



U5-U6 – First Practice

Objectives:

1. Orientation for players and parents
2. “Fun” games for skills and agility – emphasize dribbling and a soft first touch
3. Teach very basic game concepts

Time	Activity
30 min	Before Practice
	Arrive early to lay out cones and disks for grids before the families arrive. Parent/player orientation – Explain objectives, parent participation, practice days, etc.
20 min	Fundamentals Games – skill development with one player per ball
	Red Rover - Start without a ball to develop agility. Then repeat with each player dribbling a ball. Players start in a line at one end of the grid, with the coach in the middle. The coach calls “Red rover, red rover, send everybody over” (or substitute shirt colors, etc.). The coach tries to tag players as they try to reach the other side of the grid. If they do, they turn around and wait for the coach to call again. If they are tagged, they are also “it” in the middle with the Coach. Break Body Part Dribble - Every player starts with a ball in a grid. On command all players dribble in the grid. The coach yells out a body part and the players immediately stop the ball with that part. This activity helps players learn to keep the ball under control and close enough to stop quickly.
20 min	Match Related Games – more than one player per ball
	Pac-Man – Place the balls just outside of the grid within easy reach. The players try to stay inside the grid. One player, usually a better player, starts with a ball inside the grid. On command, the player with the ball has to dribble the ball under control while attempting to tag the others. If he tags a player, that player gets his ball and attempts the same. Break Blob Tag - The coach is “it” and all the players have a ball in a grid. If the coach tags someone or their ball, that player’s ball is knocked out of the grid and he is also “it.” Go after the best dribbler first to allow the weaker players to get more touches. The coach and the tagged player link arms to form a “blob” and try and tag somebody else. This continues until everyone is in the blob.
20 min	Match Conditions – Scrimmage
	Hand out scrimmage vests. <u>Briefly</u> introduce game concepts when appropriate: 1) no hands; 2) keep the ball inside the grid; 3) kick the ball through their goal; 4) stop the other team from kicking the ball through your goal; 5) if the other team kicks the ball out, your team throws it in; and 6) how to do throw ins. Help players to learn on their own by keeping instructions occasional and brief.
5 min	After Practice
	End on a positive note, remind families about the next practice, and answer questions.