

6-8th Grade League



9 Week Practice Plan

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COMMON PRACTICE PROBLEMS

#1 Having an odd number of players at practice

- If you have an assistant or a spare parent, have them work with a goalkeeper
- When doing pair activities, make a triangle instead
- In small group activities, add a shadow defender with no tackling allowed
- Scrimmage 5v4 and have team with less players loaded with stronger players
- Scrimmage 5v4 and have team with more players attacking small goal
- Scrimmage 5v4 and have team with less players with goalie, other team without
- Use assistant, parent, brother/sister to even teams out
- Play yourself

#2 Picking teams for scrimmages

- Use your knowledge and judgment to evenly match up individuals
- Random Teams
 - Choose one player to give everyone a number. Turn away and pick random numbers for teams
 - Choose players by birthday month or day

#3 Increasing competition for more advance players

- In pairs, match up players according to ability
- If one exceptional player, match up against assistant or parent
- Reduce the space
- Limit number of touches

#4 In eliminating games players sit out for long periods of time

- In games like knockout players should do a skill activity that allows them back into the game. Rather than a single winner, count number of times required to do the skill activity. Least number wins. Skill activities could include dribbling to a distant cone and back, juggle the ball x times, do x jumping jacks, etc.

#5 Defenders always win the ball without offense gaining experience

- Have defense play as a shadow
- Restrict movement of defense by playing as a crab on all 4's
- Increase the playing area

***TIP: Change games so that the players are competing against the coaches. Kids love this challenge!**

STRETCHING EXERCISES

1. Arms/Neck

- Roll arms around in a 'windmill type' action. First rotate right arm forward 10 times, then switch to left arm. This can be done using both arms at the same time. Then, change to rotating arms backwards using the same sequence.
- Move head up and down holding each position for 8-10 seconds. Move head from side to side holding each position for 8-10 seconds.

2. Quadriceps

- These muscles are the big muscles that cover the front of your thigh. Use a goal post, a wall, or a teammate to balance. Stand straight. Bend one leg and hold your ankle or the top of your foot. Pull your bent leg until your heel is close to your bottom. Hold for 10 seconds. Switch legs. (*Diagram 1*)

3. Hamstrings

- These are the muscles at the back of your thigh. In a sitting position with your left leg straight, place the sole of your right foot against the inside of your left thigh. Bend your trunk toward your extended leg, keeping your knee straight and foot in a relaxed position. Hold for 10 seconds. Switch legs. (*Diagram 2*)

4. Groin (Butterfly stretch)

- In a sitting position with your back straight, bend your knees and place the bottoms of your feet together. Pull your feet towards your groin. Place your elbows on your knees and gently push the knees toward the floor. Hold for 10 seconds and repeat. (*Diagram 3*)

5. Calves

- In a sitting position with legs straight, place right heel on top of left toes. Pull right toes towards body with hands. Hold for 10 seconds. Switch legs.

Quadriceps



Diagram 1

Hamstrings



Diagram 2

Butterfly



Diagram 3

GOALKEEPER TRAINING

Ready Position:

- ✓ Shoulders squared to ball with feet shoulder-width apart
- ✓ Hands at waist level with palms forward and fingers pointing upward
- ✓ Head steady and eyes focused on the ball

Narrowing the Shooting Angle:

- ✓ Come off goal line toward the ball, as opponent is getting ready to shoot. This cuts down on the amount of goal the shooter has to score.

Gathering Ground Balls:

- ✓ Keep legs straight, with feet a few inches apart, and bend forward at the waist
- ✓ Reach arms down with palms forward and slightly cupped
- ✓ Allow the ball to roll up onto wrists and forearms

Gathering Air Balls:

(between ankles and waist)

- ✓ Bend forward at the waist
- ✓ Extend arms down with palms facing forward
- ✓ Receive the ball on the wrists and forearms and secure it against your chest
- ✓ For waist-height balls, jump backward a few inches to absorb the impact

(chest or head-high)

- ✓ As ball arrives, position hands in a diamond position with fingers spread and thumbs almost touching
- ✓ Extend arms, slightly flexed at the elbows
- ✓ Catch the ball with fingertips
- ✓ Withdraw arms to cushion the impact and secure the ball to chest

Diving to Save Shots:

