

WINTER RECREATION 2021



5U - 6U

ACCOUNTING FOR WATER BREAKS AND ORGANIZING INTO TEAMS, THE TOTAL SESSION TIMES SHOULD BE 1 HOUR.

WEEK 1

5 MINUTES	WARM UP	Challenge players to copy your actions... Bounce ball & catch. How many bounces & catches in 20 sec? Can you drop and trap with foot? Can you trap with butt?
10 MINUTES	BODY PART DRIBBLE	Players dribble around and coach shouts different body parts to stop the ball with. Knee, elbow, butt, head, etc. Challenge players to keep ball close.
10 MINUTES	RED LIGHT, GREEN LIGHT	Players line up on one end line. Coach yells "green light" and players drive the ball (car) forward. "red light" and they stop (press the brake by putting foot on top of the ball. They gradually move up field to opposite end. Finish up the activity by having the players go park their car in the garage (goal).
30 MINUTES	SCRIMMAGE 4 v 4 <ul style="list-style-type: none">• 2 x 10 min halves• 5 minute half time	Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!

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WEEK 2

5 MINUTES	WARM UP	Challenge players to copy your actions... Bounce ball & catch. How many bounces & catches in 20 seconds? Can you drop and trap with foot? Can you trap with butt?
10 MINUTES	GATE GOALS	Set up 4 or 5 goals with cones around the field. Players are challenged to dribble and score as many goals as possible in 20 seconds. Be sure to ask the players how many goals they scored and challenge them to beat their total each round. For the last two rounds, give the players a 5 second countdown to finish off by scoring in a 'real' goal at either end of the field.
10 MINUTES	SHARKS & MINNOWS	2 players designated as sharks start in the middle of the field. All other players are minnows and start at one end and must dribble ball to other end without being tagged by the sharks.
30 MINUTES	SCRIMMAGE 4 v 4 • 2 x 10 min halves 5 minute half time	Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!

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WEEK 3

5 MINUTES	WARM UP	Simon says... "head, shoulders, knees, toes... progress into foot on top of the ball, alternate, then toes taps where the kiddos switch one foot on top of the ball quickly.
10 MINUTES	POPCORN	Using cones, a large circle (the skillet) is made in the middle of the field. The players (popcorn) slowly move their ball around inside the skillet. The coach starts to circle around the skillet heating up the popcorn. As the coach circles faster the players move faster, until the coach yells 'Popcorn' and then pop out of the skillet to run to score a goal as fast as possible.
10 MINUTES	RUNAWAY ROBOTS	Players (robots) are split up into two teams and start at a different goal (planet) at opposite ends of the field. When the coach yells 'Run robots, run!' the players dribble their ball off their planet to try to get to the opposite planet as fast as they can. After two rounds the coach becomes the robot hunter and tries to capture the robots by kicking his/her ball against theirs.
30 MINUTES	SCRIMMAGE 4 v 4 <ul style="list-style-type: none">• 2 x 10 min halves5 minute half time	Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!

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WEEK 4

5 MINUTES	WARM UP	Simon says... "head, shoulders, knees, toes... progress into foot on top of the ball, alternate, then toes taps where the kiddos switch one foot on top of the ball quickly.
10 MINUTES	FREEZE TAG	The coach is Mr/Ms Freeze. Players dribble around the field trying to avoid being tagged and frozen by Mr/Ms Freeze. When a player is frozen, they hold their ball above their head, and stand with their legs wide apart. The other players can 'defrost' a frozen player by kicking their ball between their legs. Repeat several times and allow two players to be Mr/Ms Freeze.
10 MINUTES	MR FOX	For first few rounds, start WITHOUT BALL). Players (chickens) start at one end of the farmyard and the coach (Mr. Fox) at the other in his den. Players yell "what time is it Mr. Fox" and coach responds with a number... Example "5 o' clock". Players take 5 steps/kicks forward. Repeat 3 times and then on fourth time, coach yells "it's dinner time" and chases players back to the chicken coup as they try to dribble ball back as fast as possible.
30 MINUTES	SCRIMMAGE 4 v 4 <ul style="list-style-type: none">• 2 x 10 min halves5 minute half time	Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!