



# Practice Plan

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Mini Drills – Time: 15 minutes</i></p> <p><b>Juggling</b> – Everyone should begin to juggle upon arrival to each practice!</p> <p><b>Toe taps</b> – 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><b>Ball box (Inbetweens)</b> – with ball between feet, tap ball back and forth between feet rapidly; 30 second intervals. Also, move forward by lightly pushing forward with each foot.</p> <p><b>“Pullbacks”</b> - Start with the ball between your feet. Fake up to the top of the ball with your right foot in a kicking motion, but stop with your cleats on top of the ball. Then “pull-back” the ball by “scraping” your cleats backwards to get the ball rolling behind you. Now you can turn either clockwise or counterclockwise to face the ball again</p> <p><b>“Scissor’s”</b> - Start dribbling with the ball between your feet. Plant your right foot next to the right side of the ball and swing your left leg around the ball in a counterclockwise arc, from the inside (right side) of the ball to the outside (left side) of the ball. This is an “inside to outside” stepover with the left foot. Then plant that left foot down and take the ball back to the right with the outside of the right foot. Accelerate!</p> <p><b>“Skip Touches”</b> - Start with the right foot in front of the left, and the ball just ahead of the leading foot. Begin by touching the ball forward with the (right) front foot which you then plant on the ground and do a little “hop” (or skip), while your (left) trailing leg comes to the front. When that (left) leg is in front, touch the ball ahead with it, then plant it down for a little “hop” (skip), and continue. Do this for several dozen skips.</p> <p><b>“Shield Turns”</b> - Start by dribbling forward towards a cone or mark that represents the defender. Just before reaching the mark, begin a series of sharp inside cuts with the inside of the right foot. The first cut turns you to the left, then immediately follow with another cut to be facing backwards, and immediately with another cut to end up facing to what initially was to your right. There should not be any extra steps between ball touches. The entire time the ball is shielded and multiple opportunities for lateral and trail passes are available. When done properly the dribbler can actually “shake-off” the defender and continue downfield.</p> <p><b>“Lunges”</b> - Start dribbling the ball forwards then abruptly lunge (take a long deep step) with your left foot, to the left of the ball. Plant your left foot hard and take the ball back to the right with the outside of the right foot, on the diagonal. Accelerate.</p>	<ul style="list-style-type: none"> <li>▪ Be sure to have someone demonstrate the correct way to do each drill</li> <li>▪ Don’t let each activity take more than one or 2 minutes</li> </ul>

<p><b>2<sup>nd</sup> Activity</b> <i>Dribble Relay Race- 2 Time: 5 – 10 Min.</i></p> <p>Split into two teams. Set up two rows of cones as shown in figure. Players will do a relay race starting at the first cone. They will Dribble to the 1st cone, perform the task, go to third, perform the task, etc, and then out to the last. One they reach the last, they turn back towards the line using a pullback and make a pass to the next player from the second cone. Next player goes. First team finished wins!</p>	<p>X = Players O = cones →→ = line of flight</p> <p>(1.Scissors) (3.Lunge) XXO→→→→O→→→O→→→O→→→O (return to line, finish with pass) (2.Shield Turn) (4.Pullback)</p> <p>Lots of running and ball control needed. Takes the warm up activities and introduces them in a game like activity.</p>
<p><b>3<sup>rd</sup> Activity</b> <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. The runners try to dribble their ball without being tagged. If they get tagged, the exchange places with the tagger. The tagger hands the pinnie to the person tagged and uses their ball to dribble. 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><b>For younger players:</b> Only one tagger Fewer bases Only one player in a base at a time</p> <p><b>For older players:</b> 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><b>4<sup>th</sup> Activity</b> <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"> <li>▪ Continues the theme of ball control while introducing attacking and defending</li> <li>▪ Make sure players control the ball while defending and attacking.</li> <li>▪ Watch for players who DEFEND or ATTACK more often.</li> <li>▪ 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.</li> <li>▪ Help players remember to keep their body and the soccer ball between their cone and the attacker.</li> <li>▪ Explosive, quick move will help attackers maneuver around defender.</li> <li>▪ Vary the activity to include exercises like pushups, sit-ups, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc</li> </ul>
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Protect the cone - Group</i></p> <p>Same set up as above except divide the group into four teams. Each teams 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"> <li>• 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.</li> <li>• Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.</li> </ul> <ul style="list-style-type: none"> <li>▪ Watch the group dynamics and switch players so all get to work together</li> </ul>

**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 warm up drills
- Work on your juggling skills
- Work on feints and moves