



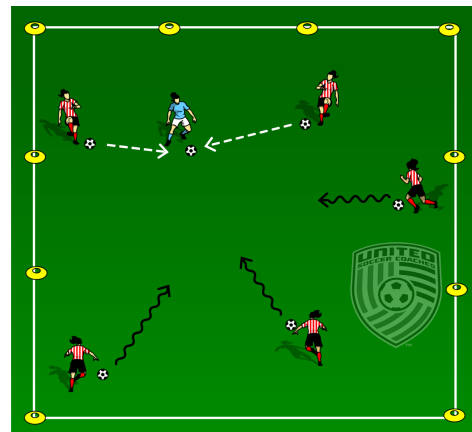
U6/7 Practice Plan

Play/Warm-Up

Pass Tag

One player attempts to dribble their ball away from the rest of the group. The rest of the group tries to pass their balls to hit the dribbler's ball. If the dribbler's ball is hit, change the dribbler who is being chased.

Note: Dribbler must stay inside a coned area. If they dribble outside, give one warning, then change dribbler.



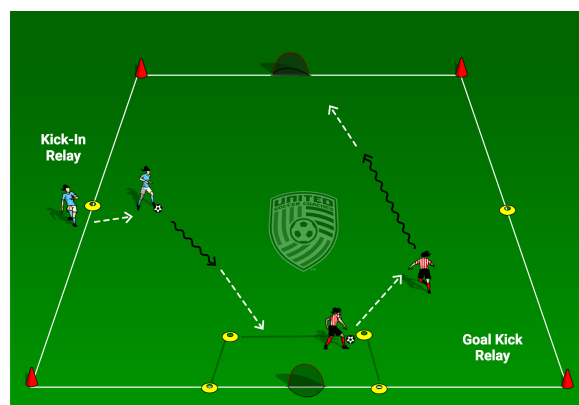
Practice (Develop a theme)

Restart Relay

One player passes to a teammate who then dribbles and shoots on goal. Practice all age-appropriate restarts:

- Kick-off from middle of field
- Goal-kick from goal box
- Kick-in from sideline

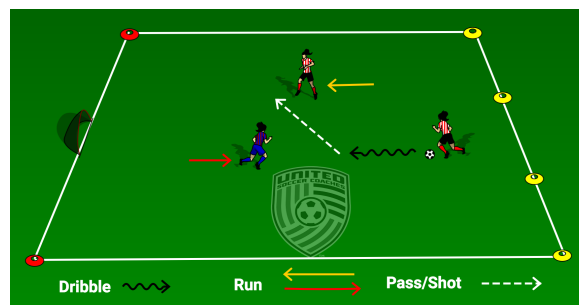
Note: This may be easier to manage in two small groups if all players are attending practice.



2v1 to Goal

Two players attempt to beat a single player and score a goal. The single defender attempts to dribble the ball back to the start.

- Rotate players between attacking and defending roles.
- Does player with ball understand when to pass vs. dribble depending on pressure?
- Does player with ball understand when to shoot?
- Does support player give teammate space?



Play (Observe players in action)

3v3

Play a regulation 3v3/4v4 game in a 30x20-yd area with a 6-ft wide (PUGG) goal at each end. Play all appropriate restarts.

