

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: CROSSOVER DRIBBLING

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Each player has a ball and stands lined up with the other players along one side of a 15x20 yard grid.

ACTIVITY:

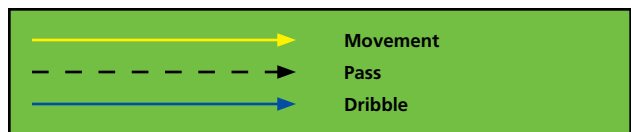
When the coach says, "Go," all players dribble to the opposite side of the grid. Once there, each player turns around and dribbles back across the grid to their original spots.

VARIATION(S):

- When the players reach the other side, have them go to a different spot when they make the return trip.
- Time the event and see how many times the player can cross over in that amount of time.

COACHING POINT(S):

- Dribble with the head up to avoid other players.
- Long touches or short touches to maximize speed and control?



YouTube Watch on [youtube.com/calsouthsoccer:](http://youtu.be/84Zfys6LjhA)
<http://youtu.be/84Zfys6LjhA>

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NOTES:

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ACTIVITY: TAG

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Each player has a ball.

ACTIVITY:

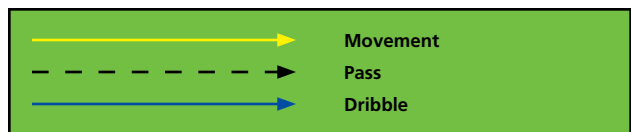
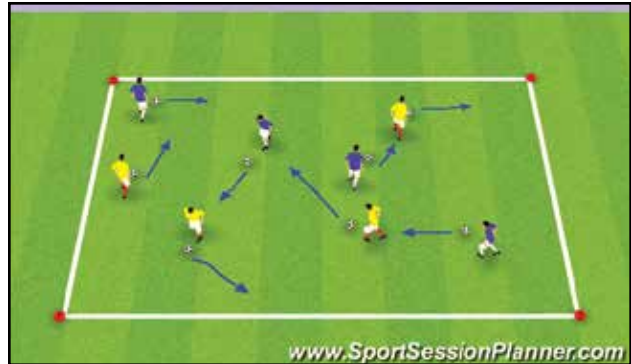
Players try to tag each other with their hands while dribbling a soccer ball. Players may not abandon their own ball while attempting to tag someone. Play for a pre-determined amount of time. Have players keep count of their own tag amounts and try to improve their score if playing more than one game.

VARIATION(S):

- May start without a ball to introduce activity.

COACHING POINT(S):

- Activity will require players to dribble with their head up and keep the ball close in order to be successful.



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<http://youtu.be/iRVXIGuOT6I>

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ACTIVITY: HOSPITAL TAG

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Each player has a ball within a defined area.

ACTIVITY:

Players dribble within the designated area while using their hands to tag the other players. When a player gets tagged, he must hold the spot on his body that he was tagged with his hand. Once a player has been tagged twice (i.e., has both hands holding spots where he was tagged), that player must run to the "hospital" to get well. The "hospital" is a space set around 10 to 15 yards away from the designated area to which the player must dribble and perform 4 ball touches. Once the player has completed the task, he can resume play with both hands free.

VARIATION(S):

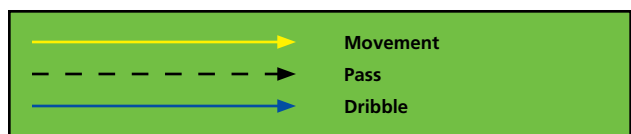
- Can play with or without a ball.
- Add a task once the player arrives to the hospital, i.e., toe taps, a dribbling move, etc.

COACHING POINT(S):

- Keep the ball under control and close.
- Change of speed and/or direction.

COACHING QUESTION(S):

- How can you keep from getting tagged?
- What can you do that will help you tag others?



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<http://youtu.be/Hm255YTk6qs>

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ACTIVITY: OUTTA HERE

AGE: U6 TIME: 10 MINUTES

ORGANIZATION:

Set up a 20x25 yard field. Establish a 1v1 match-up between 2 players. Each player will have teammates waiting in a corner. The coach will have a collection of balls on the touchline. Players, therefore, do not chase any balls out of bounds during the activity.

ACTIVITY:

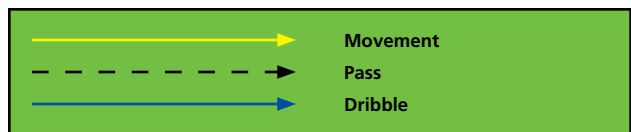
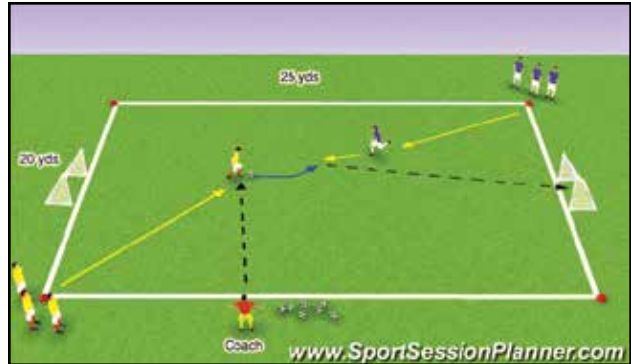
1v1 soccer. Once a player scores, the opposing player leaves the field and is replaced by one of his teammates from the corner. Players should rush onto the field when they replace someone so that play can continue uninterrupted. When the ball goes out of bounds, both players leave the field. New players from both teams rush onto the field and play continues. Coach can restart play to a certain team or player to ensure chance of success.

VARIATION(S):

- May play 1v1, 2v2, 3v3, etc.

COACHING POINT(S):

- This game should be very fast-paced.
- As soon as a ball goes out of bounds, throw another ball in immediately.
- Vary how balls are distributed into the playing area.



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NOTES:

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ACTIVITY: 3V3 GAME

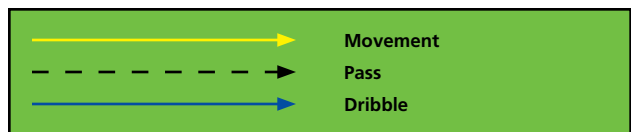
AGE: U6 TIME: 20 MINUTES

ORGANIZATION:

Play 2 teams of 3 players each and 2 small goals.

ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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