- ✓ Step and push off the foot nearest to the ball in the direction you are going to dive (push off right foot to dive to right)
- ✓ Extend arms and hands toward ball
- ✓ Receive the ball on your fingertips and palms
- ✓ Pin the ball to the ground with upper hand
- ✓ Contact the ground with your side, not stomach

Distributing the Ball:

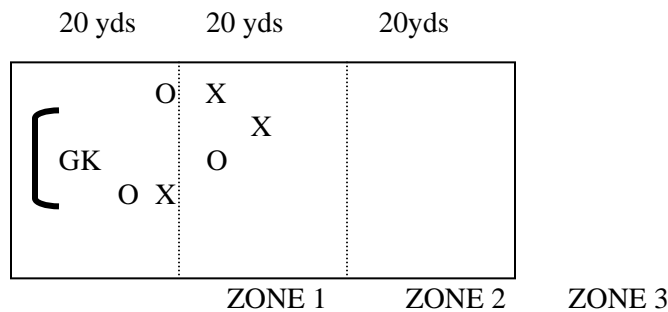
- ✓ Rolling the ball-release the ball with a bowling-type motion at ground level so it doesn't bounce
- ✓ Throwing the ball-hold the ball in the palm of the hand, step toward target and use overhand throw similar to baseball
- ✓ Kicking the ball-hold the ball in the palm of the hand opposite the kicking foot. Step forward with non-kicking foot, release the ball and kick with instep.

GOALKEEPING GAMES

Over the Top (to distribute the ball)

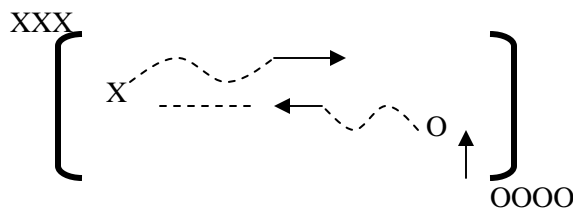
Play 3v3 in a 20x60 yard area. Use cones to mark three 20-yard zones within the length of the field (distances can be changed according to ability). Three players on offense attack the goal. The three on defense including goalkeeper defend the goal. The defense scores in this manner

- ✓ 1 point for a shot stopped and successfully distributed by goalie by *rolling* ball into first zone
 - ✓ 2 points for a shot stopped and successfully distributed by goalie by *throwing* ball into second zone
 - ✓ 3 points for a shot stopped and successfully distributed by goalie by *punting* ball into third zone
 - ✓ 1 additional point for any ball controlled by one of the goalie's teammates
- Once defense controls the ball from the goalkeeper, play begins with the offense.



Shoot and Save (goalie training for entire team)

Bring goals 30 yards apart with goalie in each goal. Other players should be in line outside of left posts of each goal. Balls in both goals. Player takes ball, dribbles towards goal and shoots. He then goes to end of other line. Goalie now becomes forward and dribbles and shoots at other goal. Front of the line replaces in goal each time. Players in line can assist collecting balls. Continue repeating rotation.



***Any shooting game or game that goes to goal can be used for goalie training as well.**

BASIC PRACTICE PLAN

- Warm-up/Stretch...5-10 minutes
 - This section will get the players moving (with or without the ball) to warm up their muscles prior to stretching. This warm-up may be as simple as tag or a review game from prior practices.
 - Be sure to stretch every practice...the earlier in life the players get in the habit of stretching, the better! One idea is to have a different player lead stretching each practice. See attached sheet on major stretches to be done.
- Skill of the Day Instruction...10-15 minutes
 - This section will be where you teach the players different skills and concepts of the game. It will also include a short drill to practice that particular skill. Take this time to give one-on-one instruction and to correct any mistakes.
- Practice Activities/Games...15-20 minutes
 - This section will involve games that will further develop the skill of the day.
- Water Break/Recap/Game Prep...5 minutes
 - Use this time to give the players a rest, recap the practice and organize for the scrimmage.
- Small/Full-Sided Scrimmages...15-20 minutes
 - This is often the most fun part of practice, for players and coaches! Small-sided scrimmages (teams of 2-4 each) are great because each player gets plenty of touches on the ball and less aggressive players are more involved. Large scrimmages present good opportunities to teach field positions and formations, team defense, and proper decision-making.

