

## 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            Dribble            Spread Out            Score Goals            Work Together</p> <p>Total Activity Time: 15 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 15x10 Grid for a 1v1 game. 2 player per team participate at a time. They play 1v1. Use mini goals for players to score.</p> <p>Feel free to have the non-active player's dribble around the outside of the grid in a tag-game to keep them engaged/active while the two player's dual 1v1.</p>		<p>Coaching Points:            Head Up            Dribble Ball            Keep the Ball Close            Score</p> <p>Progressions: Set play time limit. Make it a 2v2 with one player resting per team.</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 dribbling skills from Phase 2.</p> <p>Maximum: Two teams of 3 players each.</p>		<p>Coaching Points:            Head Up            Dribble            Spread Out            Score Goals            Work Together</p> <p>Total Activity Time: 15 Minutes</p>