

## Preferred Practice Plan Format

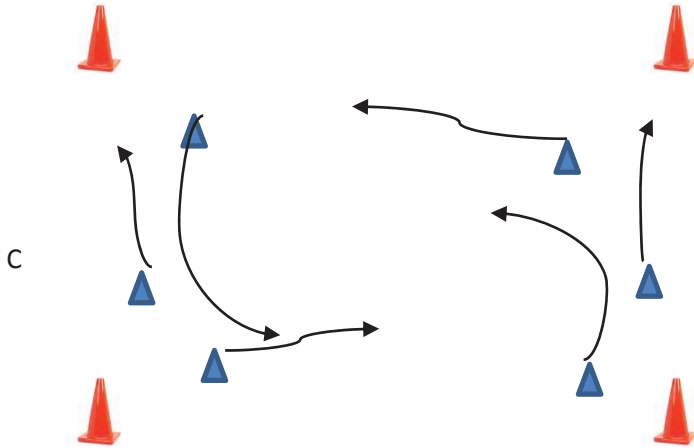


<b>Coach:</b> U4, U5, U6 Academy	<b>Team:</b> U4, U5, U6
<b>Topic:</b> Academy Practice #1	
<b>Date:</b>	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<b>TECHNICAL WARM-UP</b> (5 Minutes) "Paint the Field"	<ul style="list-style-type: none"> <li>- All kids on the field</li> <li>- No Soccer Balls</li> </ul> Kids are asked to run around and "paints" as much of the field as possible.	<ul style="list-style-type: none"> <li>- Get the kids loose</li> <li>- Encourage fun and creativity</li> </ul>	<ul style="list-style-type: none"> <li>- Warm-up</li> <li>- Introduction to the field</li> </ul>
<b>SMALL-SIDED ACTIVITY (Main Point)</b> (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- All kids have a ball on same side</li> <li>- Coaches in middle as "sharks".</li> </ul>	<ul style="list-style-type: none"> <li>- Kids try to get from the ocean back to the beat.</li> <li>- Kids must dribble the ball past the sharks to get there.</li> </ul>	<ul style="list-style-type: none"> <li>- Use the correct parts of the foot (inside, outside, laces, bottom)</li> <li>- No toe</li> <li>- Keep the ball close</li> </ul>
<b>SMALL-SIDED ACTIVITY (Main Point)</b> (10 Minutes) "Coach Says"	<ul style="list-style-type: none"> <li>- See attached diagram</li> <li>- Keep alternating between Step 1 &amp; 2.</li> <li>- Kids divided</li> <li>- Toe touches after rounds</li> </ul>	<ul style="list-style-type: none"> <li>- Make the kids do basic technical dribbles by saying "Coach Says"</li> <li>- Try to make sure kids do the skills correctly</li> </ul>	<ul style="list-style-type: none"> <li>- Use the correct parts of the foot (inside, outside, laces, bottom)</li> <li>- Keep the ball close</li> <li>- NO TOE!</li> </ul>
<b>MATCH</b> (10 Minutes)	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p style="font-size: 1.2em; margin: 0;">No match on day 1.</p> </div>		

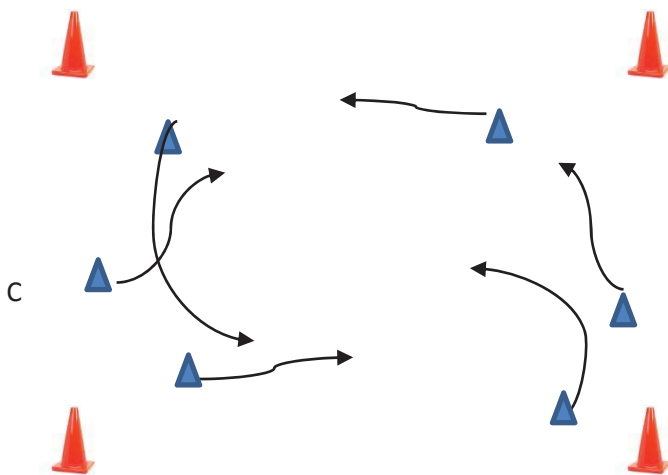
# Coach Says (aka "Simon Says")

## Step 1



- Mark off an area about 20 x 20 yards with four cones/markers.
- All players in the area have their own ball.
- Coach stands just outside the area (C).
- Players dribbling freely in the area.

## Step 2



- While players are dribbling, coach has them do wild/various things by saying "Coach says..."
  - Example – "Coach says fall on the ground and get back up."
  - Example – "Coach says dribble in a circle."
- Run them through several scenarios, try to catch them by NOT saying "Coach says".
- At some point say/shout "Coach says dribble for your lives!" At that time, enter the area and try to take the ball for 10-20 seconds. Stop by telling them, "Coach says relax."

## Coaching Points

- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to "attack".
- Encourage creativity with the ball.
- After each round, have the kids do 5-10 step-ups/toe touches.

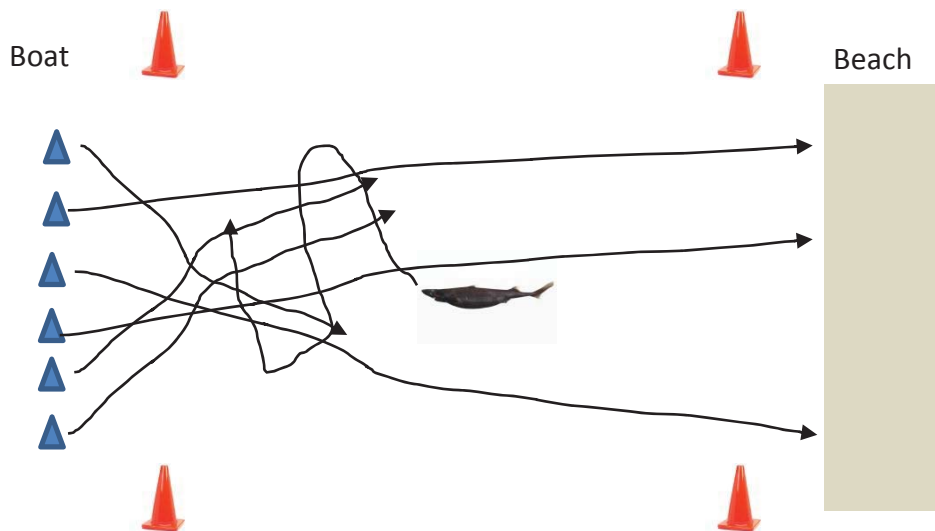
# Shark Attack (aka Sharks and Minnows)

## Step 1



- Mark of an area about 15 yards x 15 yards with 4 cones/markers
- Place all of the players on one side (the boat) and leave one side empty (the beach)
- For first round, place coach or parent volunteer (round 2) in the middle (shark). Add more shark parents for greater difficulty (start with 1)

## Step 2



- When coach says go, players try to make it from the Boat to the Beach.
- Any player that doesn't make it and loses their ball must retrieve it and go back to the boat (Rounds 1-4). After each round, go back to the boat.
- After 4 tries, change the rules so a player that doesn't make it becomes a shark with the coach and play until one player is left.

## Coaching Points

- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to "attack".
- Encourage creativity with the ball.
- After each round, have the kids do 5-10 step-ups/toe touches.