



Woods Soccer Club :: U6 Practice Plan :: WEEK 1

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p>Body Part Dribble: (Movement Education and Coordination): All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<ul style="list-style-type: none"> • Are most of the players engaged in the activity? • Are the players balanced and coordinated to perform the activity? • Are the players using different surfaces of their feet to dribble? • Are the players keeping the ball close to themselves?
Activity 2	<p>Red Light/Green Light: All players are dribbling freely in a 15Wx20L yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</p>		<ul style="list-style-type: none"> • Are the players using both feet to dribble? • Are the players coming up with the different colors and tasks to perform? • Are the players able to stop the ball almost immediately on red light?
Text	Let's Play the Game	Recommended Rules	
	Dimensions in Yards:	Long: 30 max-20 min Wide: 25 max-15 min	
	Ball	Size 3	
	Number of Players	3 Players per team on the field - No Goalkeepers needed	
	Referee	No Referee needed	
	Duration	No more than 30 minutes max – Can play in quarters	
	Fouls and Misconduct	No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game	
	Free Kicks	All free kicks shall be direct	
	Out of bounds - Side Line	<ol style="list-style-type: none"> 1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field 	
	Out of Bounds – End Line	<ol style="list-style-type: none"> 1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate 	
	Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball	