



Fun Five Series

Activities for 5/6 age groups



Purpose



- These five fun activities are geared for the U5/6 age groups.
- These are five activities that all coaches should utilize this season at least once.
- Guided Discovery section is also included so coaches know what types of questions to ask the players to enhance their learning.
- Have FUN!



U5/U6 Age Groups

“Body Parts”



Directions:

Each player has a ball. The coach instructs the players to dribble their ball. When the coach calls out a “body part”, the players stop the ball with that body part. Examples: Foot, head, belly button, knee, etc. Variation: Tell one player that they are to stop the ball with a body part and the rest of the team has to use the same one. This will encourage them to get their heads up while dribbling.

Guided Discovery:

Ask the players how can they make sure they ball can be stopped with a part of their body?
(keep the ball close)



U5/U6 Age Groups

“Moving Goal”



Directions:

Every player has a ball. The coach uses an assistant to help him/her walk around with a “goal” in between them. Pool noodles are good to use for this activity. The players dribble their ball and try and score a goal while the moving goal is going around the playing area.

Guided Discovery:

Ask the players how can they score more goals? (keeping our head up, striking the ball as soon as we see the goal)

Note: Don't be concerned about technique. Just the attitude to score goals!



U5/U6 Age Groups "Retrieval"



Directions:

This activity is great for the warm-up! Every player has a ball and goes to the coach. One at a time they give the coach the ball. The coach then tosses the ball out for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back.

Example: Carry the ball and hop back to the coach, skip back to the coach, dribble the ball back, etc. The coach can also move after tossing the ball so the players have to find you.. This activity should replace LAPS!!

Guided Discovery:

Ask the players when you are walking around, how do they find you? (Get their eyes up-not down).



U5/U6 Age Groups

Sharks and Minnows



Direction:

Every player has a ball. Players attempt to dribble from one end of an area to the other. The coach acts as the "Shark" The players try to dribble from one end to the other without the shark tagging them. If a player gets tagged then they become a shark. Go until there are 2-3 sharks left. At first, allow all of the players to make it across. Then tag one at a time as they go across.

Guided Discovery:

Ask the players how do they stay away from the sharks? (get their head and eyes up)

Ask the players when they get by a shark, do they go faster or slower? (FAST)



U5/U6 Age Groups

Red Light-Green Light



Directions:

Every player has a ball. The players line up on one end. The coach calls out red or green light. The players stop their ball on red and go on green. They are trying to get to the other end without having to go back. If a player doesn't stop the ball on red, they are sent back even with the last player.

Part II-add more obstacles (cones) for them to go around from one end to the other.

Part III-Instead of shouting the colors hold up a red and/or green towel, dish cloth, etc.

Guided Discovery:

Ask the players how far the ball should be from their feet?

(It should be close enough so they can always reach it)

Ask the players when you do not shout the colors, where should their eyes be? (UP!)