

U6 Soccer Practice Plan:

Practice Emphasis:

1. Teaching basic skills- dribbling, passing shooting
2. Teach basic defense
3. Working in a team atmosphere

5:30-5:40- Warm-Up

- Jog, Stretch, Warm-Up Game

5:40-5:55- Basic Skill Development (5 minutes for each skill)

- Basic Dribbling (up and down field, between cones, etc.)
- Partner Passing
- Goal Kicks

5:55-6:10- Short Sided/Small Group Work (5 minutes for each game)

- 1 v 1 Dribbling and defending drill
 - Set up a start and end line with cones. One player will be on offense, and the other on defense. The offensive player should try to dribble past the defender across the end line.
- 3 v 3 Knockout
 - Each player will have a ball and be designated to a small area. Players will dribble around the area and try to knock other players balls out of bounce while maintain control of their own ball.
- Dribbling Relay Races
 - Players are required to dribble down and back and pass to their next teammate in line. The last person must make a goal to complete the game.

6:10-6:25- 4 v 4 work/ live scrimmage

- Emphasis touches, dribbling, passing and defending.
- Use this time to frequently stop and teach when opportunities arise.

6:25-6:30- Review skills and ask questions to check for understanding

- “Why is it important that we dribble with both feet?”
- “Why do we want to look at the goal before shooting?”
- “Is it better to kick accurately or hard? Why?”