***Times are approximate and should be adjusted according to your team's needs.**

PRACTICE #1 SKILL: **Dribbling**

10 Minutes: Warm-up

1. **Tap Dance**-The ball should not move in this drill. Each player has a Ball and they start with one foot on the ball and one foot on the ground. On the coach's signal, start switching feet, "tapping" the top of the ball with each foot. Coach can hold up fingers and the players have to yell out the number he is holding up.
 2. **Happy Feet**-The players put the ball between their feet. The ball is knocked back and forth from the left to right in a continuous motion. The knees should be slightly bent and the ball should be hitting the area above the ball of the foot.
 3. Add movement to these two drills. **Tap Dance**-Spin in circle while tapping. Change direction. **Happy Feet**-Move ball slightly forward with each touch. Go width of field and then try moving backwards.
- *These two drills are used for fast footwork and to get the players comfortable with the ball. The goal is for each player to stay under control and be comfortable *not staring* at the ball.

Stretch: *SEE ATTACHED SHEET

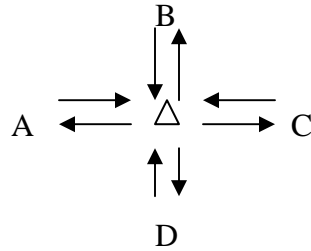
10 Minutes: Skill of the Day Instruction: **Dribbling**

Key Points:

1. Maintain close control with both feet
2. Be agile, stay on toes
3. Use all parts of feet; inside, outside, laces, sole
4. Keep head up-eyes on the field
5. Change direction and speed when turning
6. Introduce Moves:
 - a. Roll-roll ball backwards with sole of shoe. Either spin and reverse direction or move ball angled forward
 - b. Cut-cut across body with inside of foot; can use outside as well
 - c. Cryuff (pronounced "croif")-put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of foot.
 - d. Scissors-Step from the inside in front/over/behind the ball (fake playing the ball with the outside of the foot), take away with the outside of the other foot
 - e. Step-over-Step over with one foot (fake playing the ball with the inside of the foot), plant and pivot, take the ball away with the inside of the other foot

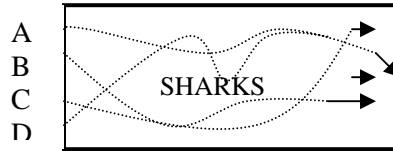
*As you explain the move, have each player going through the motion individually.

Skill Drill: Set up cones in diamond shape with one cone in the middle as shown below. Players line up behind outer cones in pairs or threes. Each player dribbles to center cone, performs specified move before reaching the cone, and returns to end of line. Encourage players to pretend that the center cone is a defender.



20 Minutes: Dribbling Games

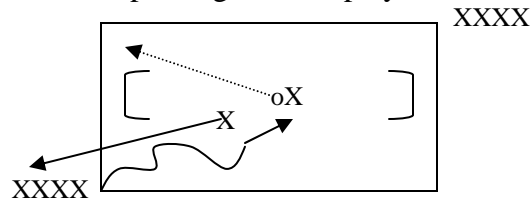
1. **Sharks and Minnows**-Cone off a rectangular area. Designate two Sharks to be in the middle of the “ocean” without a ball. All other players (the Minnows) have a ball at one end. On the coach’s signal the Minnows attempt to cross the “ocean” by dribbling without losing their ball. The Sharks try to kick everyone’s balls out of the “ocean.” If a Minnow loses his/her ball then he/she becomes a shark. Minnows cross on coach’s signal each time. The last two Minnows surviving become Sharks in a new game.



2. **Rapid 1v1**-Set up a 15x20 yard field with 1-2 yard goals at each end. Divide players into two teams and line each team on opposite corners of the field. The first player from each team steps onto field to begin play. Emphasize beating the defender off the dribble towards the goal. Rotation is as follows:

- a. If you score or kick the ball off the opponents end line, you are on defense against the next person in line
- b. If opponent scores on you or kicks the ball off your end line, your turn is done and you return to end of the line
- c. If you are next person in line, you move into play as soon as the ball gets kicked across your end line, either a goal or out-of-bounds

*This is a fast-paced game and play should be constantly moving.



Water Break/Recap

20 Minutes: Small-Sided Scrimmage-Make teams of three or four and play mini-games, rotating every 5-7 minutes.

PRACTICE #2 SKILL:

Formations and Movement

10 Minutes: Warm-up/Stretch

1. **Tap Dance/Happy Feet**
2. **Box Drill**-All players dribble ball inside of coned 20x20 yard area. Coach gives commands like Stop, Go, Outside of foot, Tap Dance, Happy Feet, and/or any of the moves learned earlier. On the command, players immediately respond with appropriate action. Coach may need to review the commands before beginning.

