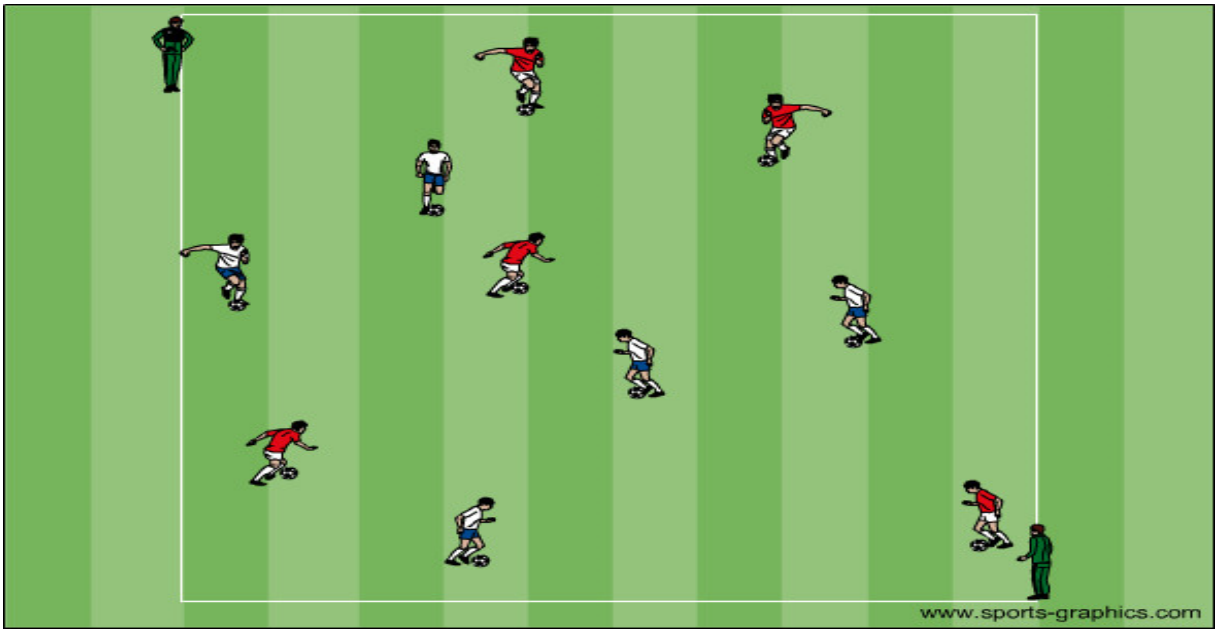
Connecticut Junior Soccer Association

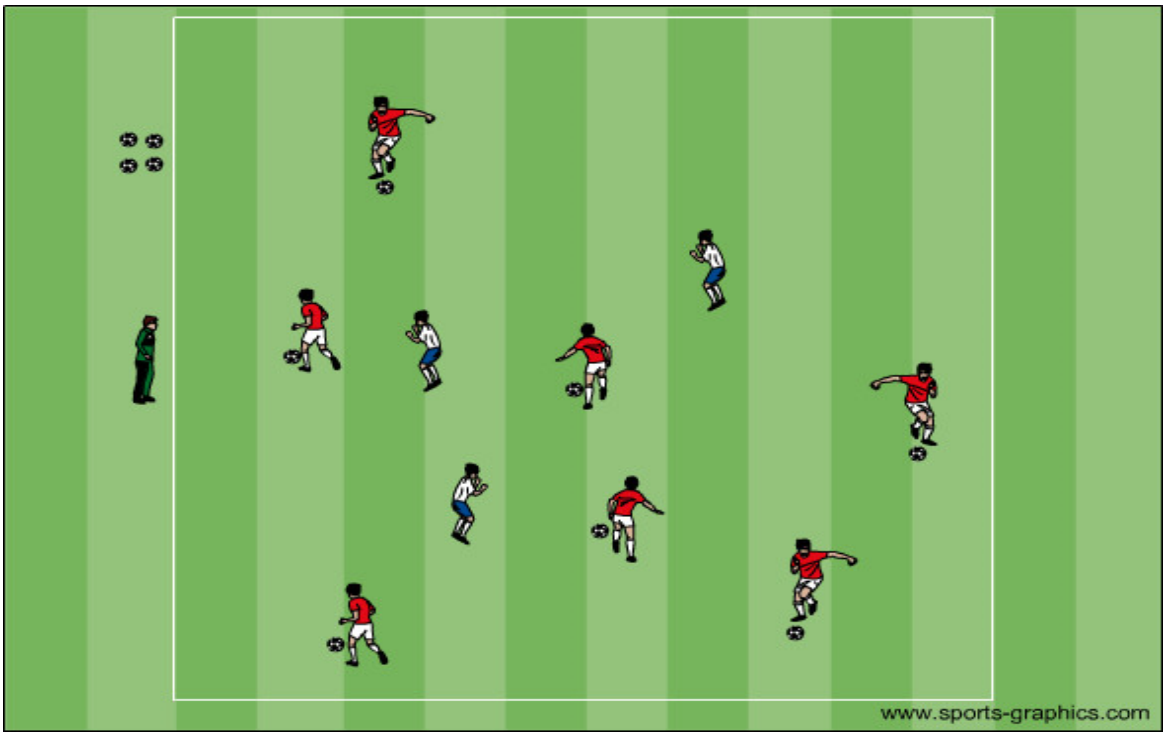
U6 SESSION #5

In week five the U-6 Players will continue to develop the ability to dribble, and play fun games. Players will be able to run with the ball at the correct distance away, and stop quickly.

