



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 Find Open Teammate Score Goals Work Together</p> <p>Total Activity Time: 15 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 20x15 Grid for a 2v2 game. 2 players per team participate at a time with one child resting per team. Use mini goals for players to score.</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 Find Open Teammate Score Goals Work Together</p> <p>Progressions: Set play 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 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>