10 Minutes: Skill of the Day Instruction: **Formations and Movement**

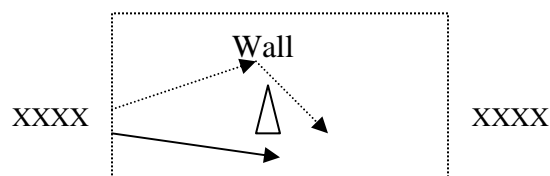
1. Forward- Primarily an attacking player whose responsibility is to create and score goals.
2. Midfielder-Both an offensive and defensive player who is primarily responsible for linking forwards and the defenders.
3. Defender-Primarily a defensive player who assists the goalkeeper in protecting the goal.
4. Goalkeeper-The last line of defense. The only player who can use his/her hands within the field of play. The goalkeeper is limited to using his/her hands within the penalty area.

***NOTE:** May need to introduce positions and formations to those players who have not played before. For example, formations at this level can include a **4-3-3** (4 Defenders-3 Midfielders-3 Forwards) and a **4-4-2** (4 Defenders-4 Midfielders-2 Forwards). *Swarming* may still be evident so making the players aware of field position in relation to others is important. At this level, the concepts of *providing support*, *give and go*, and *overlapping runs* will all be introduced.

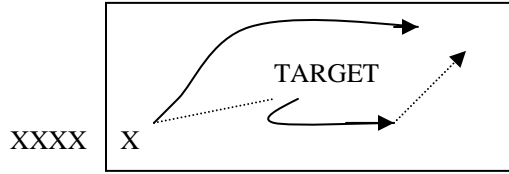
Skill Drill: Begin by lining the players on the field in a **4-3-3** formation. Explain where each position should be in relation to others and their responsibilities. Now line the players in a **4-4-2** formation. Point the differences out to the players.

20 Minutes: Movement Games

Give and Go-Line players in lines at each end of the 30x20 yard grid. A player stands halfway down the side of the grid serving as the 'wall' and a flag or cone is placed in the middle. The first player in line plays a 'give and go' with the wall player and then passes to the next line. The wall should give a good supporting angle and pass in front of the player and behind the flag.

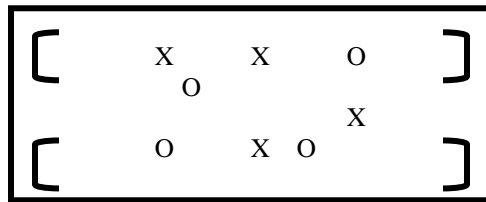


Overlapping Runs-All players in one line facing the target player. Ball starts with the first player in line. The target player checks to the ball, receives the pass, turns and begins dribbling. After pass is made, player makes an overlapping run and receives ball back from target player. See diagram below.



Water Break/Recap

20 Minutes: **2-Goal Scrimmage**-Set up 2 goals at *each* end of the field, closer to the sideline than to each other. Attackers need to look up and decide which goal to attack (which one is more open). Play like a regular scrimmage or add restrictions like a give and go must be made before shooting, etc.



PRACTICE #3 SKILL: **Passing and Receiving**

10 Minutes: Warm-up/Stretch

1. **Tap Dance/Happy Feet**
2. **Dribble Knock-Out**-Cone off an area large enough for all players to fit in. Each player has a ball and must dribble in the area. When the coach yells "KNOCK OUT!" each player tries to knock out another player's ball from the area while keeping his own ball under control. If a player's ball leaves the area, that player is out. Play until one player is left.

*See "Common Practice Problems" for alternatives in elimination games.

10 Minutes: Skill of the Day Instruction: **Passing and Receiving**

Passing Key Points:

1. Use inside of feet
2. Strike through the middle of the ball
3. Plant non-kicking foot next to the ball, pointing towards target

Receiving Key Points:

1. Cushion the ball as it comes to you (like catching an egg)
2. Keep body loose-the ball should not bounce off of you
3. Can use all body parts (except hands and arms), but the feet and thigh are the most common

***Note**-At this level, players should not simply trap the ball, but receive it with a purpose. This can be done by settling the ball in the direction of where the player wants to move, not simply stopping it under their body. Encourage the players to think "one play ahead", knowing where they want to go before receiving the ball.

