



# ★ RECREATIONAL ★ COACHING CURRICULUM

## PRACTICE DAY

It is very important that you are organized for practice. At these age groups, players have short attentions spans, so it is even more important to plan what activities you are going to use during the session and what progression you will be following.

To help with the planning phase of the practice we have designed a lesson plan for each week of the season. These can be found on the following pages: U5 = Pages 16 to 23, U6 = Pages 24 to 31. The activities used in these lesson plans follows a progression of simple to complex. An overview of the activities in each week can be viewed on the next few pages. The progression can be summarized as follows:

- **Activity 1 OR Warm Up:** Here we introduce movements that the players will use throughout the training session. Start with no soccer ball and add the ball once the players are used to the activity.
- **Activity 2 OR Free Space Game:** Once players are ready to practice both physically and mentally, we introduce an activity were players can explore the playing area. The ratio of player to ball is always 1 to 1.
- **Activity 3 OR Free Space Game:** This activity will be similar to the previous one, with some changes in rules and dimensions. This is done to present the same techniques as before but in a different format, to keep it challenging and fun for the players.
- **Activity 4 OR Directional Game:** Here we add some direction. We do this to replicate the game (in a very general sense) and have players moving in a directions that they would in a game.
- **Activity 5 OR 3 v 3 Scrimmage.** We always end the practice with a game of soccer.

NOTE: Always have another activity in the back of your mind! The players may not enjoy certain activities and in this situation it is important to have a back up activity to switch to!

Field organization will also help you to reduce the amount of time used to set up the grids for the activities and introducing them. We suggest getting to the practice site at least 10 minutes before training, this will allow you to survey the location for any safety issues and address the playing area. When laying out the field for the practice, we suggest setting up the biggest area first and then working inwards from there. At these ages the grid size remains the same and the only transitioning you will need is to add or remove cones in the center of the field. This can and should be done while players are having a brief water break.

Remember, players just want to enjoy practice and have fun. The points outlined above as well as the lesson plans included in the curriculum should help you to achieve that goal in every practice!