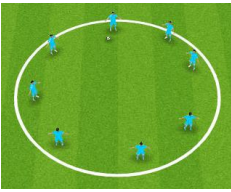


# HFC Fall IM U6: PRACTICE PLAN #1 (September 16, 2023)

<b>Week #1 Practice Plan – Introductory Session</b>	
<b>Session Goals:</b> <ul style="list-style-type: none"> <li>Player/Coach Introductions</li> <li>Introduce DRIBBLING</li> <li>Team Discussion</li> </ul>	<b>Introductions:</b> 9:15 – 9:25 AM <b>Drills/Activities:</b> 9:25 – 9:50 AM <b>Game Prep/team Discussion:</b> 9:50 – 9:55 AM <b>Game:</b> 9:55 – 10:25 AM (2 12-minute halves) <b>Wrap-up:</b> 10:25 – 10:30 AM

## **Warm-Up: Meet Ball (Introductions) (9:15 - 9:25 AM)**

<b>Equipment:</b> <ul style="list-style-type: none"> <li>Cones to make a circle</li> <li>Soccer Ball for each player &amp; Coach’s Team Ball (from equip. bag)</li> </ul>	<b>Setup:</b> <ul style="list-style-type: none"> <li>Create a circle with dome cones on your team’s half of the field before players arrive.</li> </ul>	
	<b>Procedures:</b> <ul style="list-style-type: none"> <li><i>As players arrive, coaches should introduce themselves to the players and have them join the team at the circle. <b>Double Check to make sure the players are on your Roster.</b></i></li> <li>Players should begin by kicking the ball within the circle area (dribbling in the circle – challenge players to touch every piece of grass with their soccer ball).</li> <li>Once all players have arrived (<b>No later than 9:20 AM</b>), players take their ball <b>OUTSIDE</b> of the circle and stand around the circle (as pictured on the inside of the circle).</li> <li>Introduce the “<b>Meet Ball</b>,” a ball we will use to meet our teammates (coach uses TEAM BALL for the game).</li> <li>Coach passes the ball to a player to start the game. As the player receives the ball, he/she will say his/her name, players on the team say “<b>Hi PLAYER NAME</b>,” and player passes it to a player who hasn’t received the ball yet. Continue until all players have received the ball once.</li> <li>REPEAT SEVERAL TIMES to learn each other’s’ names. Players can say their name in a loud voice, a silly voice, etc.</li> </ul>	<b>Coaching Points/ Focus Skills:</b> <ul style="list-style-type: none"> <li>Make eye contact with the player you are passing the ball to (so they know the ball is coming to them)</li> <li>Kicking the ball to another player</li> <li>Stop the ball with your feet</li> </ul>

## **Uniform Distribution (9:25 – 9:30 AM)**

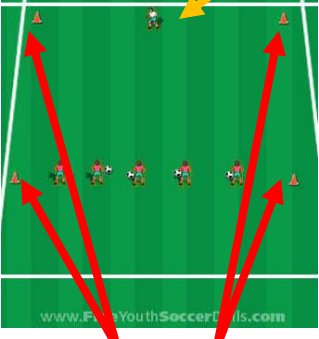
<ul style="list-style-type: none"> <li><i>See instructions for uniform distribution (attached to uniform bag)</i></li> <li><b>ONLY GIVE UNIFORMS TO PLAYERS WHO ARE ON YOUR ROSTER</b></li> <li>Players can bring their uniform to their parents, put their jersey on, give shots/socks to parents.</li> <li><b>Players not wearing socks to cover shin guards should put on their soccer socks.</b></li> </ul>
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**\*\*\* Players should take a drink break and put their jerseys on. \*\*\***

**\*\*\* Coaches should collect cones AND set up cones for the next activity! \*\*\***

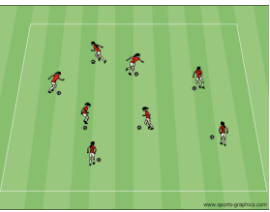
# HFC Fall IM U6: PRACTICE PLAN #1 (September 16, 2023)

## Activity ONE: Sleeping Bear (9:30 – 9:40 AM)

<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Every Player with a soccer ball</li> <li>• 4 Cones to mark start/end lines</li> </ul>	<b>Setup:</b> <ul style="list-style-type: none"> <li>• Players lined up on one side of the field (with ball); Coach (Sleeping Bear) at the other end of the field (see diagram)</li> <li>• 4 Cones: 2 cones on each side to mark stopping/starting points.</li> </ul>	
<p style="color: blue; text-decoration: underline;">Sleeping Bear Soccer Drill</p> <p style="text-align: center;"><b>Sleeping bear</b></p> 	<p><b>Introduction:</b> Tell the players you'll be playing Sleeping Bear. They are going to have to ask "What time is it Sleeping Bear?" and the Coach (Sleeping Bear) will say 1:00, 2:00, 3:00, or 4:00. You will take that many small kicks/touches/dribbles (1, 2, 3, 4) toward the coach/bear (who will be facing away from the players so he/she cannot see them). The other coach will help the players follow the instructions during the game.</p> <p><b>Procedures:</b></p> <ul style="list-style-type: none"> <li>• Players ask "What time is it Sleeping Bear?" Players take that many dribbles/small kicks/touches.</li> <li>• Players continue until they get closer to the sleeping bear (coach).</li> <li>• When the players are close and they ask, "What time is it sleeping bear?," the coach will say, "Time to Wake Up!"</li> <li>• The bear will then wake-up and chase the players back to where they started.</li> <li>• Players will dribble the ball back to the start line as quickly as possible.</li> <li>• Repeat two to three times – Encourage Players to dribble faster each time!</li> </ul>	<p><b>Coaching Points/Focus Skills:</b></p> <ul style="list-style-type: none"> <li>• Encourage the players to use small-touches (baby kicks).</li> <li>• Encourage the players to keep the ball close to.</li> <li>• See if the players can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this when the bear wakes up!</li> <li>• Speed up dribbling to get away from the sleeping bear.</li> </ul>

