



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 with players on one end-line and the coach in the middle. We are playing a game called What Time is it Mr. Fox?</p> <p>The players will ask the question, "What Time is it Mr. Fox?" The coach (the fox) will pick a time between 1-10. The Children then have that allotted time to score a goal.</p> <p>After scoring the players must perform a celebration!</p>		<p>Coaching Points: Head Up Dribble Keep The Ball Close Scoring</p> <p>Progressions: Have players face opposite way, must execute a move (toe taps, foundation, scissor or pull-back) before scoring as coach or player becomes a defender.</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>