

SPENCER SOCCER CLUB

U-6 CURRICULUM SESSION PLAN SCHEDULE



Fall and Spring Session (7 week schedule)

Spring Session only (10 week schedule)

Under 6								
Session #	Day	Instructions	Warm-Up		Activity 1	Juggling	Activity 2	Small Sided Game
Session 1	Weekend	U-6 Weekend	Plus 1 Pyramid	Traffic Lights*	Soccer Marbles	Controlled Juggling	Stamford Bridge	Match 3 v 3
Session 2	Weekend	U-6 Weekend	Plus 1 Pyramid	Soccer Safari	Spped Dribble	Controlled Juggling	Brittish Bull Dog	Match 3 v 3
Session 3	Weekend	U-6 Weekend	Plus 1 Pyramid	Can You	Tree House	Controlled Juggling	Two Squares	Match 3 v 3
Session 4	Weekend	U-6 Weekend	Plus 1 Pyramid	Old MacDonalds Farm	Bob the Builder	Controlled Juggling	Sleeping Giant	Match 3 v 3
Session 5	Weekend	U-6 Weekend	Plus 1 Pyramid	Body Part Dribbling	Soccer Marbles	Controlled Juggling	Stamford Bridge	Match 3 v 3
Session 6	Weekend	U-6 Weekend	Plus 1 Pyramid	Coach Says	Spped Dribble	Controlled Juggling	Brittish Bull Dog	Match 3 v 3
Session 7	Weekend	U-6 Weekend	Plus 1 Pyramid	Madagascar	Tree House	Controlled Juggling	Two Squares	Match 3 v 3
Session 8	Weekend	U-6 Weekend	Plus 2 Pyramid	Traffic Lights	Poke Tackle & Block Tackle	Controlled Juggling	1 v 1 Challenge	Match 3 v 3
Session 9	Weekend	U-6 Weekend	Plus 2 Pyramid	Soccer Safari	Short Passing Basics	Controlled Juggling	Doctor Doctor	Match 3 v 3
Session 10	Weekend	U-6 Weekend	Plus 2 Pyramid	Can You	Driven Pass/Shot	Controlled Juggling	Numbers Turn	Match 3 v 3
Session #	Day	Instructions	Warm-Up		Juggling	Activity 1	Small Sided Game	
Session 1	Weekday	U-6 Weekday	Plus 1 Pyramid	Body Part Dribbling	Controlled Juggling	Sharks and Minnows	Match 3 v 3	
Session 2	Weekday	U-6 Weekday	Plus 1 Pyramid	Coach Says	Controlled Juggling	Knock Out	Match 3 v 3	
Session 3	Weekday	U-6 Weekday	Plus 1 Pyramid	Madagascar	Controlled Juggling	Looters	Match 3 v 3	
Session 4	Weekday	U-6 Weekday	Plus 1 Pyramid	Traffic Lights	Controlled Juggling	Dribbling Tag	Match 3 v 3	
Session 5	Weekday	U-6 Weekday	Plus 1 Pyramid	Soccer Safari	Controlled Juggling	Sharks and Minnows	Match 3 v 3	
Session 6	Weekday	U-6 Weekday	Plus 1 Pyramid	Can You	Controlled Juggling	Knock Out	Match 3 v 3	
Session 7	Weekday	U-6 Weekday	Plus 1 Pyramid	Old MacDonalds Farm	Controlled Juggling	Looters	Match 3 v 3	
Session 8	Weekday	U-6 Weekday	Plus 2 Pyramid	Body Part Dribbling	Controlled Juggling	Posession 1 v 1	Match 3 v 3	
Session 9	Weekday	U-6 Weekday	Plus 2 Pyramid	Coach Says	Controlled Juggling	Cops & Robbers	Match 3 v 3	
Session 10	Weekday	U-6 Weekday	Plus 2 Pyramid	Madagascar	Controlled Juggling	Finding Nemo	Match 3 v 3	

- * Escape Move - Step Over
- * Escape Move - Drag Back
- * Individual Ball Warm Up 1
- * Individual Ball Warm Up 2