Skill Drill: Have each player pair up with a ball, standing 3-5 yards apart. One player passes the ball in the air to his/her partner who must trap the ball with his feet, settle it to the ground and pass back. Repeat 10 times, then switch. After using both feet, move onto thighs and chest. This can also be done in threes: One player is tossing, another is receiving the ball with a purpose-towards the third player.

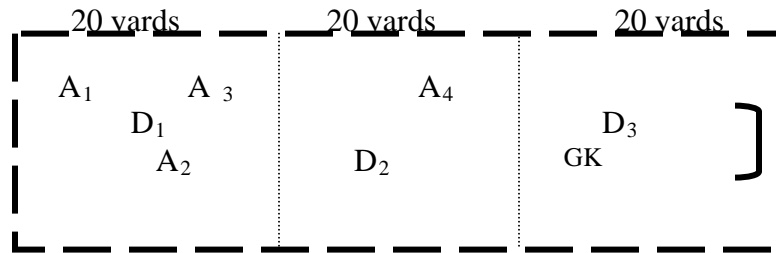
20 Minutes: Passing Games

1. **Hot Potato**-Play 3v3 keep-away with no goalkeepers in a 25x25 yard field. Focus on each team controlling the ball as long as they can. Award 1 point for each pass received and controlled using the foot. Award 2 points for each pass received and controlled using the thigh or chest. Keep a running total of each team's score. May also play 3v2 or 3v1 for more successful passing.

Key Points:

1. Movement-offensive players are easy to mark if they are inactive. Encourage players to move continuously to open areas to receive passes.
2. Spreading Out-have players keep distance between each other on the field. By spreading out your offense, space will open up for dribbling, passing, and scoring.

2. **Traveling Light** (to develop providing support)-Play 4v4 including one goalie on the defensive team. Set up a 20x60 yard field, dividing it into 3 zones each of 20x20 yards. Set up one goal 6-8 yards wide. The game starts with 3 attackers and 1 defender in zone 1. The attackers must make three successful passes in zone 1 before moving on. The player who received the third pass and the player who passed it move on to zone 2, where another attacker and defender are waiting. Offensive players repeat the same sequence as in zone 1. In zone 3, the three attacking players combine against one defender to finish with a shot. Award the team a point for successfully passing through each zone. If the defenders tackle or intercept the ball, the ball is returned to the attacking team with no point scored. Rotate the offense and defense after a short time.



Water Break/Recap

- 10 Minutes: Small Sided Scrimmage. Encourage providing support for each other and constant movement!
- 10 Minutes: Full Scrimmage with restrictions. For example, must pass 3 times before allowed to shoot, or maximum number of individual touches is 5 (to encourage passing).

PRACTICE #4 SKILL:

Shooting

10 Minutes: Warm-up/Stretch

1. **Tap Dance/Happy Feet**
2. Skill Drill from Practice #3
3. Stretch the legs well today for shooting!

10 Minutes: Skill of the Day Instruction: **Shooting**

Key Points:

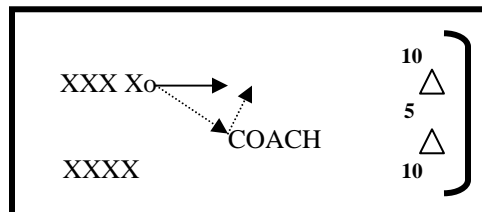
1. Plant non-kicking foot next to ball
2. Point toe down, lock ankle, strike with shoelaces
3. Lean slightly forward
4. Head down
5. Follow-through; land on shooting foot
6. No Toe-balls!

Skill Drill: **Striking Sequence**

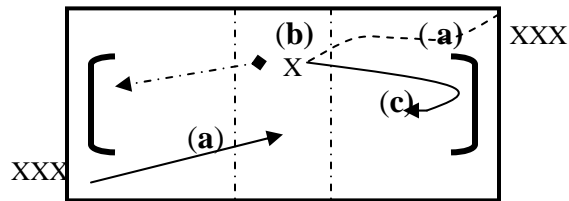
1. Circle around coach, players in crab position. Coach tosses ball to players who try to kick it back into coach's hands, *using their laces*.
2. Players are standing and drop ball onto their foot, *striking with laces* to coach's hands.
3. Same but in pairs about 5 yards apart.

