



Practice Plans

Category: Tactical: Full game form
Difficulty: Moderate

Gonzalo Sanchez

U5 & U6

U5s and U6s will follow the same format with the exception of U6 having a game section after their soccer activities.

U5: 45mins of child/parent interactive soccer activities, no actual games. Water breaks should be given in between sections and as needed.

- Warmup activity -10mins
- Fun soccer game that ties into the topic of the day/week -15mins
- Second fun soccer game that ties into the topic of the day/week -15mins

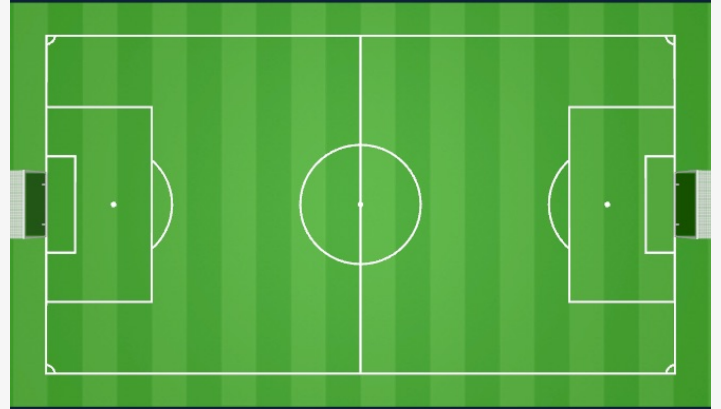
U6: 25mins of fun soccer activities followed by scrimmage ~ 25-30mins

- Warmup activity -10mins
- Fun soccer game that ties into the topic of the day/week -15mins
- Scrimmage 3v3 to small goals - encourage topic of the day!

These are the youngest players that are mostly very new to soccer and do not know what playing soccer means completely. These practice sessions should be full of fun energy trying to get the kids as many touches as possible within the time given for the practice. Attention spans are low, coaching points should be quick and back into getting touches with the ball. Lines should be avoided for these age groups

U5s would start with a warmup activity where it is a 1:1 or 1:2 ball to kid ratio. After warmup you can get into 2 activities based on the topic of the day/week that relate. Many examples are given in the session plans for this age group but okay to do something of your choice if you have a good idea for something that can be done. Parents are included in these practices and should be utilized to encourage their kid to try new things, listen, and most importantly help them have fun.

U6s would start with a warmup activity where its is a 1:1 or 1:2 ball to kid ratio. After warmup you can get into an activity based on the topic of the day/week that relate. Many examples are given in the session plans for this age group but okay to do something of your choice if you have a good idea of something that can be done. Parents are not generally included in these sessions but can help if a kid is having a hard time or needs a little encouragement. Scrimmage is ran according to rules for U6 lined out in the game day plans.



U8-U14 (60 mins)

U8-U14 are on a play-practice-play format. 1 hour practice session.

- As players arrive for practice set them up to play in small sided games (street soccer) for first 5-10mins of practice until all players arrive. Limited coaching is needed at this point but can be done to guide players and ensure things run smoothly.
- Warmup drill for the intended topic of the day ~5-10mins
- Soccer activity/session 1 with topic of the day -10-15mins
- Scrimmage/small sided games to work on the intended topic of the day in a game like scenario ~30mins

These sessions should be 1:1 or 1:2 for the warmup when possible but can be done with a slightly wider ratio. Lines should be prevented when possible but if used try to keep lines as short as possible, no more than 4 players per line.

U8s are the first group of players that will play with a formal throw-in policy when ball goes off the sideline. Players at this age should be instructed how to take a proper throw-in the first week of practice and again before games to ensure players can do proper form - instructions listed under game day plans.

