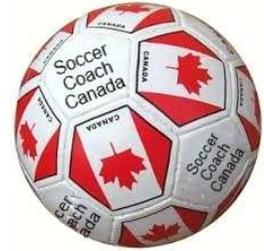


Soccer Coach Canada Practice Plans



U-6 Passing Practice Plan

Coaches Tip

At the U-6 level you should show your players how to pass but do not expect them to pass in a game situation. Players at this age are far too young to grasp “team play”. It is all about “me-me-me” and you need to accept that.

Warm Up: Target Practice

Instruction: Before you begin you have about 30 seconds to show your players how to pass the ball. Any longer and they will start chasing butterflies. Keep it simple. Show them which part of the foot to use to pass the ball.

Objective: Learn how to use your instep to pass.

Set up: Create a 10' x 10' area with flat cones. 2 players are the Passers and the rest stay within the boundary and are the targets.

Rules: When you say “go” the two passers kick their ball (using their instep only) at the players inside the boundary. If they hit one of the players below the knees that player becomes a passer as well and gets a ball outside of the boundary. As soon as there is only one player left in the square that player is declared the winner and you start all over again with 2 new passers.

Game: Hit the Coach

Objective: Players should become comfortable kicking the ball with their instep.

Set up: Use cones to outline a 20' by 20' playing area. Each player has their own ball.

How to play: The coaches are the slow moving targets. Players dribble towards the coaches and use their instep to kick their ball at a coach. After 2 minutes the player with the most “confirmed hits” is the winner. Play over and over again.

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 and don't expect to see anyone pass the ball...on purpose at least.

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.