



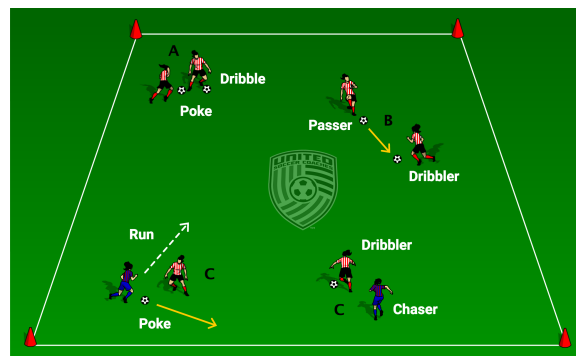
## U6/7 Practice Plan

**Play** (Gathering activity or simple small-sided game)

### Keep & Kick

Start with a ball per player. Add progressions:

- Player keeps own ball and tries to toe poke balls of other players
- Player tries to pass own ball into other balls
- Half of players with balls – the half with balls try to keep them while other half of the players try to kick as many balls as possible

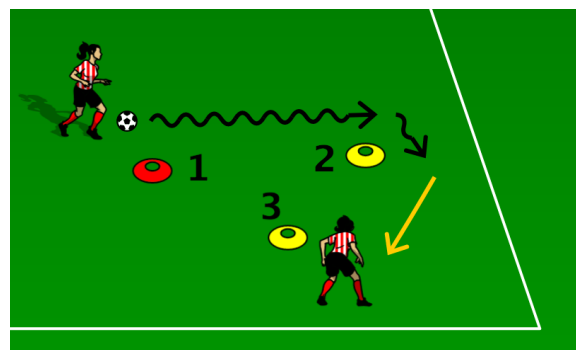


**Practice** (Develop a theme)

### Dribble & Pass

Set up a cone triangle with a player at the first cone with a ball, and the player at the third cone without a ball:

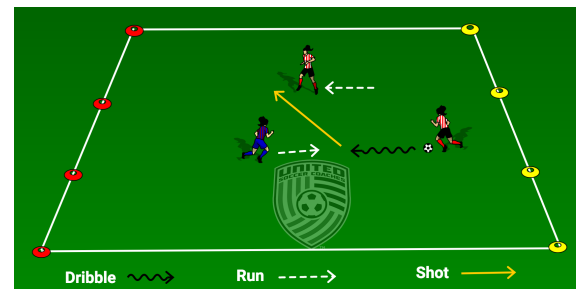
- One player dribbles from cone 1 to cone 2 and then passes to their partner at cone 3 – the player receiving the ball dribbles from cone 3 to cone 1 and then passes to partner at cone 2...
- Rotate in opposite direction
- Rotate partners
- “How can you get the ball to your partner?”



### 2v1

Two attackers try to score past a defender (get ball past line of cones) – defender tries to win ball and score in opposite direction

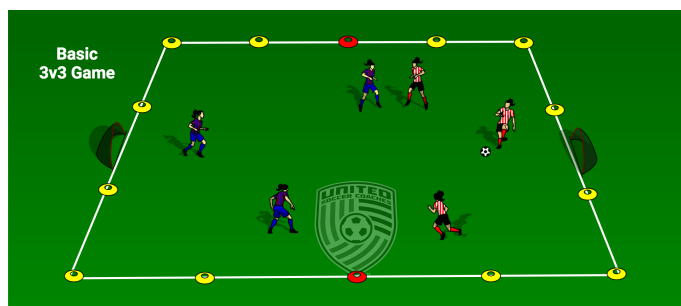
- Rotate players in attacking pair
- “How can you help the player with the ball?”



**Play** (Observe players in action)

### 3v3/4v4

Play a regulation 3v3/4v4 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



## Sunnyvale Alliance Soccer Club - Recreational Soccer Program



Do players know when to dribble or pass?