



Practice Plan

Activity

Coaching Points

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Mini Drills – Time: 15 minutes</i></p> <p>Toe taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball.</p> <p>Inside rolls – with ball in front, roll ball with sole of right foot to inside (across body) and back to center; repeat with left foot; 10 times alternating with each foot.</p> <p>Inside instep rolls - with ball in front, touch ball with instep (laces) of right foot and roll up forward in front of body, stopping with sole on top of ball, then roll back to starting position; alternate with left foot; 10 times with each foot.</p> <p>Outside instep rolls – with ball in front, touch ball with instep (laces, or slightly outside of foot) of right foot and roll outward from body, stopping with sole on top of ball, then roll back to starting position; 10 times with each foot.</p> <p>Ball box – with ball between feet, tap ball back and forth between feet rapidly; 10 times with each foot.</p> <p>Side to Side Step-On - With ball between feet, step on ball with sole of right foot and roll outward, finishing with ball on the inside of right foot, tap back to left foot; repeat with left foot; 10 times with each foot.</p> <p>Pull instep push – with ball in front, pull back with right foot and tap forward with instep; repeat with left foot; 10 times alternating each foot.</p> <p>Pullback – dribble the ball forward 2 or 3 times, pullback with right foot, turning toward ball and changing direction, and repeat by pulling ball back with left foot; repeat ten times with each foot.</p>	<ul style="list-style-type: none"> ▪ Be sure to have someone demonstrate the correct way to do each drill ▪ Don't let each activity take more than one or 2 minutes ▪ Let the kids know that this is something that they can work on at home
<p>2nd Activity <i>Hurdles</i></p> <p>You need an even number of pylons and corresponding sticks. Place two pylons at two feet apart and place the stick across the top to create a hurdle. Ensure there is enough room under the stick for the ball to roll. Put at least four hurdles in a row. Each player approaches the hurdle and must pass the ball under the hurdle, then jump the hurdle and recover the ball on the other side</p>	<ul style="list-style-type: none"> ▪ Builds on Ball Control and Dribbling ▪ Can be used to teach a proper push pass

<p>3rd Activity <i>Running Bases</i></p> <p>Set up “bases”. At least four, each 2 to 3 yards square. Split the team into two groups, the “runners” and the “taggers”. Have the taggers carry pinnies to distinguish themselves.</p> <p>The runners try to dribble their ball without being tagged. If they get tagged, they exchange places with the tagger. The tagger hands the pinnie to the person tagged and uses their ball to dribble.</p> <p>Runners are safe if they enter one of the bases. Only one player at a time can be in the base. If a new player enters then the old player must exit. Runners cannot return back to the same base they just left.</p>	<p>Variations:</p> <p>For younger players: Only one tagger Fewer bases Only one player in a base at a time</p> <p>For older players: More bases and taggers. 2 players allowed in each base. Play with fewer balls: can only be tagged if you have the ball. Or, if you don't have a ball (balls must be passed).</p>
<p>4th Activity <i>Protect the cone – Individual</i></p> <p>Define a rectangular space. Each player starts with a ball and a cone. Each player must control their own ball while trying to attack and kick over other cones. Player must keep the ball under control while defending and attacking. When defending, try to block attackers by keeping your ball and body between the cone and the attacker. On attack, try to maneuver around defenders while controlling your ball to get a clear kick at their cone. If your cone is kicked over, you can set it up again after you do an exercise (sit-ups, pushups, etc.), dribbling move or juggling of the soccer ball.</p>	<ul style="list-style-type: none"> ▪ Continues the theme of ball control while introducing attacking and defending ▪ Make sure players control the ball while defending and attacking. ▪ Watch for players who DEFEND or ATTACK more often. ▪ Watch and help players determine when to attack and when to leave the cone, also when to defend and stay at home around the cone. ▪ Help players remember to keep their body and the soccer ball between their cone and the attacker. ▪ Explosive, quick move will help attackers maneuver around defender. ▪ Vary the activity to include exercises like pushups, sit-ups, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc
<p>5th Activity (the game) <i>Protect the cone - Group</i></p> <p>Same set up as above except divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. Group leader can choose a group captain. Captain must organize the group; which players will defend and/or attack. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.</p>	<ul style="list-style-type: none"> • Allow players to organize themselves with as little interference from group leader as possible. This will be a valuable experience for when they are playing in an organized soccer game. • Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader. <p>▪ Watch the group dynamics and switch players so all get to work together</p>

Scrimmage 2v2 or 3v3

Homework:

Chose at least one activity below and get at work on it for at least 30 minutes prior to our next practice session.

- Work on your mini drills
- Work on your juggling skills
- Work on your wall work
- Work on feints and moves