



PRACTICES

SAMPLE PRACTICE PLAN 1

SKILL	DRILL	NOTES
Warm Ups and Conditioning	<ul style="list-style-type: none">• Running (to the other side and back)• Hopping (to the other side and back)• Skipping (to the other side and back)• Bear crawl (to one side, then do crab walk back)• Running (to the other side and back)	5-10 minutes
WATER BREAK		
DRIBBLING	<ul style="list-style-type: none">• Introduce dribbling• Inside and outside of foot• Using the laces	10-15 minutes
WATER BREAK		
SHOOTING	<ul style="list-style-type: none">• Introduce shooting• Follow through	10-15 minutes
WATER BREAK		
PASSING	<ul style="list-style-type: none">• Introduce passing• No toes• Monkey in the middle	10-15 minutes



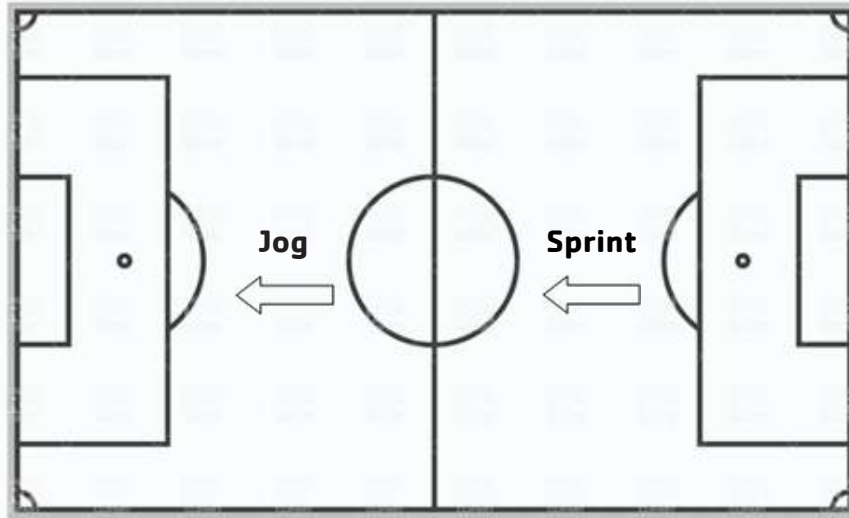
RESOURCES AND DRILLS

WARM-UPS AND STRETCHING

Begin each practice and game with static and dynamic stretching activities to get players warmed up and ready to go.

- Running
- Hopping
- Skipping
- Bear Crawl
- High Knees
- Lunges
- Back Pedal
- Step Slide
- Dribble while Walking
- Dribble while Jogging

1. Sprint/Jog



2. Relay Race Break players into 2 teams. Have players line up on the goal line.
Examples: running, bunny hops, skipping, dribbling, etc.

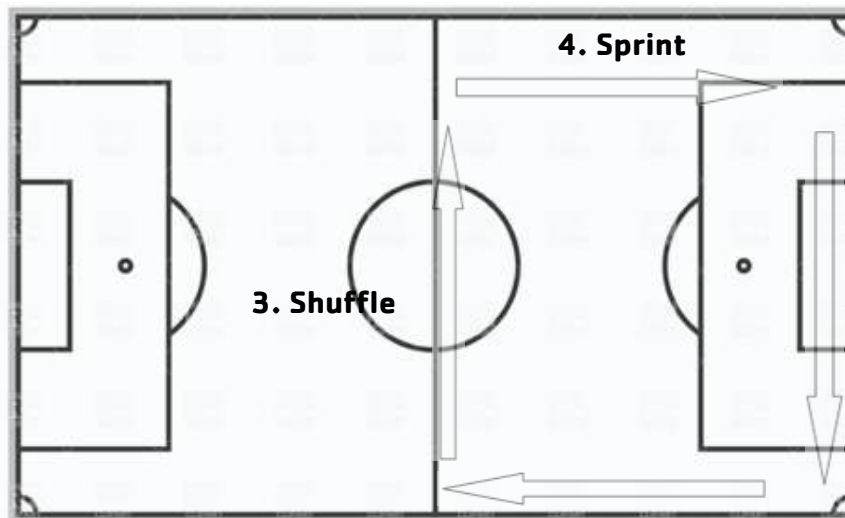
3. Simon Says "Coach Says"

4. Line Sprints Start at the goal line, sprint to the goal box, then back to the goal line, mid-field and back, goal box on opposite side and back, goal line and back.

