



Woods Soccer Club :: U6 Practice Plan :: WEEK 7

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p>Paint the Field Dribbling: All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted. Coach: Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes? Variation 2: Ask the players to dribble only with the left foot, then with the right foot.</p>		<ul style="list-style-type: none"> • Are the players moving around the entire area? • Are they making different shapes with the ball? • What shapes can players suggest to create with the ball? • Are the players engaged in the activity?
Activity 2	<p>Marble Kings: In a 20Wx30L yard grid, select 3 Marble Kings who have a soccer ball in their hand. The Marble Kings have to run around and with their ball hit the dribblers’ ball. Once the dribbler’s ball is tagged, then he/she takes the place of the Marble King. Variation: Start with one Marble King. Every time a dribbler gets tagged he becomes a Marble King.</p>		<ul style="list-style-type: none"> • Are the Marble Kings being safe? • Are the players moving the ball away from the Marble Kings? • How are the dribblers reacting to the Marble King? – Brave: going towards or Flinching: turning away in fear • Are the players still moving?
Activity 3	<p>Angry Birds: Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and join the hunt. Round 1: Tag with your hand Round 2: Tag with the soccer ball</p>		<ul style="list-style-type: none"> • Are the Angry Birds tagging the other players? • Is anyone not participating? • Do the angry birds need help? • How can you prolong the game?
Activity 4	<p>2v2 Combat 2: 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 field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team’s goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 3v2 and 3v3’s.</p>		<ul style="list-style-type: none"> • Are the players getting enough chances to play? • Are the players on the outside engaged in the activity? • Are they working together?
Match	<p>3v3 - Dual Field Scrimmage</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>25 minutes</p>