

U6 Soccer Day!!!

Location: Indian Valley Middle School Football Field

Time: 9:00 – 10:30 Please arrive 10 minutes early to make sure you find parking and your child is ready to go by 9:00

What to Bring: Soccer Ball, water bottle, shin guards and most importantly a SMILE!!!

We are all excited about a fun filled morning of soccer for the U6s.

*****All Coaches Need to Bring a Ball Too*****

Schedule

Time	Silly Games	Game
9:00 – 9:30	Teams 1-10	Teams 11-20
9:30 – 9:40	Water Break and Rotation to Next Activity	
9:40 – 10:10	Teams 11-20	Teams 1-10
10:10 – 10:15	Water Break	
10:15 – 10:30	Presentation of Medals by the individual Coaches	

Game

Time	Field 1	Field 2	Field 3	Field 4	Field 5
9:00-9:30	11 vs 20	12 vs 19	13 vs 18	14 vs 17	15 vs 16
9:40-10:10	1 vs 10	2 vs 9	3 vs 8	4 vs 7	5 vs 6

Silly Games

The children will rotate through 4 fun games. The coaches will be responsible for leading the games. As the teams rotate their coaches rotate with them. Coaches at each station there will be a lesson plan of how to run the game plus one will be emailed to you. Each station will be 7 minutes long.

Time	Red Light Green Light	Stuck in the Mud Swim	Fishies Swim	Upsy Downsy
9:00-9:07	Teams 1,2,3	Teams 4,5	Teams 6,7	8,9,10
9:07-9:14	8,9,10	1,2,3	4,5	6,7
9:14-9:21	6,7	8,9,10	1,2,3	4,5
9:21 – 9:28	4,5	6,7	8,9,10	1,2,3

Time	Red Light Green Light	Stuck in the Mud Swim	Fishies Swim	Upsy Downsy
9:45-9:52	Teams 11,12,13	14,15	16,17	18,19,20
9:52-9:59	18,19,20	11,12,13	14,15	16,17
9:59-10:06	16,17	18,19,20	11,12,13	14,15
10:06-10:13	14,15	16,17	18,19,20	11,12,13

Dear Coaches,

Thank you for all your hard work this season. Just one more day of soccer fun!!!! How this day goes truly depends on how you present the silly games. If you are a coach full of personality then step up and explain the game to all the children. You will be rotating with your team so the same coaches will be with you through each game. The more fun you are having the more fun the kids will have. Basically if they see you acting goofy and silly they will have a blast. If you do not understand anything please feel free to email me or call me. Just remember you are only at each silly game for 7 minutes so explain and get moving. If a child isn't grasping the concept one of the many coaches in your group can pull them to the side and have them explain it. All the equipment will be on the fields except for soccer balls. Stthomas322@verizon.net or 215-513-6207.

Silly Game Discriptions

Red Light Green Light

Equipment: None

Objective: To have fun and work on listening skills and ball control.

Have one coach be the police officer. The other coaches will help to move the children back if they got caught by the police officer. I am sure most of you have played this before but this is my version.

Have the children stand on the baseline the police officer stands on the other baseline. The children are the cars moving with the soccer ball. Tell them to keep the ball close to their foot. The police officer will say "Green Light" then turn around at that time the children will proceed to the end of the "road" where the police officer is standing, but as soon as they hear the police officer say "red light" they need to quickly stop the ball by putting their foot on top and controlling it. The police officer turns around. If the police officer sees a child move he asks one of the other coaches to bring that child back to the end of the group of children (I usually don't have them go all the way back to the line as the game goes on because for some children that is a huge distance). The game is over when ALL of the children make it up to the police officer. The officer just keeps saying red light green light.

Stuck In The Mud (I will be there to run this game)

Equipment: Pinnies (The coaches that are the mud monsters use them as an identification to gently tag the players. They roll them up in their hand.)

Objective: The overall aim is to work on ball control, looking up as dribbling and cooperation.

Have half of the coaches be Silly Mud Monsters, the other half will work with the children. The object of the game is to get all the kids Stuck in the Mud!!! Each child and coach has a soccer ball. The Mud Monsters (explain they are silly like Sesame Street Monsters) have the pinnies rolled up in his/her hand. The coaches are dribbling their ball trying to tag the players while the children and other coaches are trying to get away. If a child is tagged he/she becomes stuck in the mud. The child picks up the ball and raises it over his/her head. The only way they get free is if a teammate kicks the ball through their legs. Once the ball is through the player's legs the child that was stuck places their ball down and continues playing. If a player is freeing someone they cannot get tagged. This encourages the cooperation plus the encouragement from the other coaches that are not the Mud M encourages them to save people. Rotate new Mud monsters. Coaches don't catch them all!!!!

Swim Fishies Swim

Equipment: None

Objective: The overall aim is for the children to have fun while working on their dribbling while keeping their heads up, using open space and cooperation.

The object of the game is to turn all the children into crabs!!! Have the children lined up on one side of the field (they are the fish) and the coaches are the crabs (in a crab position) in the middle. When the head crab says "swim fishies Swim" the children are trying to get from one side of the field to the other without a coach touching their ball with their foot. I let the group go across once without catching anyone. After they make it to the other side of the field the coaches say "swim Fishies Swim" again. If a child is caught they are asked to place their ball outside the playing area and then they come and join the crabs for the next round. Game is over when all the fishies are caught!!! You may get a few rounds in.

Upsy Downsy

Equipment: Standing Cones (coaches if you have any we are in great need!!! Just make sure you mark them)

Objective: To work on their dribbling while looking up and cooperation.

Divide the children in ½ as well as the coaches. Half of the group are Upsies the other half are downsies. The object if all the upsies are trying to get the cones up and all the downsies are trying to get the cones laying down. Make sure when you start you have half the cones up and half down. The children can only use their hands to knock down the cones or pick them up. They cannot use the ball to kick the cones over it is just an unfair advantage for the upsies!!! Play for a few minutes have the kids count out the ups and downs and then have them flip flop. Play a few rounds.

Coaches one last thing I can't put a diagram of the field up because I need to talk to the field liners and get it all set. If you could show up early so you are at your designated starting area ahead of time that would help greatly.

Thanks and have a great day!!!