



## U6 VHSC Practice Session 3

**Category:** Technical: Ball Control

**Difficulty:** Beginner

Am-Club: Vestavia Hills Soccer Club  
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### Description

U6 VHSC Practice Session

Technical Focus: Dribbling, Ball Control

Tactical Focus: Cooperation

Game

### Hospital Tag (7 mins)

#### Hospital Tag

Players play tag inside of rectangle or square area

**Start with no ball**

**Progress to players with ball**

If tagged players have to hold the body part tagged

**If tagged 3 times**, players have to come to the Hospital and be healed by the Doctor

**3 exercises:** 3 juggles with the head or feet, etc and the player is healed and can rejoin the game

Play 2-3 rounds of 2-3 minutes

Encourage movement, fakes, and heads up dribbling



### House Dribble (8 mins)

#### House Dribble

Players dribble inside of area

Coach calls out body part to touch ball

Build to touch body part then keep dribbling



### Return to Sender (15 mins)

#### Return to Sender

Coach divides team into two teams

Start with partners

Coach plays ball out and one pair from one team retrieve ball as quickly as possible to coach

Alternate teams each time

1 - no opposition, return any way possible

2 - must complete 1 pass before returning to coach

3 - add opposing team

**Variation:** add two goals

**Variation:** add one goal with Goal Keeper



## 4v4 (20 mins) or Game Time!

### 4v4 Game

4v4 game if #'s permit

Variation: 4v3, 3v2

Variation: Coach can play to help play and even teams

