



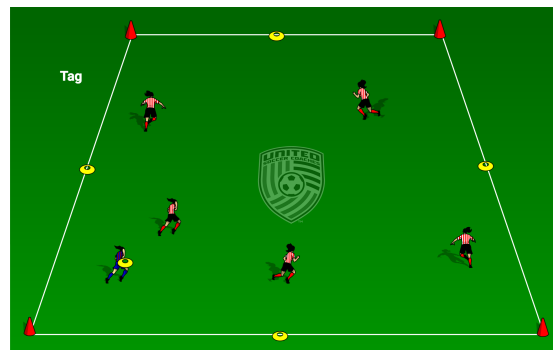
## U6/7 Practice Plan

**(Grid) Play** (Simple gathering activity/small-sided game)

### Tag

One player is “it” and carries a cone or pinnie. If the “it” player tags another player, they drop the cone or pinnie. The tagged player picks it up and is now “it.”  
If a chased player runs out of the designated grid, they automatically become “it.”

- Start with one “it” player.
- If players can avoid running into each other, a second “it” player can be introduced.

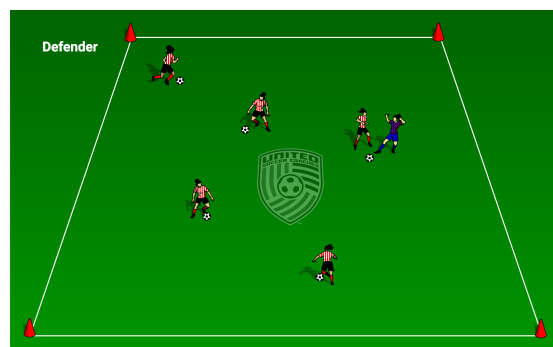


**Practice** (Develop a theme)

### Defender

Set-up an age-appropriate grid up to 15x15yds. All players with a ball except for one “defender.” Defender attempts to poke tackle ball of any dribbler.

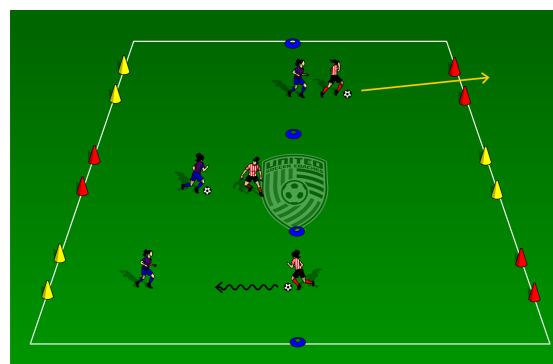
- If a dribbler loses possession, they perform five (5) toe-taps and then continue dribbling.
- Progression: if defender wins ball, the dispossessed player becomes the new defender.



### 1v1

Set-up small fields and play 1v1 on each field. Rotate players between fields so that they get an opportunity to play against multiple teammates. (After a goal, or if the ball crosses the end-line, the shooting player retreats back to the middle of the field.)

Note: encourage defender to go to the ball rather than running back and standing in front of the goal.



**Play** (Observe players in action)

### 3v3/4v4

Play a regulation 3v3 game in a 30x20-yd area with a 6-ft wide goal at each end.

Play appropriate restarts.

Emphasis on: **Defending (going to the ball).**

