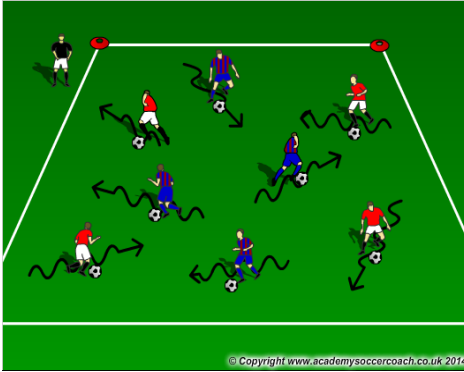


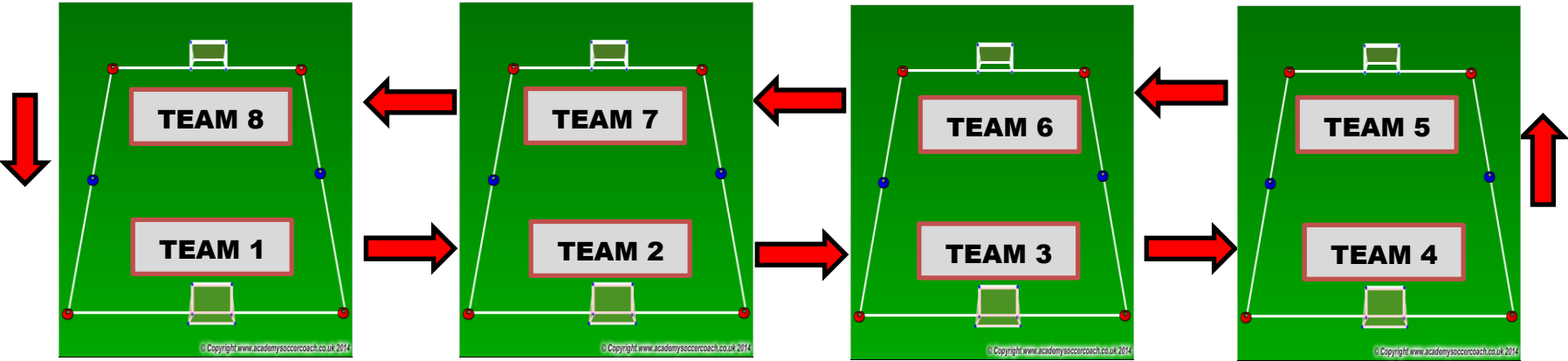
Season: Spring 2015

Age Group: U6

Week: 10

Stage	Activity Description	Diagram	Coach Effectiveness
<p>Warm up</p>	<p><u>Paint the Field Dribbling:</u> In a 15Wx20L grid all players will dribble their soccer ball pretending that is a paintbrush. The players will try to paint as much of the area as possible in the time allotted. Coach: Have the players write their names with the "Paintbrush" (Ball,) favorite number, favorite movie character, their street name etc. Variation: Ask the players to dribble only with the left foot, then with the right foot. • Play 30 second rounds with time in between to pick a new creative dribbling idea.</p>		<p>Coach (C) - When should the ball be close to the dribbler? Player (P) - When another dribbler is in front of them or you want to change direction. C - What should a player do with the ball if they want to paint long lines even faster? P - Push the ball further in front of you then run onto it.</p>

Soccer Festival

<p>Organization</p>	<ul style="list-style-type: none"> • The teams will: <ul style="list-style-type: none"> ○ Play 8-10 minutes games ○ Teams will have a 2-3 minutes to change fields ○ Coaches will sub on the fly ○ Teams will rotate as shown below <div style="text-align: center; margin-top: 20px;">  </div>
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