



Woods Soccer Club :: U6 Practice Plan :: WEEK 3

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p>Dribble Tag:</p> <ul style="list-style-type: none"> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. <p>Coach:</p> <ul style="list-style-type: none"> Have players keep count of their own tags. Play more than one game, have players improve their tags by at least 1 more than before. 		<ul style="list-style-type: none"> Are the players changing direction? Are they keeping the ball close while dribbling and tagging? Are they falling over or staying balanced while tagging others?
Activity 2	<p>Snake:</p> <p>All players are dribbling a soccer ball in a 15Wx20L yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach:</p> <ul style="list-style-type: none"> Encourage the snake players to hiss. The snake should not be bigger than four players 		<ul style="list-style-type: none"> Are the players engaged in the activity? Are they dribbling away from the snake? Are they changing speed? Is the ball close to their feet? Are they having fun with this activity?
Activity 3	<p>Cross the River:</p> <p>Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p>		<ul style="list-style-type: none"> Do the players have the ball within a couple steps of their feet? Are they pushing the ball with their laces over distance? Are they comfortable doing this with both feet? Are they avoiding collisions and then stopping it under control?
Activity 4	<p>Combat 1:</p> <p>The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p>		<ul style="list-style-type: none"> Are the players changing direction? Do they know when to shoot? Are they protecting the ball? Do they know how to get around a defender?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes