

U6 PRACTICE #2

**Appendix B**

*U6 SOCCER PRACTICE SCHEDULE*

***Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6 clinic.***

<p><b><u>Practice #1</u></b></p> <p>Bulldog Soccer + SK drills..(12 mins)            Micro-Soccer            game.....(10 mins)            Mack II .....(10 mins)            Mini-Soccer game + Chain-Link            Soccer (10 mins)</p>	<p><b><u>Practice #2</u></b></p> <p>Square Dance + Anatomy + Space            Invaders            Change Soccer game            Mack I            Mini-Soccer game</p>
<p><b><u>Practice #3</u></b></p> <p>Bulldog Soccer + SK drills            Change Soccer game            Circle Passing            Mini-Soccer game + Chain-Link            Soccer</p>	<p><b><u>Practice #4</u></b></p> <p>Square Dance +Anatomy +Musical            Soccer Balls            Numbers game            Circle Passing            Change Soccer game</p>
<p><b><u>Practice #5</u></b></p> <p>Shadow Soccer + SK drills            Numbers game            Mack II            Mini-Soccer game + Chain-Link            Soccer</p>	<p><b><u>Practice #6</u></b></p> <p>Square Dance +Musical Soccer Balls            +Survivor            Change Soccer game            Mack II            Mini-Soccer game (kids vs parents?)</p>
<p><b><u>Practice #7</u></b></p> <p>Shadow Soccer + SK drills            Numbers game            Mack I            Mini-Soccer game + Chain-Link            Soccer</p>	<p><b><u>Practice #8</u></b></p> <p>Square Dance +Musical Soccer Balls            +Nutmeg            Change Soccer game            Circle Passing            Mini-Soccer game + Chain-Tag            game</p>
<p><b><u>Practice #9</u></b></p> <p>Chain Tag + SK drills            Numbers game            Circle Passing            Mini-Soccer game + Chain-Link            Soccer</p>	<p><b><u>Practice #10</u></b></p> <p>Square Dance + Anatomy + Nutmeg            Change Soccer game            Mack II            Mini-Soccer game (kids vs parents?)</p>

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**PART TWO: FUN & GAMES**

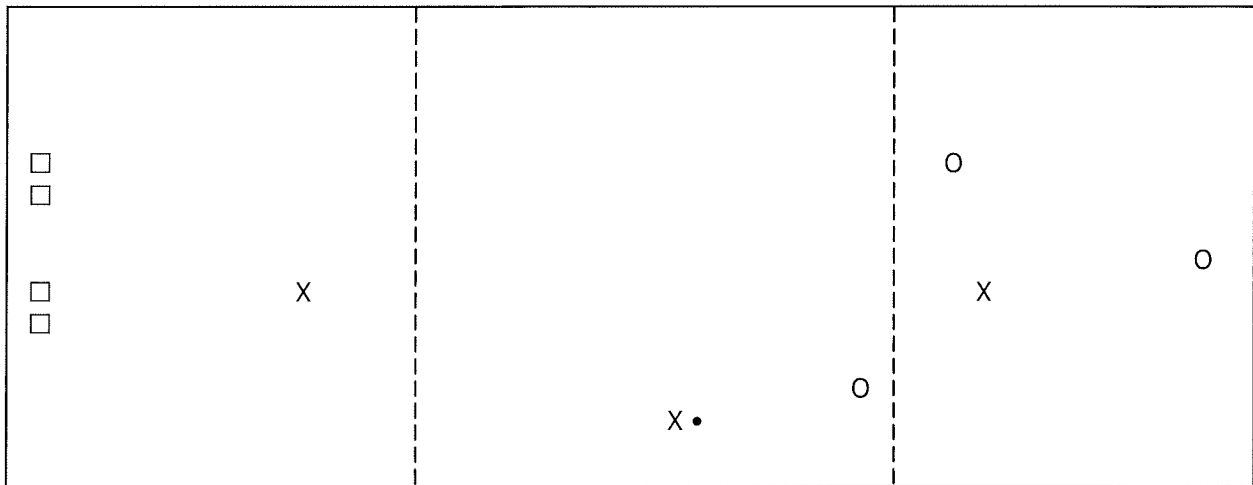
**(i) Field Layout**

The game and practice field is laid out in the following order:

- i. Start at one corner
- ii. Place flat cones every 3 yards on side and end lines (if enough cones permit)
- iii. Mark the goals with marker cones (and corner posts if available)
- iv. Mark the 6yd goal area with a couple of flat cones

**(ii) Small-Sided Soccer Games**

**(i) Mini-Soccer**



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- Game of 3v3
  - Restarts
    - Goal kick may be taken from anywhere within the 6yd goal area
    - Kick-off is taken from the center spot and the players of the opposing team must be in their 6yd goal area
    - Corner kick – the opposing players must be 5yds away
    - Free kick is given for handling, pushing, shoving, tripping, etc. The opposing players must be 5yds away. A goal may not be scored directly from a free kick. The ball must be passed to another player first.
    - No penalties – a free kick for an infringement in the 6yd goal area results in the ball being placed on the 6yd line closest to where the incident took place
    - Kick-in if the ball goes out over the sideline
      - Stop & correct a player if the player does something wrong
      - Substitutions – every 2-3 minutes a time-out is called and substitutions made
      - Sweeper-keeper can use hands in goal area only

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- Rotate the sweeper-keeper position amongst all the players equally
- Let the kids play – “let the game be the teacher”

### • Coaching Points

#### i. Sweeper-Keeper

- When the game is first introduced to the players, do not play with the sweeper-keeper for the first few weeks.
- Then for a few more weeks, just tell one player on each team that he/she can pick the ball up in the goal area with the hands.
- Finally, nominate one player to be the sweeper-keeper on the team. It is important to emphasize to the player that he/she is both a shot-stopper and a sweeper. He provides the rear support for his team when it is attacking. He drops into goal and becomes the shot-stopper when the other team attacks.
- The sweeper-keeper distributes the ball on the ground with either the hands or the feet. It is not drop kicked towards the other team's sweeper-keeper.
- When the sweeper-keeper has the ball, the other players go wide and/or high up the field.

#### ii. Running with the Ball

- It is most important that players at this age are encouraged and learn how to run and dribble with the ball before entering the U10 age group where team possession starts to come into play with the 7v7 format.

#### iii. Kick and Run

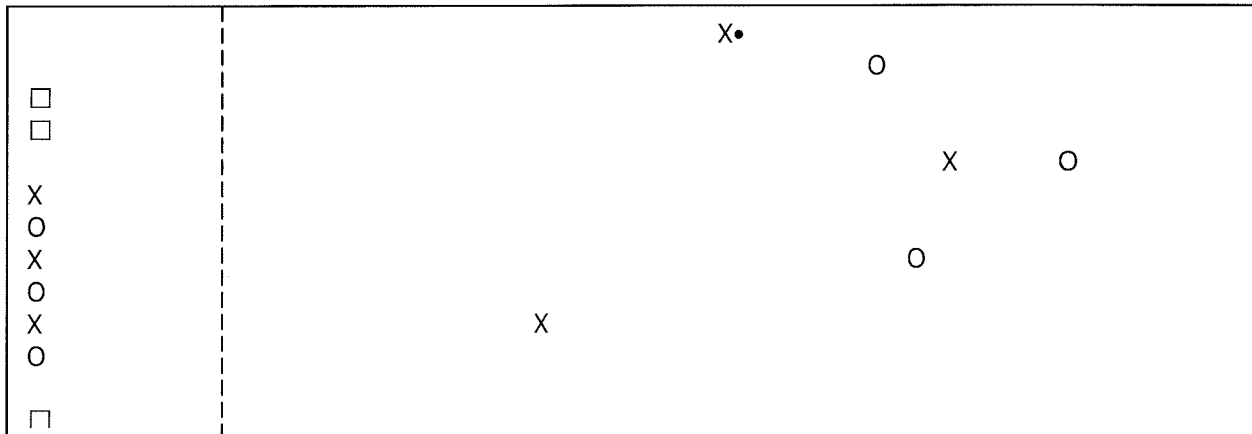
- Discourage players from simply kicking the ball and running after it. This is detrimental to player development. Encourage them to control the ball and then run or dribble with it.

#### iv. Keep Ball on the Ground

- At this age group, it is important to have the players learn to play with the ball on the ground. Since these players do not have the physical coordination to control the ball on their bodies, the game can turn into a ping-pong game (i.e. the ball is constantly in the air and going from one side of the field to the other, and there is no semblance of control). Encourage the ball to be played on the ground for both player success and player development. It is hard enough for these players to control the ball when on the ground, let alone when it is in the air.

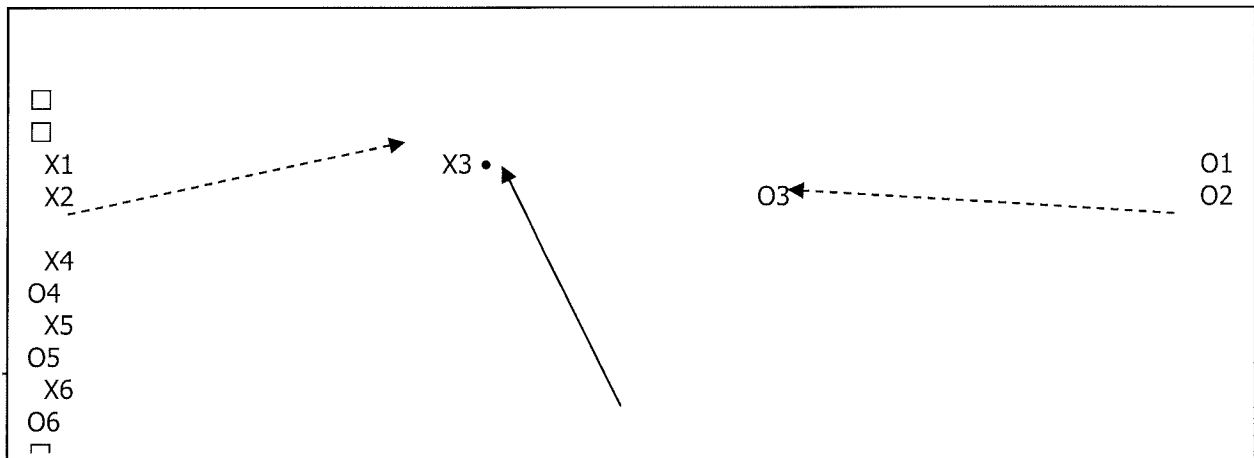
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### (ii) Change Soccer



- Goal may only be scored below knee height
- All the kids are active, even the ones in goal
- Parents spread themselves around the perimeter of the field to act as ball retrievers and suppliers
- A couple of parents make sure that the players on the goal-line do not leave until all teammates are back

### (iii) Numbers Game



- Give each player on a team a number, and ask them to repeat it back to you twice
- Call out one number to begin with, and then later on call out two numbers
- Attackers go for goal; Defenders stay on their feet
- 15/20 second shifts
- Widen the goals to give shooters some success
- Goal may only be scored if the ball goes into the goal below knee height
- Parents position themselves around the perimeter of the field as ball retrievers
- A couple of parents are behind the goal and remind the players of their numbers
- Towards the end of the season, play children vs. the parents (ask the parents to play a reasonably passive role)



