



# Woods Soccer Club :: U6 Practice Plan :: WEEK 6

| Stage      | Activity Description  | Diagram  | Coach Effectiveness  |
|------------|---|--|--|
| Activity 1 | <p><b><u>Magic Kingdoms:</u></b><br/>In a 15W x30L yard grid, divided in 4 rectangles, name each of the quadrants. All players in one kingdom dribbling, when the coach calls out a kingdom all players must dribble to that area.</p> <p><b>Variations:</b> Players should dribble</p> <ol style="list-style-type: none"> <li>1. Magic Mountain - One foot only</li> <li>2. Enchanted Castle - Inside of the foot only</li> <li>3. The Dungeon - Outside/inside of the foot</li> <li>4. Dragon's Lair - Stop and turn (Drag back)</li> </ol>           |  | <ul style="list-style-type: none"> <li>• Are the players moving?</li> <li>• What can you do to make the game more challenging?</li> <li>• Are the players engaged?</li> </ul>  |
| Activity 2 | <p><b><u>Sharks and Minnows:</u></b><br/>In a 15Wx30L yard grid have 1-2 players acting as the sharks. The minnows are at one end of the grid with their soccer balls. When the Sharks say "Fishy, Fishy Cross My Ocean" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the Sharks to command them to play again. The game continues until all players turn into sharks.</p> |  | <ul style="list-style-type: none"> <li>• Are the players staying in the ocean?</li> <li>• Are the players changing speeds?</li> <li>• Are the players controlling the ball or kicking it far away?</li> </ul>                                    |
| Activity 3 | <p><b><u>Knock Their Ball Out:</u></b><br/>All players are dribbling in a 20Wx25L yard grid and are trying to knock other dribbler's balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p><b>Coach:</b> Have your players perform a skill task before re-entering the grid. i.e.:</p> <ul style="list-style-type: none"> <li>• 5 ball taps or 3-5 juggles</li> <li>• How fast can you and your ball get back?</li> </ul>   |  | <ul style="list-style-type: none"> <li>• Are the players having fun?</li> <li>• Are any players afraid?</li> <li>• How can you make the players more active?</li> <li>• What other activities can you use for re-entry into the game?</li> </ul> |
| Activity 4 | <p><b><u>Capture the Balls:</u></b><br/>Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p><b>Coach:</b> Call "Time" and each team counts the soccer balls they have collected.</p>                                   |  | <ul style="list-style-type: none"> <li>• Is everyone active?</li> <li>• How can you help the game last longer?</li> <li>• Are the players excited?</li> </ul>  |
| 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   |