

U6 PRACTICE #5

**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**

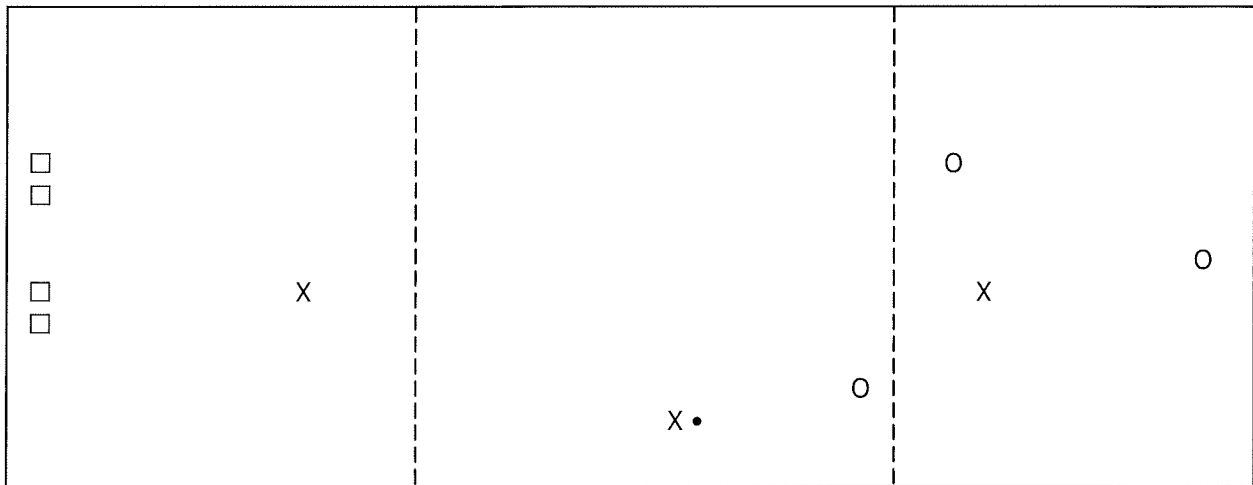
**(i) Field Layout**

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



















