

Soccer Coach Canada Practice Plans



U-6 Goalkeeper Practice Plan

Coaches Tip

At the U-6 level you may not be using goalkeepers at all. If you are, make sure everyone on your team takes a turn in goal.

Warm Up: Table Soccer

Instruction: Stand on goal line/take 2 steps forward/ feet shoulder with apart/stand on balls of feet/knees bent/hands extended out on your sides. Mention that you can use your hands.

Objective: Learn how to play goal.

Set up: Make a goal line with 2 cones for each of your players about 5' wide. Have 6 goals directly across from the other 6 goals, approximately 8' apart. 1 ball to share between 2 players.

Rules: Players can't leave their goal area. Each player takes a shot and if it goes in it is a goal. After the goal or save the next player shoots and so on. After 2 minutes each player moves to the goal to their right and plays against the next player.

Game: My Entire Team is in Goal

Objective: To have fun playing goal

Set up: 1 goal about 12' wide.

How to play: Team A is in goal first (all 6 players). Each player from Team B has a ball and will keep taking shots and trying to score. After 2 minutes switch up. The team that lets in the fewest goals wins the game. Play over and over.

Scrimmage: Whether you are playing against a different team or just having a fun split squad scrimmage make sure all of your players receive equal playing time. Make sure to rotate your players in so at least 2 per game

Cool Down....a structured cool down is not necessary for U-6. Shaking hands, hip-hip hooray, gathering your water bottle and finding your parents will suffice.