




Woods Soccer Club :: U6 Practice Plan :: WEEK 10

Stage	Activity Description	Diagram	Coach Effectiveness
<p>Warm up</p>	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: ○ Outside of the foot touch - Inside of the foot touch - Laces (push) and Stop with bottom of the foot and Change foot</p>		<ul style="list-style-type: none"> • Are the players changing directions? • Are the players using all of the surfaces of their foot? • Can the players use a different sequence? • Are the players constantly moving? • Are they engaged in the activity?
Soccer Festival			
<p>Organization</p>	<p>• The teams will:</p> <ul style="list-style-type: none"> ○ Play 8-10 minutes games ○ Teams will have a 2-3 minutes to change fields ○ Coaches will sub on the fly ○ Teams will rotate as shown below 