20 Minutes: Shooting Games

1. **Pass and Shoot**-Set up two lines of players facing the goal in line with goal posts. The goal is divided into thirds by cones. Players pass to coach who passes to the side or slightly forwards. Player runs and shoots on goal. Limit number of touches to 1 or 2 depending on skill level. 10 points for corners, 5 points for center.



2. **Shooting Wars**- This is a fast paced game that works on shooting off the dribble and quick thinking. Divide into two teams with each player having a ball. Place goals about 30 yards apart facing each other. Each team lines up on right side of their goal. Mark a 'shooting zone' (see diagram) in the center. First player dribbles into zone and shoots. Immediately he retreats to play goalie as the first player on opposing team dribbles and shoots. This cycle continues for set amount of time. The sequence is as follows:
- Begin dribble as soon as opponent shoots
 - Shoot while in the shooting zone
 - After you shoot, you become goalie
 - After being goalie, go to end of line
- Each team keeps track of goals scored. Most goals in set amount of time wins.



Water Break/Recap

20 Minutes: Scrimmage-Large or Small...Your Call! Make the goals bigger today to encourage goal scoring and taking shots.

PRACTICE #5 SKILL: Defense

10 Minutes: Warm-up/Stretch

1. **Dribble Knock-Out**
2. Skill Drill #3 from Practice #4

10 Minutes: Skill of the Day Instruction: **Defense**

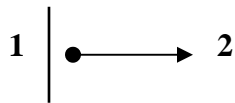
Marking Key Points:

1. Stay between offensive player and the goal.
2. Watch the ball
3. Notice opponent's habits, such as using only one leg to dribble
4. Attempt tackles only when the ball is off the dribbler's foot

Tackling Key Points:

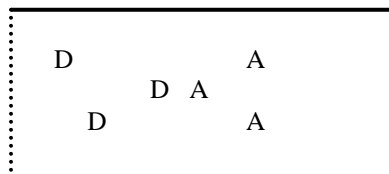
- a. Step in when attacker temporarily loses control of the ball
- b. Approach dribbler in sideways position, feet staggered
- c. Tackle ball by blocking with inside of foot. Keep it firm and drive into the ball
- d. Don't lunge!

Skill Drill: Players pair up with one ball. Player 1 starts on end line with ball facing Player 2 about 15 yards away. 1 passes to 2 and then becomes defender. 2 tries to dribble ball to the end line. 1 tries to stay between attacker and the end line, tackling the ball if able. Switch offense/defense.

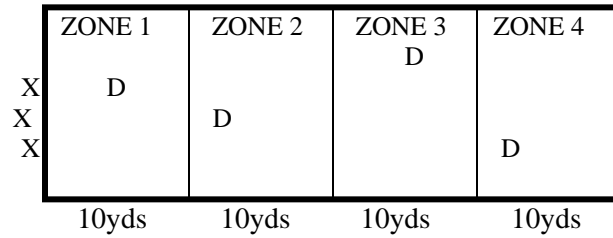


20 Minutes: Defense Games

1. **Monkey on my Back**-Play 2v2 or 3v3 in a 10x20 yard field. Assign end lines for each team to defend. The defense must try stay between the attacker with the ball and the end line they are defending. Only the defense earns points; 1 point when attacker can't advance the ball forward, either by passing or dribbling, past the defender. (Award the point when the attacker is forced to pass backwards to his/her teammate.) 2 points if the ball is intercepted or taken away.



2. **Run the Gauntlet**-Mark off a 20x40 yard grid. Divide into four 10-yard zones. Place one defender into each zone. Rest of team lines up at one end line and tries to dribble to the other without losing their ball. All players leave at once. Defenders score 1-4 points depending on which zone the tackle is made. Attackers score 3 points for reaching the other side.



Water Break/Recap

20 Minutes: Small-Sided Scrimmage (3v3 or 4v4). Encourage good defense! Feel free to stop the play to compliment and/or correct defensive positioning.

PRACTICE #6 SKILL: **Heading and Juggling**

10 Minutes: Warm-up/Stretch

1. **Shadow Tag**-Pair off players, 1 ball per pair, playing shadow ball (one player with ball, the other being his shadow). On coach's command, the Shadow has 3 seconds to get away. Player has to pass ball at his shadow. Point is scored for a hit. Switch and repeat.

