



Woods Soccer Club :: U6 Practice Plan :: WEEK 9

Stage	Activity Description	Diagram	Coach Effectiveness
Activity 1	<p>Freeze Tag 2: All players are dribbling a soccer ball in a 15Wx20L yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze monster while another is unfreezing players. Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>		<ul style="list-style-type: none"> • Are all of the players engaged in the activity? • Are they all trying to get away from the freeze monster? • Does the freeze monster need any help? • Do the players need any help?
Activity 2	<p>Bandits 2: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>		<ul style="list-style-type: none"> • Do the players understand the activity? • Are they protecting the soccer ball? • Are they changing direction? • Are they trying to fake the bandit? • Are they keeping their head up?
Activity 3	<p>4 Corner to 4 Goals: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Are the players getting enough chances to play? • Are they controlling the ball or kicking it away? • Are they trying to take the ball away from the other team?
Activity 4	<p>4 Corner Shooting Without Goalkeepers: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Are the players changing directions? • Are they changing speeds? • Are they engaged and having fun?
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>