

# FRIDAY Week #2

6-7 yr olds (2017-2018 birth year)

Players: 27, 4 groups of 8+

6:00p

## 6:00-6:15 3v3 game to target

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min. No GK, No boundaries

6:15-6:20

BREAK

## 6:20-6:30 Movement/Motor Skills/Dribbling: Duck Tales

<https://youtu.be/zoYtwkme5HI?t=764>

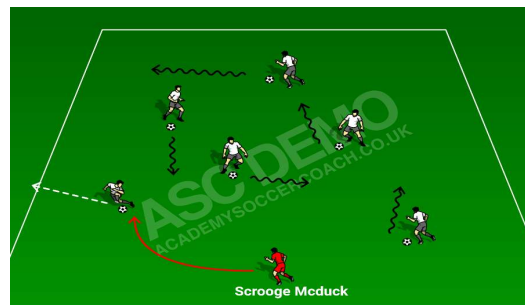
Setup: 20x30 area; No Balls, pinnies for all except 1 'Scrooge Mcduck'; pinnies tucked into shorts creating their duck tail.

All players in the grid, 'Scrooge Mcduck' outside of grid. Coach calls in 'Scrooge' who enters the grid and tries to steal the players' duck tail (wallet).

If scrooge steals a tail (wallet), the player is out. Play until one player has their tail.

They are the winner. Rinse-repeat. Who wants to be the next 'scrooge mcduck'?

P1: give each player, including scrooge Mcduck a soccer ball to dribble



6:30

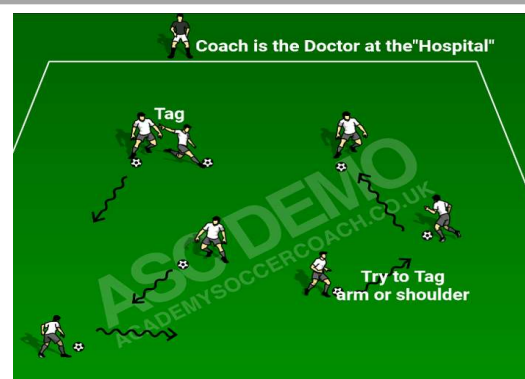
## 6:30-6:40 Dribbling/Balance: Hospital Tag

<https://youtu.be/zoYtwkme5HI?t=165>

Setup: 20x20 area; 4 cones create square space; everyone gets a ball

Players dribble in hospital while trying to tag each other and not get tagged. If player gets tagged, it's a boo-boo and use a hand as a band-aid to cover it while they keep dribbling. Get tagged again? cover it with the other hand as a band-aid. Get tagged a third time? Head to the doctor (coach)

P1: give each player, including scrooge Mcduck a soccer ball to dribble



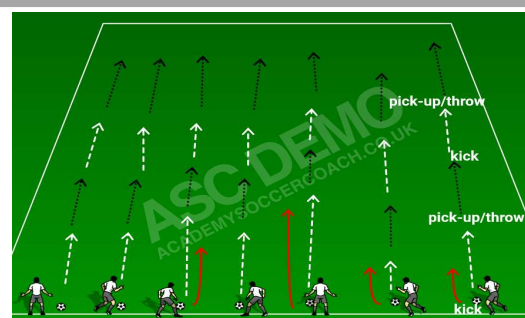
6:40

## 6:40-6:50 Kick-Pick Up-Throw

Setup: 20x30; each player with a ball; line up on the touch line or goal line

Players move across field and back by kicking ball - running and picking it up - then throwing the ball (throw-in style, 'behind head then whip it'). Rinse- repeat, down and back.

P1: Make a game of it. Have players count how many throws they have. (Winner's count - your count) \* 1 push-up.



6:45-6:50

BREAK

## 6:50-7:15 Game: 5v5

Setup: 20x40 yd field, 10' goals, 2 balanced teams (pinnies) w/ GK

Touch line (kick-ins); Goal Kicks, build out line

Keep Score: Losing Team does 5x (difference in score)

PUSH-UPS, Winning team does 1/2 of the Loser's number



7:15

7:15-7:20 Close / Cleanup / Lesson Learned?