



# Woods Soccer Club :: U6 Practice Plan :: WEEK 4

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>Triangles, Squares &amp; Diamonds:</b> In a 20Wx25L yard grid, make 3 shapes with cones a triangle, a square and a diamond. On Coaches command “Red Square” the players dribble their ball to the shape called out by the coach. Add different directions: “Around the triangle, through the square, and into the diamond.”</p>		<ul style="list-style-type: none"> <li>• Are the players changing direction?</li> <li>• Are the players listening to directions?</li> <li>• Are the players using both feet to manipulate the ball?</li> <li>• Are the players engaged?</li> </ul>
Activity 2	<p><b>Cars</b> Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front the players should “BEEP” him/her out of the way. The coach should control the traffic by saying Green Light, Yellow Light, Red Light. • 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>		<ul style="list-style-type: none"> <li>• Are the players able to change direction with different parts of their feet?</li> <li>• Are the players aware of what is going on around them?</li> <li>• Do the players understand the different speeds of dribbling?</li> </ul>
Activity 3	<p><b>Get their Cones:</b> Divide the players in to two teams. Assign one Cone Guards and Raiders per team. Place several cones in a zone guarded by one or two players. The Raiders will dribble to the other team’s zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. The Guards can catch the ball, block the shot or kick the ball away. They must pick up any downed cone that still is inside the zone.</p>		<ul style="list-style-type: none"> <li>• Are the players striking the ball?</li> <li>• Are they keeping control when changing direction?</li> <li>• Are they avoiding the guards and striking the cone?</li> </ul>
Activity 4	<p><b>Bandits 1:</b> Select 1or 2 players to be the Bandits. Their mission is to get any dribblers’ ball, once the bandit gets a ball the player without the ball becomes the new bandit. <b>Variation:</b> When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.</p>		<ul style="list-style-type: none"> <li>• Are the players changing direction?</li> <li>• Are the players protecting/shielding the ball?</li> <li>• Do they know what part of the foot to use when running with the ball?</li> </ul>
Match	<p><b>3v3 - Dual Field Scrimmage</b></p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p><b>25 minutes</b></p>