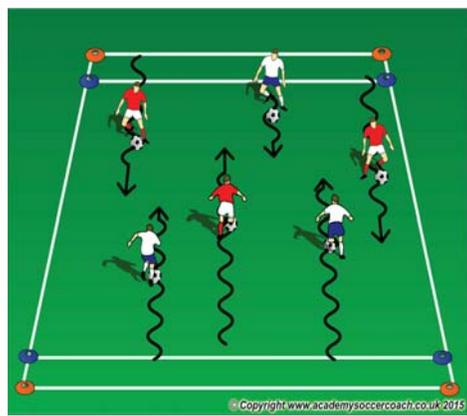




Season Fall 2015

Team/Age Group U6's - Ocean

Week 5



**ACTIVITY 1**

Duration:	8 min	Intensity:	Med	Intervals:	8	Activity Time:	45 sec	Recovery Time:	15 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

**CROSS THE OCEAN:**

In a 15W x 20L yard grid, get the players in pairs and have them start on opposite sides of the grid (On the Beach). At coach's command, the players will dribble the soccer ball across the ocean to the beach on the other side. They must go as fast as they can, keeping the ball under control, once they have stopped their ball on the beach they should shout out their name!

**ACTIVITY VARIATIONS**

- Rounds 1-2: Players can only use one foot
- Rounds 3-4: Players can go back and forth as many times as they can in 45 seconds
- Rounds 5-6: Players must dribble across the ocean using Inside-Outside Pattern
- Rounds 7-8: Players try to beat their High Score!



**ACTIVITY 2**

Duration:	8 min	Intensity:	Med	Intervals:	8	Activity Time:	45 sec	Recovery Time:	15 sec
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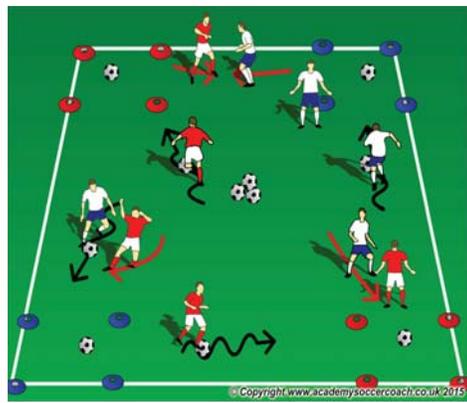
ORGANIZATION - (Physical Environment / Equipment / Players)

**SHARKS AND MINNOWS:**

In a 15W x 20L yard grid, select 1 or 2 players to be Sharks, Sharks will start in the middle of the grid. The rest of the players (Minnows) are at one end of the grid. When the sharks say "Fishy, Fishy, Cross My Ocean" the minnows will try to dribble their ball to the other end of the grid. If the sharks take the minnows ball and dribbles it outside of the grid, the minnow becomes an additional shark.

**ACTIVITY VARIATIONS**

- Round 1: The coach starts as the the Shark
- Round 2-4: Select 2 players to start as the Sharks
- Round 5-8: Sharks can kick the ball outside of the grid or dribble the ball outside of the grid



**ACTIVITY 3**

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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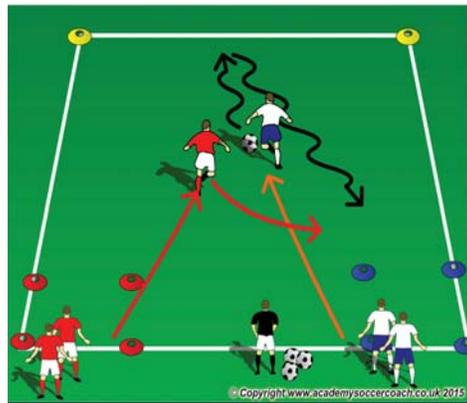
ORGANIZATION - (Physical Environment / Equipment / Players)

**CAPTURE THE TREASURES:**

In a 15W x 20L yard grid, divide players into 4 equal teams, with each team having a separate home base (ship) in the corner of the playing area. All soccer balls will start in the middle of the grid. Players start on their ship and at the coach's command one player at a time will run out to the middle collect a soccer ball (treasure) and dribble it back to their own ship. Once all the treasure has been collected, players can steal soccer balls from their opponent's ships.

**ACTIVITY VARIATIONS**

- Round 1-2: Players can only dribble the ball back to their ship
- Round 3-4: Players can dribble or pass the ball back to their own ship



**ACTIVITY 4**

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

**CAPTURE THE PEARL:**

In a 15W x 20L yard grid, the coach makes 2 teams of 3-5 players each. Players are lined up next to the coach. When the coach serves the ball, the first player on each team will go after the soccer ball (The Pearl) and try to dribble the ball back to their sea shell. If a player stops the soccer ball inside their shell, they get a point for their team. Players can not defend inside the other teams shell.

**ACTIVITY VARIATIONS**

- Round 1: One game of 1v1 at a time
- Round 2: Have two 1v1 games going at the same time with different soccer balls
- Round 3-4: Coach can make the games 2v1, 2v2

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them to keep the majority of players playing. Allow plenty of breaks for water and rest!

25 min