



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 Score Goals Work Together</p> <p>Total Activity Time: 15 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 25x25 Grid for U6 players with multiple 2-coned gates around the field. Every player has a soccer ball.</p> <p>Players attempt to dribble through as many gates as they can! Make sure to have them count out loud.</p> <p>Add a fun twist: Make each child a space ranger who is flying through space. Every gate they get through is a planet.</p>		<p>Coaching Points: Head Up Finding the Open Gate Keep Ball Close Verbal Communication (Counting)</p> <p>Progressions: Add a defender (coach or player), Use alternate foot, Set a 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 dribbling skills from Phase 2.</p> <p>Maximum: Two teams of 3 players each.</p>		<p>Coaching Points: Head Up Spread Out Score Goals Work Together</p> <p>Total Activity Time: 15 Minutes</p>