5. Jumping Over Cones Set 3-5 cones. Players jump over the cones or can zig-zag through cones.

6. Zig-Zag Without ball, player one zig-zags through cones, player two passes ball to player one. Player one kicks ball into goal.

7. Intermediate Players Box Run



2. Back Pedal



RESOURCES AND DRILLS

HOW TO DRIBBLE

The players should be introduced to the following skills:

- Inside of the foot: foundation touches (3-4 year olds)
- Outside of the foot: changing direction and tight spaces (5-7 year olds)
- Laces: dribbling into space at speed (5-7 year olds)

FOUNDATION TOUCHES

- Using the inside of the feet, tap the ball back and forth
- Keep the ankle locked and toe slightly up
- The knees should be bent
- Arms out for balance

USING THE OUTSIDE OF THE FOOT

- Use the outside of the foot for changing direction or turning to keep control of the ball in tight spaces
- The outside of the foot technique is toe up slightly and ankle locked
- The player touches the side of the ball with the outside of the foot

Exercise: Have the players dribble a figure eight using the outside of the right and left foot to increase dribbling basics

THE SPEED DRIBBLE

- Players use the laces for speed dribbles - getting into spaces fast
- The technique is tow down and ankle locked, taking small touches with the laces

Exercise: Once players have used the inside or outside of the foot to keep the ball, the player can then accelerate into space

Coach's Cues

- "Knees bent"
- "Keep the ball close"
- "Eyes up"



RESOURCES AND DRILLS

DRIBBLING DRILLS AND GAMES

- 1. Bee Sting** All the kids are little bees and their job is to sting the coach. The way they do that is by kicking the soccer ball and hitting the coach with it.
- 2. Red Light, Green Light** Each player is lined up with a soccer ball. Have them dribble from the goal line to mid-field.
 - A. Red Light: Means Stop.
 - B. Green Light: Means Go.
 - C. Yellow Light: Means Slow Down.
- 3. Sharks and Minnows** Pick one kid (or two depending on the team size) to be the sharks. Have the rest of the kids be minnows and line them up on the goal line with a ball. The point of the game is for the minnows to dribble the ball across the field without the sharks taking their soccer ball. If a shark takes their ball, they become sharks as well. Keep going until all the minnows have been the sharks.
- 4. Zig-Zag Cone Dribbling** Place about 5 cones out in a zig-zag pattern. Have each kid dribble to each cone. Wait until each kid is at least at the third or fourth cone before the next one goes.

*Dribble zig-zag with one foot - they will be forced to use the inside and outside of the foot
- 5. Beehive** Set up cones in a circle. Each player has a ball in the beehive. Players dribble inside the field randomly using correct techniques and avoiding other players. Players should practice inside and outside foot dribbling, stopping, changing direction and pace, and maintaining control while in the beehive. The players try to kick other players out of the beehive, while keeping their own ball. If a player's ball is kicked out of the beehive, that player is out.
- 6. Follow the Leader** Have players pair up, each player with a ball. The leader dribbles while the second player follows, also dribbling. Remind players to keep their heads up. Encourage creative dribbling - changes in direction, pace, and technique. Stress control and change leaders frequently.
- 7. One-on-One** Players pair up, each pair with a ball in a grid. The player with the ball is "on the attack" and the other player is the defender. The attacking player tries to dribble to any of the cones (aside from the one behind him/her) and touch the cone with the ball. The defending player tries to prevent this. Players switch possession of the ball when the attacker accomplishes his/her goal or when ball goes out of bounds.
- 8. Clean Up My Room** Scatter all the soccer balls around the field. Have the players line up near the goal. When coach yells "GO", players run and get a soccer ball, dribble to the goal and score.



