



MASSACHUSETTS YOUTH SOCCER



Season Spring 2016

Age Group U6

Week

5

Activity 1 The Hungry Caterpillar

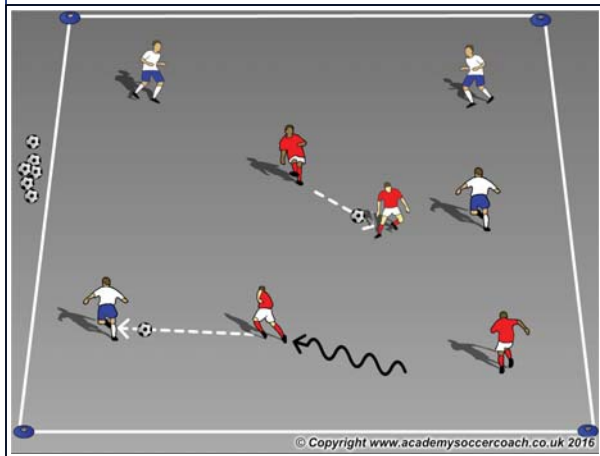
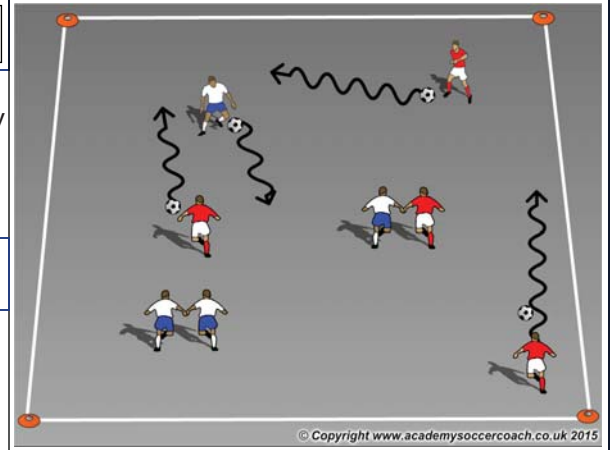
Duration 8 Min

In a 15Wx20L yard grid, all players are dribbling their soccer ball (pieces of fruit) except for 1 or 2. The players without a ball are Hungry Caterpillars and each will try to make themselves the biggest. They chase the dribblers around to get their fruit. If a dribbler or their ball gets tagged, they join the Caterpillar to make it grow. First caterpillar to get 4 player becomes the giant butterfly.

Variations

Activity Time 1.5 Min Rest 30 Sec Intervals 4

- Round 1: Coaches start as the Hungry Caterpillars.
- Round 2: Select players to start as Hungry Caterpillars.
- Round 3: If the dribblers can last for 20 seconds without getting tagged, they can pick a teammate from the Caterpillar to be a dribbler again.



Activity 2 Hansel & Gretel

Duration 8 Min.

15Wx20L yard grid, select 2-3 players to be Evil Witches/Warlocks. All other players will be Hansel's & Gretel's. Evil Witches will begin with soccer balls, Hansels & Gretels without soccer balls. The Evil Witches will dribble around and try to tag Hansel or Gretel with their hand. Once tagged, they get their soccer ball and become an Evil Witch too.

Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Coaches are Evil Witches & they tag Hansel & Gretel (no ball for coaches).
- Round 2: Select players to be the Evil Witches.
- Rounds 3-4: Evil Witches tag the Hansels & Gretels by passing their soccer ball and hitting them below the knee.

Activity 3 The Cat In The Hat vs Things 1 & 2

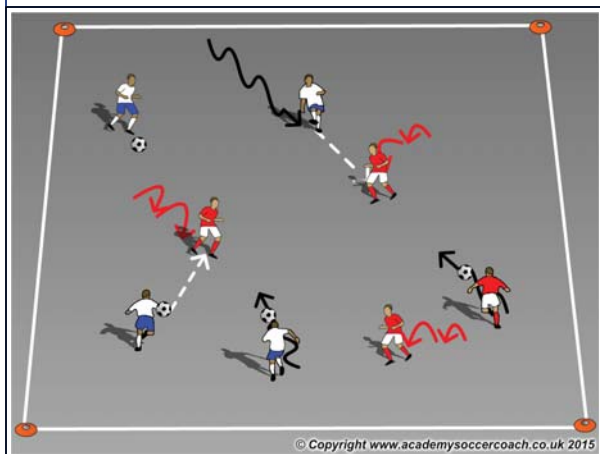
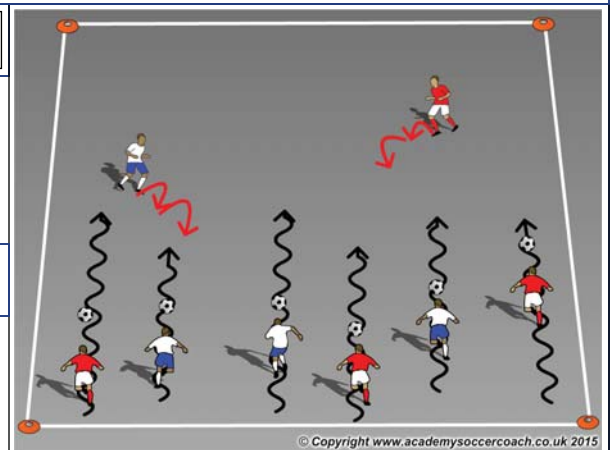
Duration 8 Min.

In a 15Wx20L yard grid, select 2 players to start as Thing 1 & Thing 2; they do not need a soccer ball and can only hop around the field. The rest of the players start at one end line with a ball; they are Cats in Hats. On the coaches command, the dribblers try to get across the field without getting tagged by a Thing. If a dribbler gets tagged, they become a Thing also.

Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Coaches are Things but do not have to hop or skip.
- Round 2: Players are Things and must hop or skip.
- Round 3: Dribblers have to get the entire way across and back without getting tagged by a Thing.



Activity 4 Tiggers vs Rabbits (Whinnie the Pooh)

Duration 8 Min.

In a 15Wx20L yard grid, the coach will divide the team into 2 teams; 1 team is the Tiggers and the other is the Rabbits. The Tiggers start without a ball and can only hop or skip. The Rabbits start with a ball and try to hit the Tiggers below their knees. When a Rabbit hits a Tigger, the Tigger becomes a Rabbit.

Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Rabbits start with the ball and they count the number of Tiggers hit.
- Round 2: Tiggers become Rabbits and vice versa (switch roles).
- Round 3 & 4: Tiggers become Rabbits when hit and the number of Rabbits grows.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.