

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 12x12 grid with one goal (mini or normal size). Put players into two teams with one team on each side of the coach (gray individual).</p> <p>On coach's call, players run out and play 1v1 after the ball has been played out by coach. The player who gets the ball is the attacker and the player who doesn't is the defender. The objective is to score a goal. If the defender wins the ball they become the attacker and try to score.</p>		<p>Coaching Points: Head Up Dribble Keep the Ball Close Scoring</p> <p>Progressions: Have the players dance before starting, have the players run to outside cone and back before ball is played out.</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>