RESOURCES AND DRILLS

DRIBBLING DRILLS AND GAMES

9. Colors

Have 3-4 different colored cones scattered around the field. Have the players start in the middle of the field with a soccer ball. Every time the coaches yells a color the players dribbles their ball to that color cone.

10. Monster Invasion

Tell the players that a monster is coming to try to steal their pet ball and that they must keep it away from the monster by dribbling it around the field (tell them they must stay inside the field). The coach or a parent is the monster.

*Drag your leg like Frankenstein, make monster noises, make a face, and say things like "Don't let me get your ball!!!" But don't actually scare them. The idea is just to have them try to get away. Don't catch the players, just have fun.

11. Play a basic soccer dribbling concentration game. The coach assigns numbers to each soccer skill.

1 = toe taps on the soccer ball

2 = outside of the foot dribble

3 = foundation touches

4 = laces dribble

The coach calls out a number and the players have to perform the specific basic soccer dribbling move. Numbered games gets the kids thinking about how to use the soccer skill and provide lots of repetition.



RESOURCES AND DRILLS

HOW TO SHOOT

Shooting uses the same technical elements as passing with the important difference being that the goal is to pass the ball beyond the goalkeeper.

1. The player should look up to see the position of the goalkeeper.
2. Approach the ball.
3. Plant the support foot beside or slightly ahead of the ball. This helps to keep the shot low.
4. Keep the head steady and eyes on the ball.
5. Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
6. Hips and knee of kicking foot are pointed in the direction of the shot.
7. Follow through to keep the ball low (weight going forward and landing on the kicking foot).

Coach's Cues

"See the goalie"

"Eyes on the ball"

"Follow through"



RESOURCES AND DRILLS

SHOOTING DRILLS

1. Obstacle Course

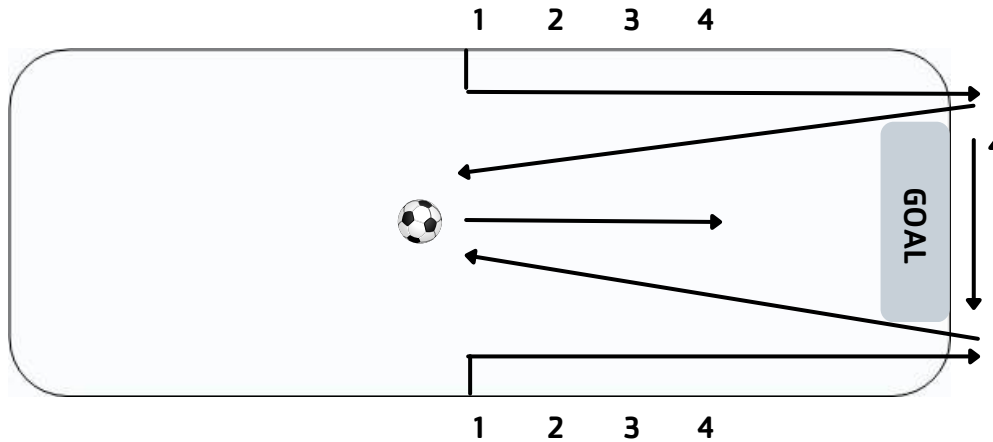
Use cones to dribble through, run to you and score. Add parents to be obstacles.

2. Aim

Block off sections of the goal to teach them where to shoot. Low to corners is a good start. The coach will go into the goal, stand on the left side and say "if I'm over here, where should you shoot?" Begin slow then move faster into a game pace.

3. Pig in a Blanket

Spilt into two teams and number off the kids (1,2,3,4). Each team will line up on separate sides of the field, laying or sitting down. Coach will call a number "1, 2, 3, or 4." The number that is called out the two players would jump up, run around the goal, get the ball, turn and shoot into the goal.





RESOURCES AND DRILLS

HOW TO PASS

Teach through a game of Battleship:

1. Demonstrate how to kick the ball and what part of the foot to use (inside of the foot, no toes).
2. Player will kick the ball and try to knock the ball off of the cone (Sink the Battleship). "Ready, aim, fire!"
3. They get a point each time they knock the ball off.
4. Let them know that they do not have to kick the ball hard. Focus on using the laces and kicking it straight. Demonstrate to them that the laces part of the foot is flat compared to your pointed toe and exaggerate the miss-direction of the kick if you use the toe.

