



U6/U7 – Session 6

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Red Light/Green Light:

All players are dribbling freely in a 25x35 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.

Coach: Control the frequency of light changes.

Variation 2: Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.)



British Bulldog:

All players are dribbling a soccer ball from one end to the other end of a 25x35 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”. To start each round, Bulldogs yell, BRITISH BULLDOG! Players with the ball yell, CHARGE!

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.



Get “Outta” There:

The coach sets up a 25x35 yard grid with two small goals on each end line. The players are divided into two teams and positioned at either side of the coach. The coach has all the soccer balls and is in charge of serving the balls into the grid. The players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when your team doesn’t have the ball, they are all on defense. *



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