



# Woods Soccer Club :: U6 Practice Plan :: WEEK 8

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p><b>Ball Tag:</b> All players are dribbling a soccer ball in a 15Wx20L yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p><b>Version 2:</b> If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>		<ul style="list-style-type: none"> <li>• Are the players engaged in the activity?</li> <li>• Is anyone being reckless with their tagging?</li> <li>• Is anyone just standing still?</li> </ul>
Activity 2	<p><b>Moving Goal:</b> All players are dribbling a soccer ball in a 15Wx20L yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p><b>Coaches:</b> Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>		<ul style="list-style-type: none"> <li>• Are the players changing speeds?</li> <li>• Are the players changing directions?</li> <li>• Is the moving goal active enough?</li> <li>• How are they are trying to score?</li> </ul>
Activity 3	<p><b>Pinball Wizard:</b> In a 20Wx30L yard grid place all the players in one end. The coach will start as the Wizard. The players need to run from one end to the other end without getting hit by the ball. The pin ball Wizard will strike the players legs no higher, if after he hits a players the ball rebounds and hit another, they both become Wizards too. If the Wizard misses, he/she can get one ball from the perimeter to continue.</p>		<ul style="list-style-type: none"> <li>• Are the players nervous to run through?</li> <li>• Are the Wizards keeping the ball under control?</li> <li>• Are the balls close enough to use?</li> </ul>
Activity 4	<p><b>Castle Combat:</b> 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 try to dribble the soccer ball to stop it inside their own box. The defender can't defend inside the castle. The team with the most soccer balls inside their castle wins the game. The coach can make the games 1v1, 2v2. You can have several groups of players playing in the soccer area.</p>		<ul style="list-style-type: none"> <li>• Are the players getting enough activity?</li> <li>• Are the players using all parts of their feet to dribble?</li> <li>• When would there be two balls in play?</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>