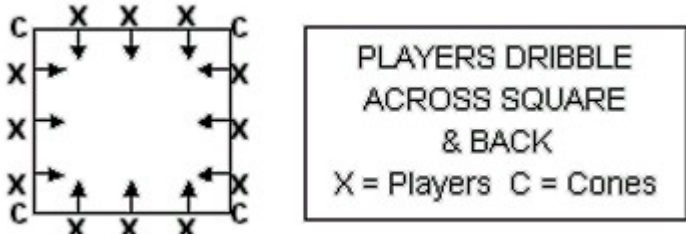


**Soccer-foot.ca U-6 (2006)**  
**Plan de séance 02-cycle 2**

Nom: \_\_\_\_\_ Date: \_\_\_\_\_ 27 Juin 2006 \_\_\_\_\_  
 Age du groupe: \_\_\_\_\_ 5-6 ANS \_\_\_\_\_ Thème: \_\_\_\_\_ stopper – contrôler le ballon \_\_\_\_\_

**Activités**

**Remarques**

<p><b>1<sup>ère</sup> Activité (échauffement) 1029- Dribble Across A Square</b></p> 	<ul style="list-style-type: none"> <li>Activité préliminaire d'échauffement (5')</li> </ul> <p>For U-6, make the square 5 or 6 adult steps wide and have the players just dribble across and stop. (don't have them turn and dribble back). As soon as they have all dribbled across, have them all face inward and dribble back across to the opposite side and stop. Continue this approach of dribbling across and stopping each time until they have crossed the square 6 to 8 times</p>
<p><b>2<sup>ème</sup> Activité Swedish Handball</b></p> <p>Séparer le groupe en 2. Commencer par faire des passes à la main 2 par 2 statique. Puis en semi-mvt, celui qui a la balle ne bouge pas, l'autre se déplace. Puis en mvt, aller en passe, retour en courant. Celui qui a la balle ne peut pas courir et doit passer la balle. celui qui ne l'a pas ne peut pas s'approcher à moins de 1 m. Essayer à 3.</p>	<ul style="list-style-type: none"> <li>Activité ludique (coordination – motricité - flexibilité)</li> </ul> <p>1. Movement, warm up. 2. Teach pass and move concept. 3. Teach importance of passing. 4. Teach importance of moving into space. 5. Improve team working skills. 6. If nothing else, the kids love this game--it can be exciting and fun.</p>
<p><b>3<sup>ème</sup> Activité 3001_epervier</b></p>	<ul style="list-style-type: none"> <li>Activité ludique (éveil) (10')</li> </ul>
<p><b>4<sup>th</sup> Activité Run and shoot</b></p> <p>Have the players in two lines by the centre circle. Have a player from one line start moving towards the net and feed him/her a ball from beside the net. They have to dribble toward the net and shoot. Normally avoid any drills with line-ups, however this one works because the kids move quickly through the line. You should have lots of parents to help collect balls and keep kids moving through the lines</p>	<ul style="list-style-type: none"> <li>Activité technique (5')</li> </ul>
<p><b>5<sup>th</sup> Activité (match 4x4) Jeu</b></p>	<ul style="list-style-type: none"> <li>Match de mini-soccer (30)</li> </ul>