

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 20x20 Grid for all players to use and dribble freely.</p> <p>Coach will show some useful moves that the players can learn and try on their own!</p> <p>Moves: Toe taps, foundation, scissors, pull back</p>		<p>Coaching Points: Head Up Ball Control Technique</p> <p>Progressions: How many times can they execute a movement? Play the game knockout (every-one against one another)</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>