10 Minutes: Skill of the Day Instruction: **Heading and Juggling**

Juggling Key Points:

1. Focus on ball
2. Keep ankle solid (don't flick)
3. Bend knee to strike on thigh

Skill Drill: Have players hold ball in hands. Drop ball onto laces, juggle once, and try to catch. Repeat with other foot. Then juggle, let it bounce, and juggle again. Increase number of kicks. Move onto thigh. Emphasize using the meaty part of the leg, not the knee. Count how many juggles can be done without letting the ball hit the ground.

Heading Key Points:

1. Eyes open-mouth closed
2. Hit with the top of forehead (hairline)
3. Offensive headers-strike down to score
4. Defensive headers-strike up and away to clear the ball over oncoming attackers

Skill Drill: **Head Catch**-Arrange all the players in a tight circle around the coach who holds the ball. Coach tosses ball in air to a player and yells either "Head" or "Catch". Player must follow instruction. Once they conquer this, reverse the rules. For example, when coach yells "Head", players must catch the ball and when coach yells "Catch" players must head the ball!

***NOTE:** If this is new for players start with a foam ball or even a beach ball to build up their confidence. The first goal is get them comfortable with hitting the ball with their head.

10 Minutes: Juggling Game

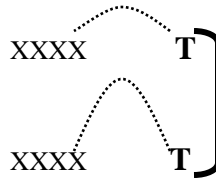
1. **Juggle Race**-Using the method of "drop-juggle-catch", start all players on one end line and have them progress to the other side on the following conditions:
 - *1 step for each successful thigh juggle and catch.* (For example, Player 1 drops, juggles ball 2 times with thigh and catches it. Player 1 moves 2 steps forward.)

- 2 steps for each successful foot juggle and catch. (Player 2 drops, juggles ball 2 times with foot and catches it. Player 2 moves 4 steps forward.)

10 Minutes: Heading Game

1. **Heading Relay**

- a. *Defensive*- Divide into two teams. Each team faces the goal at about the 12 yard line. Each team has one tosser (either a player or coach) who stands in the goal with all the balls. 1 point is awarded for a headed ball that goes over the goal. First team to 10 wins.
- b. *Offensive*-Same as above except now 1 point is awarded for a headed ball that goes under a 2-3 feet high goal.



Water Break/Recap

20 Minutes: Scrimmage

PRACTICE #7 SKILLS: **Miscellaneous**

***As the season is winding down, you will know what skills your team needs to work on. The next two practices are a mix of everything. You can pick and choose what you think would be best for your team.**

10 Minutes: Warm-up/Stretch

1. **Tap Dance/Happy Feet**
2. Practice Juggling

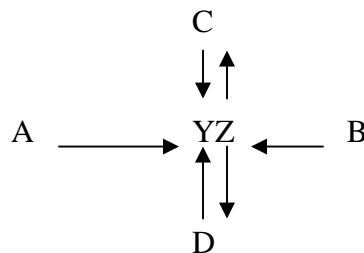
5 Minutes: **Review Dribbling, Passing, Shooting Key Points**

25 Minutes: Dribbling, Passing, and Shooting Games

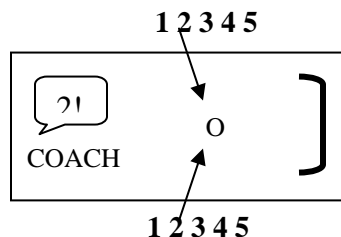
1. **Star Game**-In groups of 6, have 4 players at points and 2 in the center, and 2 balls. Players A and B at opposite points of the star begin with a ball each. On coach's command of "left" or "right", the ball is passed to center players Y and Z. They pass to the next player in the direction the coach indicated. They continue passing around in the direction until they catch the other player. Switch center players.

Key Points

- a. Accurate passes
- b. Receiving the ball in the direction you are going



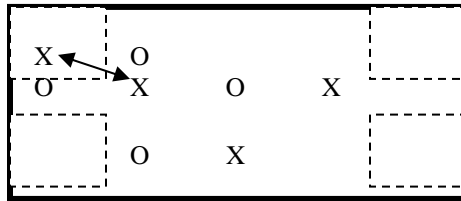
2. **Steal the Bacon**-Divide team in half and position each team on opposite sides of the area. Give each player on both teams a number (Each team will have a player #1, 2, 3, etc.). Coach rolls a ball into the middle of the area and calls out a number. Player from each team with the called number runs out to the ball and tries to score on goal. Play continues until a goal is scored or ball goes out of play. Coach may call more than one number at a time.



