

Soccer Coach Canada Practice Plans



U-6 Shooting Practice Plan

Coaches Tip

At the U-6 level you should only focus on a few tips to develop a player's ability to shoot/kick the soccer ball. Keep it short and sweet.

Warm Up: Blind Keeper

Instruction: Look at your target *look at the ball * keep your eye on the ball * plant foot lands beside ball and is how you aim your shot * kick with your laces(optional at this age to even mention that)

Objective: Learn how to kick a soccer ball.

Set up: 2 goals, 2 blind folded coaches as the goalkeepers.

Rules: Players can dribble their ball towards either goal and take a shot on net. If they are able to score on the blind folded coach they should yell goalllllll to let the coach know they scored. Play for 5 minutes or until the players stop laughing.

Game: Clean Up Your Yard

Objective: To work on players kicking skills.

Set up: Create a 40' square playing area with flat cones. The playing area needs a halfway line. Divide your players into two equal teams and put one team in each half of the playing area. Each player has a ball.

How to play: When you shout "go!", the players try to keep their half (yard) clear of balls by kicking their ball over the halfway line and kicking back any balls that their opponents kick into their yard. Players are not allowed to cross the halfway line. After a couple of minutes, call time. The team with the fewest balls in their yard wins the game.

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 congratulate players that show proper kicking technique.

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.