

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** HIT THE DIRT  
**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

Each player has a ball within a 15x20 yard area.

## ACTIVITY:

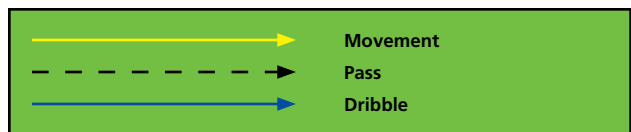
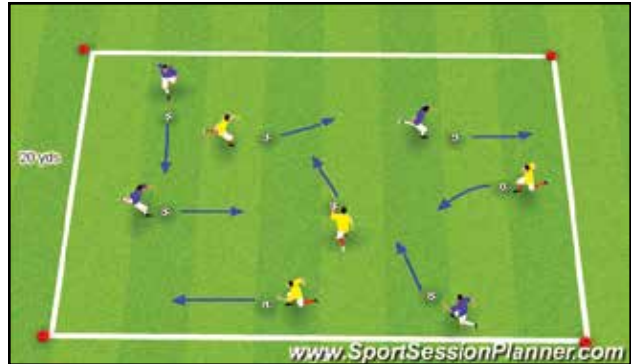
Each player dribbles within the area. When the coach says, "Hit the dirt," the players must stop dribbling and lie face down on the ground. When the coach says, "Up," each player gets up and dribbles again.

## VARIATION(S):

- When the coach says "Hit the dirt," the players hit the ground and jump up again.
- When the coach says "Hit the dirt," the players hit the ground, jump up again, and find someone else's ball.
- Time the event and see how many times the player can cross over in that amount of time.

## COACHING POINT(S):

- Dribble with the head up to avoid other players.
- Short touches so a player can stop the ball quickly whenever the coach says "Hit the dirt!"



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[http://youtu.be/6Y77\\_t34Mj8](http://youtu.be/6Y77_t34Mj8)

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** TAIL TAG

**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

All players have a ball within a set 15x20 yard area. Players tuck a T-shirt or a scrimmage vest into the top of the back of their shorts so it looks like they have a tail.

## ACTIVITY:

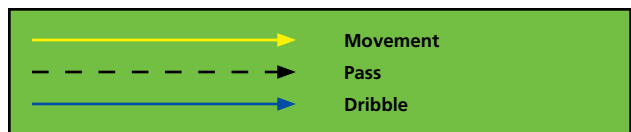
On the signal, the players see how many tails they can gather while dribbling within the area. Players that lose their tails should still continue to play. Play for 30-60 seconds. The player with the most tails wins the round.

## VARIATION(S):

- If the rounds go too quickly, another tail can be added to each player so the coach who can control the pace of the game.
- Can play game with or without balls.

## COACHING POINT(S):

- Changing direction. Balance. Quickness.
- Decision-making.
- Vision.



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<http://youtu.be/8Te9exa6uFU>

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: SNAKES**

**AGE: U6 TIME: 5 MINUTES**

## ORGANIZATION:

Each player has a ball, with the exception of at least 2 players within a defined area.

## ACTIVITY:

All players with a ball should dribble within the area. The 2 players without a ball hold hands or lock arms to become a "snake." The snake players work together to try and tag those with a ball. If they tag someone, that player becomes part of the snake.

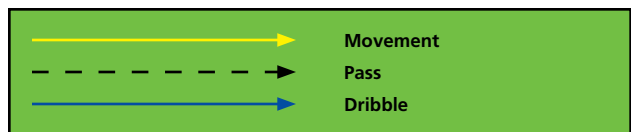
The snake must stay connected and not break into separate parts. Encourage the snake players to "hiss" like a snake while playing to add atmosphere to the game.

## COACHING POINT(S):

- Keep the ball under control to avoid the snake.
- Changes of speed and/or direction.

## COACHING QUESTION(S):

- How can you keep from getting tagged?



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<http://youtu.be/7yO9cw19ytk>

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## NOTES:

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: FREEZE TAG**

**AGE: U6 TIME: 10 MINUTES**

## ORGANIZATION:

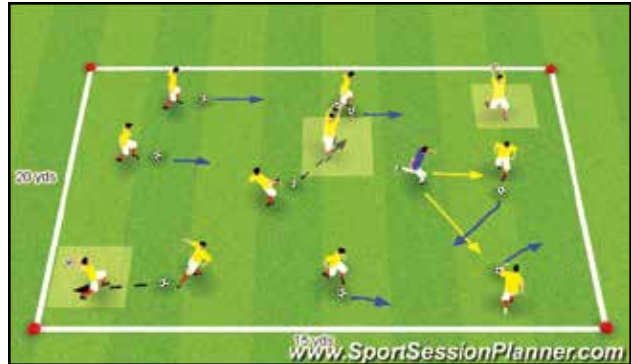
Each player has a ball and dribbles inside a defined area. One player without a ball is "It" aka "The Ice Monster."

## ACTIVITY:

When dribbling players get tagged by the Ice Monster, those players must stop and hold their ball overhead in an open stance (feet apart). Teammates can "restore" a frozen player by passing their own ball through their frozen teammate's legs. The objective is for the Ice Monster to freeze everyone, at which point a new Ice Monster is selected and play begins anew. The objective for the dribbling players is to keep the game alive by continually unfreezing other players. Feel free to add another Ice Monster if the first one is having too much difficulty freezing everyone.

## COACHING POINT(S):

- Dribbling. Quickness with the ball. Heads up.
- High activity. Quick reactions required.
- Team cooperation. High level of communication. ("Hey, over here - unfreeze me!")



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[http://youtu.be/wXAHc\\_deA5c](http://youtu.be/wXAHc_deA5c)

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# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY: 3V3 GAME**

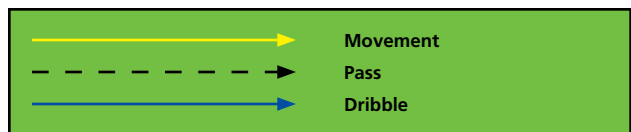
**AGE: U6 TIME: 20 MINUTES**

## ORGANIZATION:

Play 2 teams of 3 players each and 2 small goals.

## ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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