



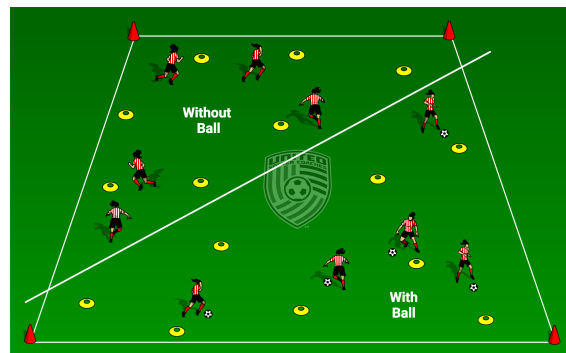
## U6 Practice

### (Grid) Play *(Gathering activity or simple small-sided game)*

#### Cone Matrix

Set up a grid with randomly scattered cones. Players perform a variety of moves throughout the area:

- (a) Without a ball...
  - forwards, sideways, backwards, around, over...
- (b) With a ball...
  - Dribble between cones and avoid other dribblers
  - Dribble to a cone and turn (sole of foot)
  - Dribble around a cone (inside/outside/left/right)
  - Stop ball by a cone, leave it, find another ball



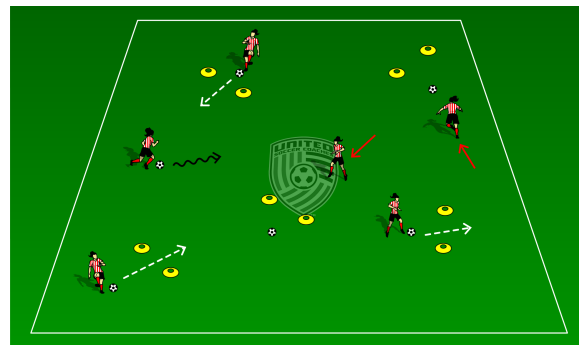
### Practice *(Develop a theme)*

#### Dribble & Shoot Gates

Players dribble and shoot through random cone gates:

- Practice shooting with right and left foot
- Shoot, then get another ball, repeat

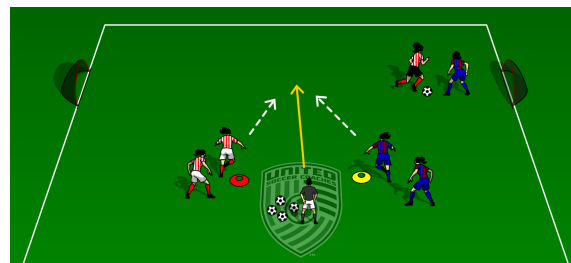
Encourage players to shoot from distance and follow-up if shot is unsuccessful.



#### 1v1 – “Boss of the Balls”

Set-up a small field (up to 20x15-yds = play across half of a regular field) with a PUGG goal at each end. The coach serves a ball on to the field and a player from each line plays 1v1 and attempts to score. (Multiple 1v1 games can occur at same time.) Scoring player returns without the ball and joins the shortest line for another attempt.

- (a) Players may score at either end.
- (b) Players score in opposite goals/direction.



### (Game) Play *(Observe players in action)*

#### 3v3/4v4

Play a regulation 3v3/4v4 game in a 30x20-yd area with a 6-ft wide (PUGG) goal at each end. Play all appropriate restarts. Encourage going to goal/winning back ball. Dribble 1v1 or drive across space to shoot.

