



# Woods Soccer Club :: U6 Practice Plan :: WEEK 2

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>3 Surfaces:</b> 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 or 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.</p> <p><b>The sequence are:</b></p> <ul style="list-style-type: none"> <li>○ Outside of the foot touch - Inside of the foot touch - Laces (push)</li> <li>○ Outside of the foot touch - Inside of the foot touch - Bottom</li> </ul>		<ul style="list-style-type: none"> <li>• Are the players engaged in the activity?</li> <li>• Can the players use their outside-inside-laces-bottom of their feet?</li> <li>• Are they keeping the ball close to their feet?</li> <li>• Are the players talking to their feet?</li> </ul>
Activity 2	<p><b>Boston Traffic:</b> Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front the players should “BEEP” him/her out of the way. Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic</p> <p><b>Add tall cones</b> The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue</p>		<ul style="list-style-type: none"> <li>• Are the players using all parts of their feet to change direction?</li> <li>• Are they dribbling through traffic?</li> <li>• Are they looking around as they dribble to prevent collisions?</li> </ul> <p><b>Challenge:</b> Make the game competitive! i.e.: Who has the most or least crashes?</p>
Activity 3	<p><b>Freeze Tag:</b> The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player’s legs. The Coach starts as the freeze monster then he can select one or two players to be the monster.</p>		<ul style="list-style-type: none"> <li>• Are the players changing direction?</li> <li>• Are the players kicking or passing the ball?</li> <li>• Are the players keeping the ball close to their feet?</li> <li>• Are the players helping teammates to get unfrozen?</li> </ul>
Activity 4	<p><b>Get “Outta” There with Numbers:</b> The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”. <b>Coach:</b> Can make the games 1v1, 2v2 and 3v3.</p>		<ul style="list-style-type: none"> <li>• Are the players getting around a defender?</li> <li>• Are the players working with their teammate?</li> <li>• Are the players... <ul style="list-style-type: none"> <li>○ Dribbling into the goal? - Good</li> <li>○ Passing into the goal? - Better</li> <li>○ Shooting at goal? - Best</li> </ul> </li> </ul>
Match	<b>3v3 - Dual Field Scrimmage</b>	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	<b>25 minutes</b>