

LESSON PLAN: U6 BALANCE

Warm Up Activity "Goofy Stop"

All players have a ball. They all dribble around and when the coach says stop, they have to stop the ball with the bottom of their foot and make a funny/goofy pose.

COACHING POINTS:
COORDINATION!
BALANCE!
HEADS UP!



2nd Activity "Body Parts"

Each player has a ball and dribble the ball in an area. As a coach, you call out a "body part" for the players to stop the ball with.

"What part of the foot can you use to dribble"? (Toes, laces, inside, maybe outside)
"What part of the foot can you use to STOP"? (Bottom)

COACHING POINT: KEEP THE BALL CLOSE!



3rd Activity Direction Game "Sharks and Minnows"

"How can you avoid being tagged by the shark?"
(Change direction and go fast!)
"How far away should the ball be from you?"
(Close enough so you can control it!)



4th Activity 3v3 Game-no goalkeepers

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