



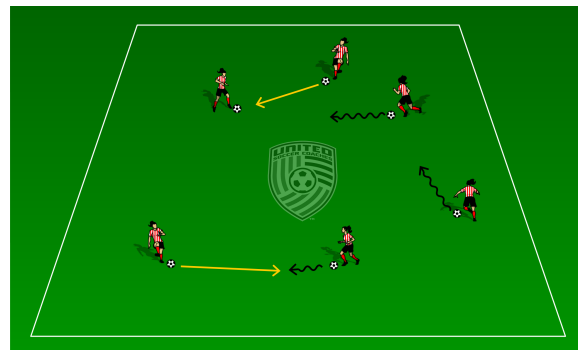
U6/7 Practice Plan

Play (Gathering activity or simple small-sided game)

“Gotcha”

Set up an age-appropriate grid. Each player dribbles a ball and attempts to pass it to hit any other ball.

- If a player’s ball gets hit, they perform a small consequence (e.g. 3x toe taps) then continue.
- Can also play the game where one player starts as the passer, while all others dribble. Once a player’s ball is hit, they immediately join the passer in trying to hit other balls.

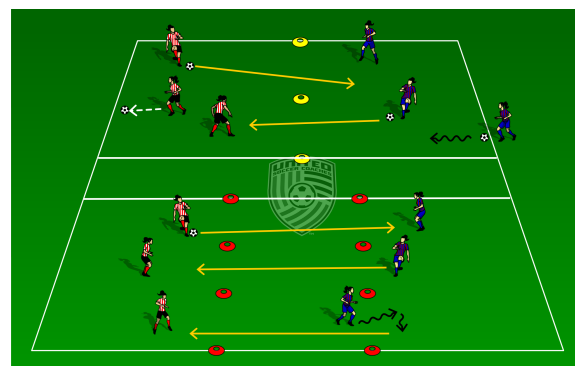


Practice (Develop a theme)

Pass / Clear

Divide group in half with a ball each. Players attempt to pass their ball across a line of cones. Players need to move and find another ball – repeat.

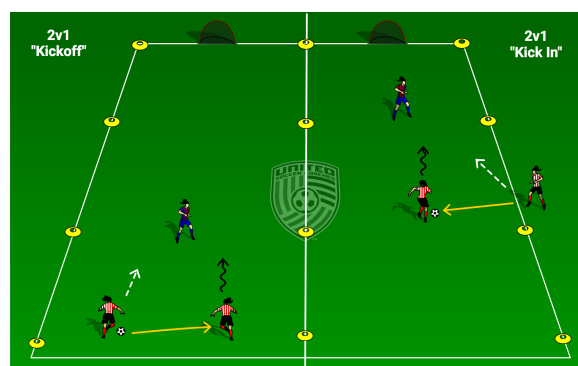
- Add a passing zone that the ball needs to cross (harder pass) for older/more experienced players. A ball may be dribbled back to own side of cones before attempting a pass.



2v1 - Restarts

Two players attempt to beat a defender and score on goal. Rotate roles after a goal.

- Start from a kickoff,
- Start from a kick-in,
- Start from a goal-kick (add a second goal if available for defender to score-in if they are able to regain possession).



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.

Emphasis: **Using your teammate(s).**

