

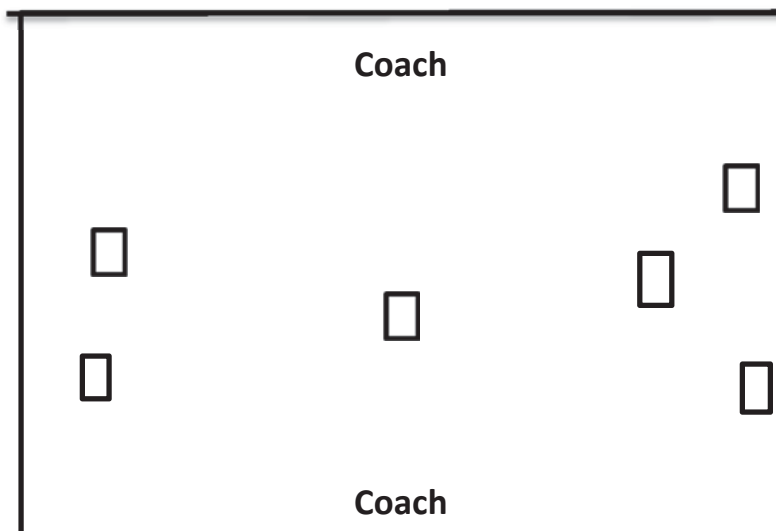
## Preferred Practice Plan Format



<b>Coach:</b> U4, U5, U6 Academy	<b>Team:</b> U4, U5, U6
<b>Topic:</b> Academy Practice #10	
<b>Date:</b>	

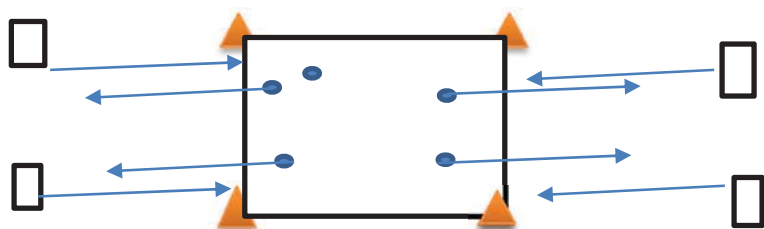
STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<b>TECHNICAL WARM-UP</b> (5 Minutes) "Paint the Field"	<ul style="list-style-type: none"> <li>- All kids on the field</li> <li>- No Soccer Balls</li> <li>- Kids are asked to run around and "paints" as much of the field as possible.</li> </ul>	<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</b> (Main Point) (10 Minutes) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- Kids on field divided into 2 teams</li> <li>- 4 cones in the middle</li> <li>- All soccer balls in the coned square</li> </ul>	<ul style="list-style-type: none"> <li>- Split each "team" into 2 groups</li> <li>- Line first group up next to their goals</li> <li>- Coach says go, players run into square</li> <li>- Get a ball, dribble out of square</li> <li>- Shoot the ball when close</li> <li>- Repeat until balls gone</li> </ul>	<ul style="list-style-type: none"> <li>- Be aggressive and go quickly</li> <li>- Dribble close to feet once retrieving</li> <li>- Use correct parts of the foot</li> <li>- Shoot when comfortable!</li> </ul>
<b>SMALL-SIDED ACTIVITY</b> (Main Point) (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>MATCH</b> (10 Minutes)	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h3 style="margin: 0;">10 Per Half Field - 3 v 3</h3> </div>		

# Hungry Hungry Hippos



- Set up 4 cones in the middle of the field
- Place the soccer ball of each kid on the field inside the square created by the cone
- Divide the kids into 2 teams and place 1 team on each side of the square

## Step 2



### Coaching Points:

- Be aggressive and go quickly to get the ball
- Dribble close to foot after retrieving
- Try to shoot the ball when comfortable

- After dividing the kids into 2 teams split Each Team into 2 groups
- Line first group in front of their goal
- When coach says GO each team runs into the square selects a ball and dribbles it back towards their goal
- When they get close have them shot the ball into the goal
- Repeat until all balls are out of the square
- Once all balls are out of the square, Reset and switch teams
- Do toe touches in between games
- Let each team go 2-3 times

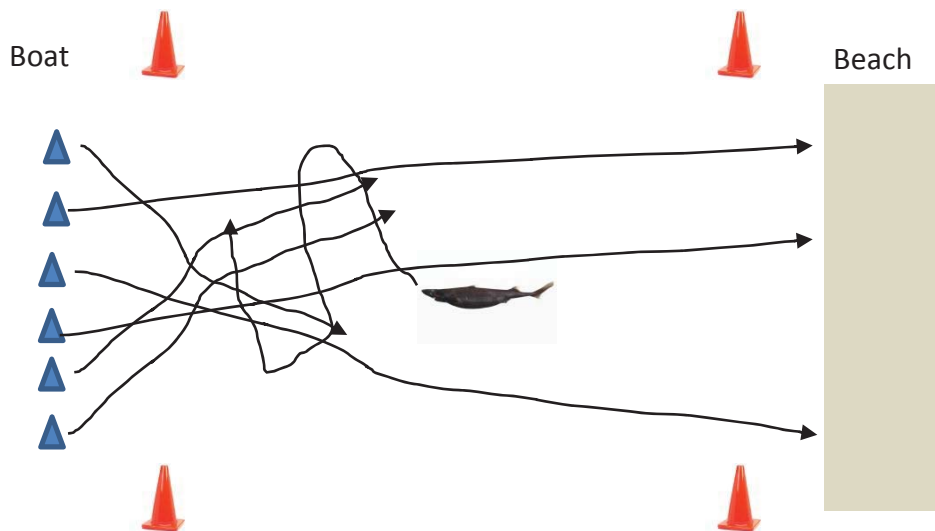
# Shark Attack (aka Sharks and Minnows)

## 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.