Coach's Cues

"Inside of foot"

"Eye on target"

"Kick through the ball"



RESOURCES AND DRILLS

PASSING DRILLS

- 1. Partner Pass** Players partner up. The pairs should line up 3-5 feet apart from each other. Facing each other, passing the soccer ball to each other.
- 2. Monkey in the Middle** Have players in groups of 3-4. The object of the game is for the players on the outside to pass the ball to each other. One player in the middle, their goal is to steal the ball.
- 3. Passing Relay Race** Divide players into 2 teams. Set up cones in two straight lines. Have players at each cone. The players will pass the ball down the line. Forward then back.
- 4. Battleship** For this drill, have players in pairs. Each pair will have a soccer ball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players with a ball on top. The object of the game is for the player to hit the ball off the cone.
- 5. Hot Potato Pass** In this drill, one player is positioned at the center of the circle with a soccer ball. All the other players circle around the one player in the middle. On the coaches command, the player in the key passes the ball to the player. That player immediately passes back to the player in the center. This back and forth passing continues clockwise. A new player then assumes the center position.
- 6. Shuffle Pass** Players line up in two lines on the baseline about 5-6 feet apart from one another. Players will shuffle to other side passing back and forth.
- 7. Angle Pass** Forces players to trap in a certain direction and utilize control. Have one player at each cone. Player one passes to player two after player one runs to the cone they passed to. Player two receives the pass from player one then passes to the next cone. After passing the player will follow the pass. This concept will be very important in the future.



RESOURCES AND DRILLS

HOW TO THROW-IN

THROW-IN RULES

- Ball must come back over the head. Referees usually look to see if the ball goes back past the ears
- The ball must be thrown with both hands on it
- Both feet must be in contact with the ground when the ball is released
- Both feet must be behind or on the touch-line
- No twisting of the body is allowed to propel the ball further

TWO WAYS TO DO A THROW-IN

- Step forward with one foot in the direction of the throw and drag the toe of the trailing foot as the ball is thrown
- Stand with both feet firmly planted and throw the ball in

FUNDAMENTALS

- Secure the ball with both hands. Ensure the index fingers and thumbs are as close as possible almost forming a "w" or "u" shape with fingers on the ball. Fingers should be spread to maintain control of the ball.
- Bring the ball over the head behind the ears with your arms loose and elbows bent and flared out.
- Stand with your feet a little more than shoulder width apart with one foot in front of the other. If you prefer, place your feet parallel and shoulder width apart.
- Bring your head, neck, shoulders, and trunk back - bending at the knees.
- Drive the ball forward.
- Release the ball as it just goes past the head.



RESOURCES AND DRILLS

GOAL KEEPING

- 1. Catching** Pair up all players. Have them practice throwing and catching the ball.
- 2. Shooting & Goalie Drill** Have one player be a goalie and the others shooting the ball. After a few attempts, switch goalies.
- 3. Follow the Leader** Pair up all players, each pair with two flat cones. Place cones 5 paces apart. Players face each other across an imaginary line between the two cones; one player is the leader, the other is the follower. Leader uses good footwork and attempts to touch just outside either of the cones before the follower can touch just inside. If they are successful, they get a point. After a set length of time (30 sec for younger players, 60 sec for older), rest, and then switch leader and follower.
- 4. Two Goalies** Two goalies line up facing each other about 10 feet apart. Each take turns attempting to throw the ball past the other into the goal. The receiving goalie attempts to stop the ball and then throw it back to the other goalie.
- 5. Color Coded Shots** Place four different colored cones, pennies or other objects around the goal about 16-18 yards away from the goal. At least one should be close to the goal line. At each cone, there is a shooter and several balls. Goalie starts at one goal post. The coach calls a color. The keeper must quickly find that color object and make the save. Coach calls next color and so on until the keeper has faced four shots. Then rotate goalies.

NOTE: In hot weather, do not put a goalkeeper jersey on a player. Use pennies instead.