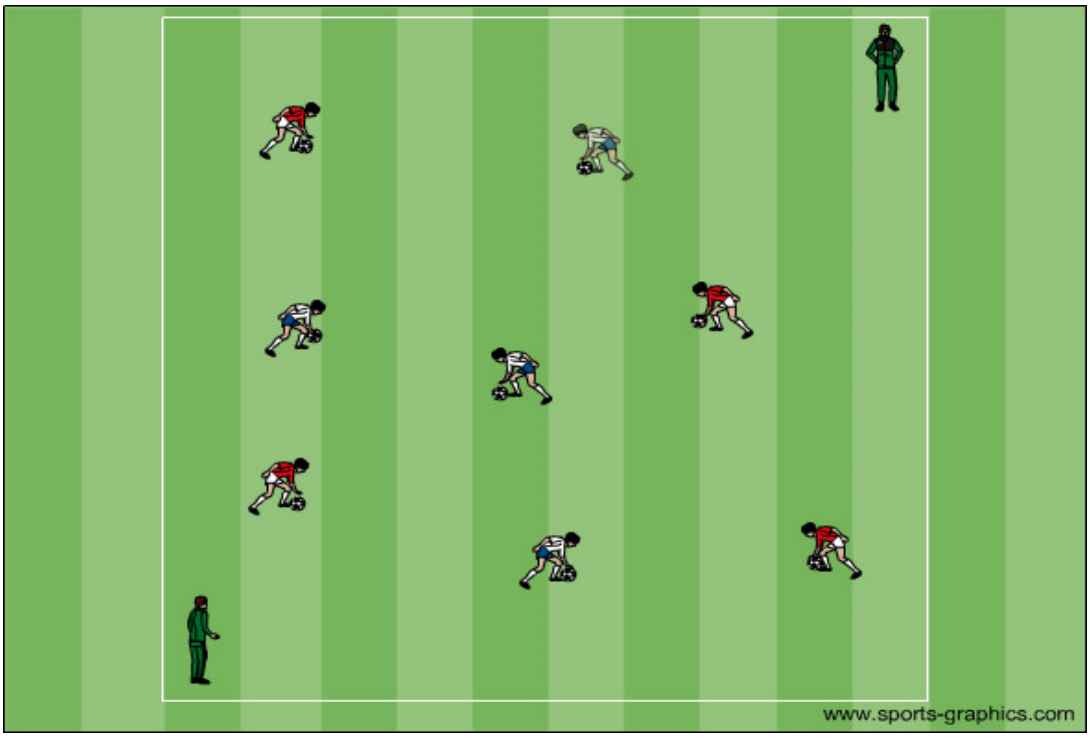
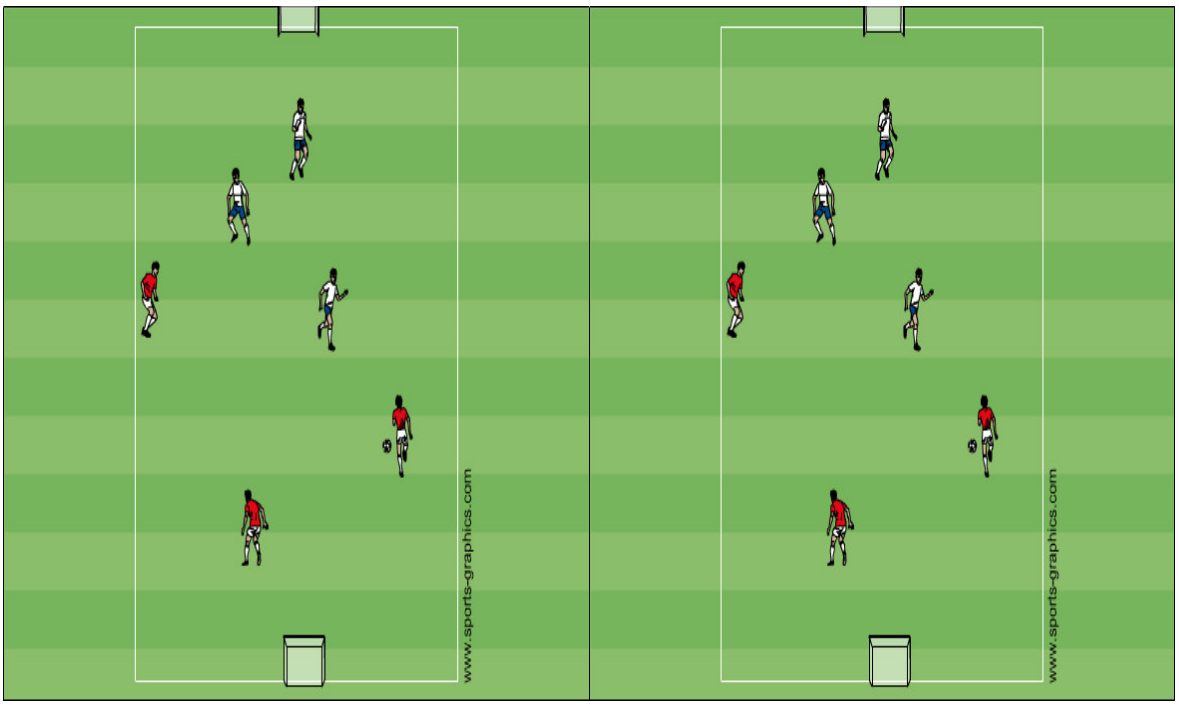
1. **Red light/Green light---**All players have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.) **(10 minutes)**



2. **Kangaroo Jack---**All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. **(10 minutes)**



3. **Body Part Dribble---**In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, and elbow) during one stoppage or call out two body parts at once (i.e. both hands**). (10/15 minutes)**



4. **3 v 3 to small goals --- Dual Field--** Two (2) *3 vs. 3 games in a 30 x 20 yard grid without GK's.* **(20/25 minutes)**