

Celebration Tropic's 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 Pass & Move Shooting</p> <p>Total Activity Time: 15 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 20x15 Grid for U6 players teams of two (three teams total).</p> <p>This is a 2v2 setup. Two teams play at a time with one who rests during the break.</p> <p>Encourage players to pass and try to help by moving to assist their teammate.</p> <p>For an additional challenge, have the player's not active in play dribble soccer balls in and around the field of play to act as 'interference' and cause mayhem for the player's playing.</p>		<p>Coaching Points: Head Up Spread Out Score Goals Work Together Pass & Move Shooting</p> <p>Each game lasts for 3 minutes.</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 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 Shooting</p> <p>Total Activity Time: 15 Minutes</p>