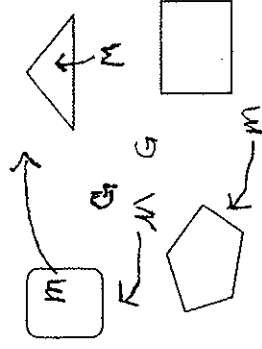
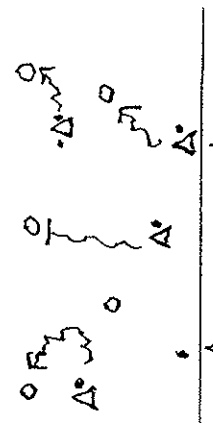

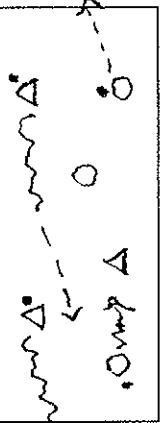


U6 – Individual Play		Phil Johnson - MYSA	
ACTIVITY	DIAGRAM	COACHING POINTS	
1. Bring the Ball Back * Circle the coach. * Each player with ball in hands. * Give name, toss ball, bring it back. * Fast, touching 3 body parts, hidden, feet.		Target, Decision-Making, Body Awareness * Follow Directions. * Listen carefully. * Try to be creative.	
2. Copy Cat Dribble * Hop, skip, run and jump. * Dribble around. * Show stops and turns. * Name the moves. * Copy – Dribble Magic.		Maze, Body Awareness, Balance * Watch and copy. * Keep ball close when dribbling.	
3. Everybody's It * Talk tag safety. * Count. * Vary options. * Try not to get tagged		Maze, Body Awareness * Vision Up. * Keep your balance.	
4. Body Part Dribble * Players dribble around coach. * Avoid collisions. * Coach calls "toe", they stop ball with toe. * Players continue to stop the ball with any body part that coach calls out.		Body Awareness, Agility * Listen carefully. * Dribble close with small steps.	

U 6 - Individual Play	ACTIVITY	DIAGRAM	COACHING POINTS
<p>5. Minnows and Groupers</p> <ul style="list-style-type: none"> * Run / dribble between islands for safety. * Avoid being tagged. * Change from minnow to grouper if tagged. * Add rafts "vests" on the ground for options. 		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> * Be safe. * Make a plan. * Run / Dribble quickly. 	
<p>6. Gates : Stop and Go</p> <ul style="list-style-type: none"> * Set up cones. * Run to stop on the cones. * Carry ball, dribble ball, kick the ball to the cones. * Vary : Stop and Go. Detour. Gas Station 		<p><i>Decision-Making, Target</i></p> <ul style="list-style-type: none"> * Head up as you run. * Dribble at your own speed for control and change of directions. 	
<p>7. Moving Targets</p> <ul style="list-style-type: none"> * Each player with a ball in hands. * Two adults hold vest, arms out. * Score goals through moving targets. * Run, roll ball, dribble and pass through and under the "goal posts". 		<p><i>Target, Decision-Making</i></p> <ul style="list-style-type: none"> * Get close before shooting. * Be safe. * Inside of foot – best surface for accuracy. 	
<p>8. Line Soccer - 4 V 4</p> <ul style="list-style-type: none"> * Get ball to Teddy. * Scatter balls. * Throw one out at a time. * Kick ball across end line for score. 		<p><i>Maze, Targets, Decision-Making</i></p> <ul style="list-style-type: none"> * Be a good listener. * Follow directions carefully. * Be safe. 	