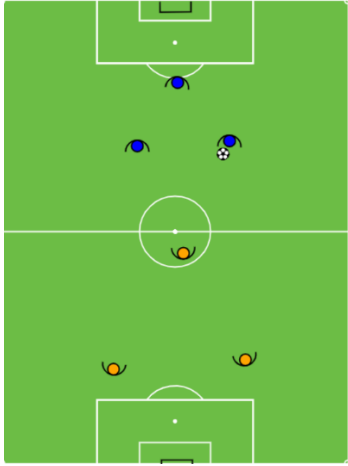
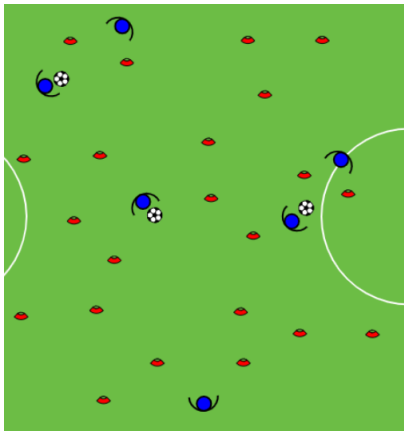
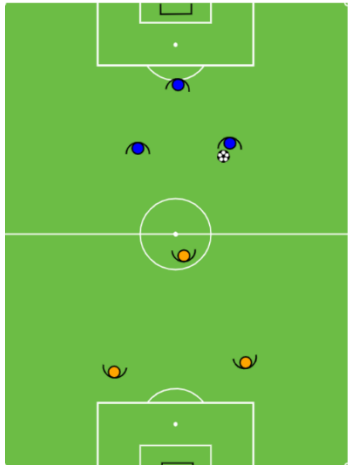


## Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 25x20 Grid for U6 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>As players arrive for practice, put them into a team and have them play the game in a free play style. They can start 1v1, 2v2, or with a numbers-up setup like 2v1, 3v2.</p> <p>Maximum: Two teams of 3 players each.</p>		<p>Coaching Points:            Head Up            Spread Out            Score Goals            Work Together</p> <p>Total Activity Time: 15 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 25x25 Grid for U6 players with multiple 2-coned gates around the field. Every group of two shares 1 ball.</p> <p>Players attempt to pass through as many gates as possible.</p> <p>Add a fun twist: The children are little lions and they need to share their play-toy with each other.</p>		<p>Coaching Points:            Head Up            Finding the Open Gate            Look for Teammate            Verbal Communication (Counting)</p> <p>Progressions: Add a defender (coach) to try and intercept the ball, use alternate foot, Set a time-limit.</p> <p>Total Activity Time: 15 Minutes</p>
Phase 3: Play	Exercise	Coaching Points
<p>Set-up a 25x20 Grid for U6 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>We want the players to continue to play the game in the final part of practice. Return to the game from Phase 1 and encourage them to utilize their individual passing skills from Phase 2.</p> <p>Maximum: Two teams of 3 players each.</p>		<p>Coaching Points:            Head Up            Spread Out            Score Goals            Work Together</p> <p>Total Activity Time: 15 Minutes</p>