3. **Soccer Baseball**-Arrange a field with home-plate, bases, and out-of-bounds lines. Divide teams evenly and “play ball!” Have pitchers roll the ball to batters (or Coach pitches for quicker play). Batters kick the ball and attempt to reach first base before being touched by the ball, before the ball reaches the base or before the ball gets passed back to the pitcher. Fielders can also get a batter out by juggling a ball out of the air once and then catching it. At all other times, fielders must play the ball with their feet (no hands!). Keep players interested by not keeping track of outs. Have each team “bat” until each player kicks.

Water Break/Recap

20 Minutes: **Corner-Goal Scrimmage**-Play in approximately half the field with 10 yard cone squares set up in each corner. Goals are scored when the ball is passed into the square and back out to a teammate. Each team can attack all of the squares. Emphasize spreading out and identifying where there is less pressure to attack. Two balls can be used at once to make the game more exciting...and challenging.



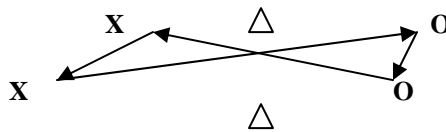
PRACTICE #8 SKILLS: **Miscellaneous**

10 Minutes: Warm-up/Stretch

1. **Juggling**
2. **Dribble Knock-Out**

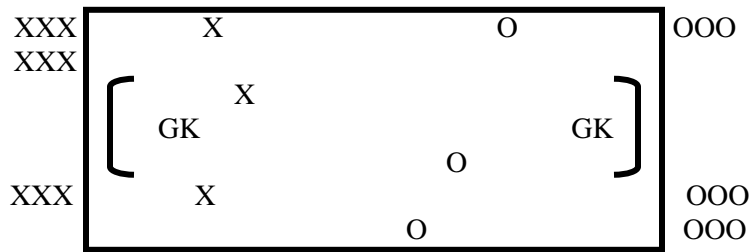
30 Minutes: Games

1. **Small-Goal Passing**-Divide into teams of two. Arrange teams as shown below with 5-7 yard cone goal between. Each player has one touch and must touch the ball once. Points are scored if opponents play ball back in only one touch, the ball stops on their half, the ball doesn't go through the goal; opponents touch the ball more than allowed. Both teams must stay on their own half. The object is to keep the ball moving back and forth, while creating tough angles for the opponent to return the ball.



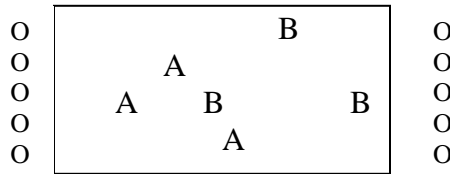
2. **Beat the Clock**-Divide players into two teams. Team 1 is inside grid dribbling. Team 2 is waiting outside of grid. On coach's signal Team 2 invades Team 1 and tries to knock all the balls out. Once a player on Team 1 loses his/her ball, they can help a teammate by receiving passes and playing keep-a-way. Team 2 has a set amount of time determined by coach to clear all the balls out.
3. **Rapid 3v3** (see diagram next page)-Divide into two teams. Place the two goals 20-30 yards apart with goalies. Each team lines up in 3 lines along their goal line. The first player in each line begins playing 3v3. They continue play until the ball is either scored or crosses an end line. Rules of rotation are as follows:
 - a. If your team kicks the ball across the other team's end line (either by scoring or out of bounds), you remain on the field defending the next set of three from the other team
 - b. If the opposing team scores on you or kicks the ball off your end line, you turn is done. Return to the end of the lines.
 - c. If you are at the start of any line, you move onto the field immediately after the opposing team either scores or the ball crosses your end line (the end line you are standing on)

*This is a fast-paced, highly transitional game and players need to be aware of switching from offense to defense at all times.



Water Break/Recap

20 Minutes: **Scrimmage (Sitting Duck)**- On the end lines place 5-6 balls, evenly spread out. Divide players into two teams. Start scrimmaging with another ball inside the area. The object is to hit one of the balls on the end line of your opponent. A goal is scored by hitting one of the other team's balls. Use same rules as scrimmage.



PRACTICE #9

Player's Practice!

Let the players run the practice! Pick their favorite drills, activities and games.