\*\*\* Players should take a drink break. Coaches should collect cones! \*\*\*

## Activity TWO: Introduction to Red Light Green Light (9:40 - 9:50 AM)

<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Every Player with a soccer ball</li> <li>• Use your half of the field as boundaries</li> </ul>	<b>Setup:</b> <ul style="list-style-type: none"> <li>• Review the designated area (your ½ of field).</li> <li>• Each player has a ball.</li> </ul>
 <p><b>Introduction:</b> Tell the players you'll be playing Red Light, Green Light. Ask them what red light means, green light, yellow light, etc. Players will <b>DRIBBLE</b> the ball in the designated area (don't go off the road – outside field).</p> <p><b>** Review what dribbling is – small kicks, ball close, take turns with both feet **</b></p> <p><i>Demonstrate each of the skills with the players before beginning the drill. After the demonstration, have the players practice each command (described below). Tell the players to SHOW ME – Green Light...Show me Red Light (foot on ball), Show me Yellow Light (slow dribbling).</i></p> <p><b>Procedures:</b> Players begin dribbling -Coach shouts out:</p> <ul style="list-style-type: none"> <li>• <b>"Green light"</b> - Players move around the grid randomly with ball. (Demonstrate for players what this will look like – dribbling)</li> <li>• <b>"Red light"</b> - Stop the ball by putting foot on top of ball (foot brake). Show players how to stop their ball. (<b>Foot Brake</b>)</li> <li>• <b>"Yellow light"</b> – Move around slowly (Demonstrate for players)</li> </ul> <p style="background-color: yellow;"><b>Cues/Challenges to Provide Players:</b></p> <ul style="list-style-type: none"> <li>• <b>Drive FASTER:</b> speed up their dribbling.</li> <li>• <b>Speeding Ticket:</b> If a player is using LARGE kicks and cannot control their ball</li> <li>• <b>Don't drive OFF the Road:</b> stay in the grid/your half of the field</li> <li>• <b>Fender Bender:</b> Keep your head up to avoid bumping into another car/ball</li> </ul> <p style="text-align: center;"><b>START NEXT SESSION WITH THIS DRILL AND ADD DIFFERENT ELEMENTS</b></p>	<p><b>Coaching Points /Focus Skills:</b></p> <ul style="list-style-type: none"> <li>• Encourage the players to use SMALL KICKS (baby Kicks)</li> <li>• Eyes up to avoid bumping into other players</li> <li>• Keep the ball close</li> <li>• Take turns with BOTH feet.</li> <li>• Re-introduce term "dribbling"</li> </ul> <p><b>Ask the Players....</b></p> <p>What happens if your ball is far away from you? Will you be able to stop the ball?</p>

# HFC Fall IM U6: PRACTICE PLAN #1 (September 16, 2023)

**\*\*\* Players should take a drink break after Activity Two (Red Light/Green Light). They should bring their soccer balls to their parents and return to the group. \*\*\***

## Game Prep/Intro to (Basic) Soccer Rules 9:50 – 9:55 AM

### Setup:

- Players circle up with coaches to discuss the rules of the game (NO SOCCER BALLS NEEDED – all soccer balls should be with parents)

### Procedures:

- **You can ask the players what are some rules that they know?**
- Discuss the rules below:
  - No hands in soccer
  - Try to take the ball away from the other team with your feet and kick it in the goal.
  - Be kind to ALL players
  - HAVE FUN!
  - Always say “good game” to the other team at the end of the game

## Game 9:55 – 10:25 AM (Approximately two 12-minute halves; 5-minute “half-time”)

### Setup:

- Divide your team into two Squads
- Each Squad will be accompanied by one Coach
- One of the coaches takes the squad to the opposite side of the field.

### Equipment:

- Team Game Ball
- Pugg Nets

### Game:

- 3 v 3 format
- Rotate players in/out of play

## Wrap-Up: 10:25 – 10:30 AM

- Meet as a Team on the field BEFORE leaving the field.
- Circle up your teams- say GOOD GAME to the other team
- Talk briefly about what you learned.
  - WHAT WAS THE BEST PART OF SOCCER TODAY?
  - WHAT IS ONE NEW THING YOU LEARNED?
- Congratulate players on what they did well
  - It was great to see players....(i.e. dribble the ball fast, kick the ball into the net, passing the ball in)