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U6 Soccer Practice Plan

One page, 45-60 minutes. Print once, reuse every week, fill in the blanks by hand.

Team: _____ Date: _____ Kids expected: _____

Block	Minutes	Skill of the day / game	Equipment	Goal
Warm-up	____	Red Light, Green Light + Cone Slalom (or your pick)	1 ball per kid, 4+ cones	Touches on the ball
Skill of the day	____	Skill: _____ Game 1: _____ Game 2: _____	Depends on the games chosen	One theme, two angles
Water break	____	—	Water for every kid	A real pause
Scrimmage	____	Small-sided game	Pinnies or 2 colors, small goals	Game-like play

Three things that never change

1. **No heading**: any ball, any drill.
2. **Shin guards on**, fully covered by socks.
3. **Water available the whole time**: don't ration it, and shorten or skip practice if it's dangerously hot.

Confirm with your league (write it here once)

Game format: _____ Game length: _____ Who referees: _____

Notes for next week

_____

_____

_____

A guide, not a rulebook: your league's rules and safety policies come first. Goals anchored or weighted, nobody climbs or hangs on them. If a child takes a knock to the head, stop play and follow your league's protocol. Full plan, diagrams and games: kick-zone.com/u6-soccer-practice-plan/. Free to print and share.