



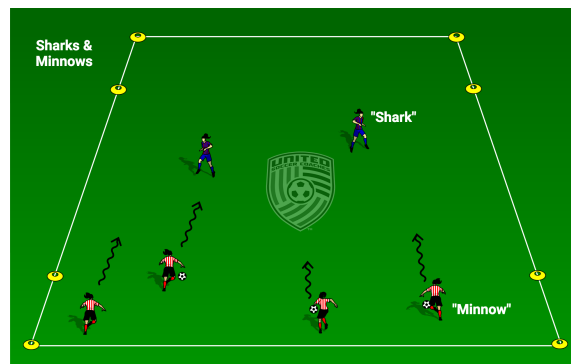
U6/7 Practice Plan

Play (Gathering activity or simple small-sided game)

Sharks & Minnows

(Minnows) Dribble from one side of a grid to the other keeping ball within “personal space.” Add a defender (shark), in the middle to try and win the ball from a dribbling player.

- Practice dribbling across grid with no opposition (small & big touches)
- Dispossessed player becomes an additional defender
- Dispossessed player replaces defender



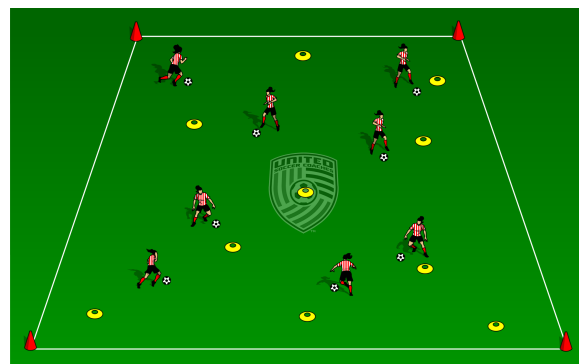
Attacking = “Keep the ball” “Go forwards”
Defending = “Go to the ball” “Win the ball”

Practice (Develop a theme)

Dribbling – Exploration (ball manipulation)

Players dribble throughout a grid keeping their ball inside their “personal space.” Introduce basic ball mastery techniques at and around cones:

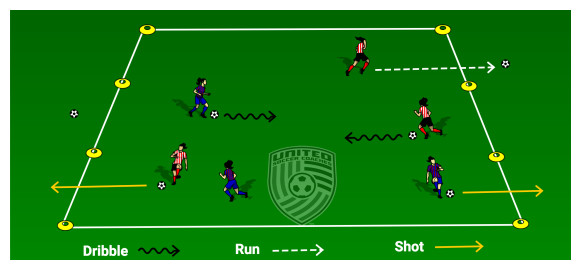
- Dribble between cones and avoid other dribblers
- Dribble to a cone and perform a turn (sole of foot)
- Dribble around a cone (inside/outside/left/right)
- Stop ball by a cone, leave it, find another ball



Attacking = “Keep the ball under control”
“Look up to find space”

Dribbling & Shooting

Dribble ball across the area and shoot in a goal
Return to own side, find another ball, & repeat
Practice shooting with right and left foot



Attacking = “Go to goal”

Play (Observe players in action)

3v3

Play a regulation 3v3 game in a 30x20-yd area with a 6-ft wide goal at each end
Play appropriate restarts
Help players within the flow of the game
Praise effort and engagement

