

## Preferred Practice Plan Format

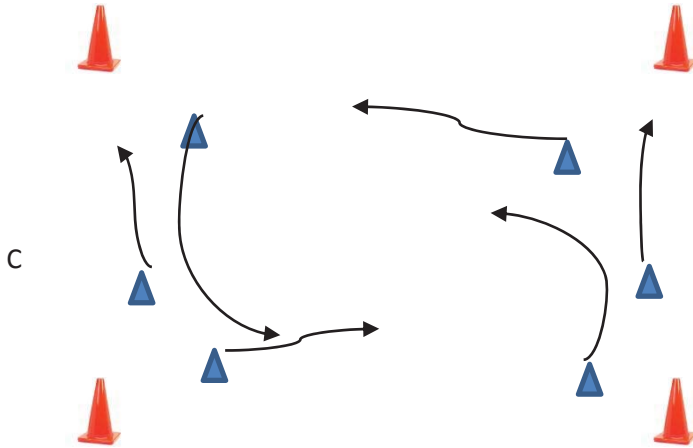


<b>Coach:</b> U4, U5, U6 Academy	<b>Team:</b> U4, U5, U6
<b>Topic:</b> Academy Practice #12	
<b>Date:</b>	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<b>TECHNICAL WARM-UP</b> (5 Minutes) "Hotel Transylvania"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- Kids scattered on field</li> <li>- No soccer ball to start</li> <li>- one coach in charge of calls</li> </ul>	<ul style="list-style-type: none"> <li>- Coach calls 1 of 4 characters (Dracula, Frankenstein, Wolfman, Jonny)</li> <li>- Players mimic the character</li> <li>- Cycle 2 times then add ball</li> </ul>	<ul style="list-style-type: none"> <li>- Warm the kids up</li> <li>- Introduce dribbling</li> <li>- Keep the ball close</li> <li>- Get the kids excited</li> </ul>
<b>SMALL-SIDED ACTIVITY</b> (Main Point) (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>SMALL-SIDED ACTIVITY</b> (Main Point) (10 Minutes) "Ghosts in the Graveyard"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- All kids on same field</li> <li>- Coaches laying on ground as "Ghosts"</li> <li>- Player dribble freely around</li> </ul>	<ul style="list-style-type: none"> <li>- Coordinator shouts "Ghost!"</li> <li>- Ghosts get up and try to take the ball from the kids</li> <li>- Players avoid ghost as best as they can</li> <li>- Players who lose ball must do 10 toe touches</li> </ul>	<ul style="list-style-type: none"> <li>- Keep the ball close</li> <li>- Use the correct parts of the foot (inside, outside, laces, bottom)</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>		

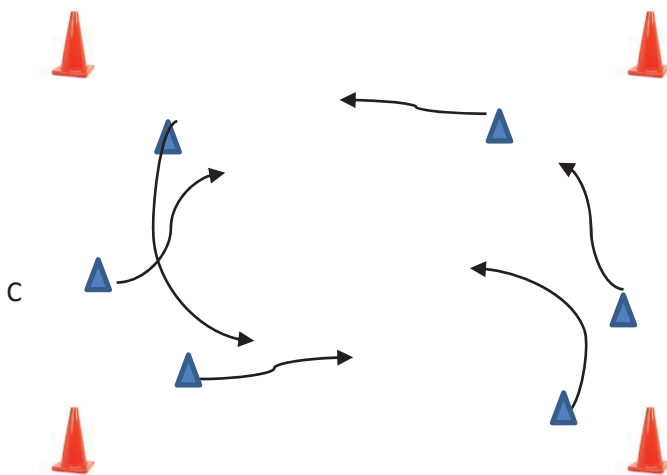
# Coach Says (aka "Simon Says")

## 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



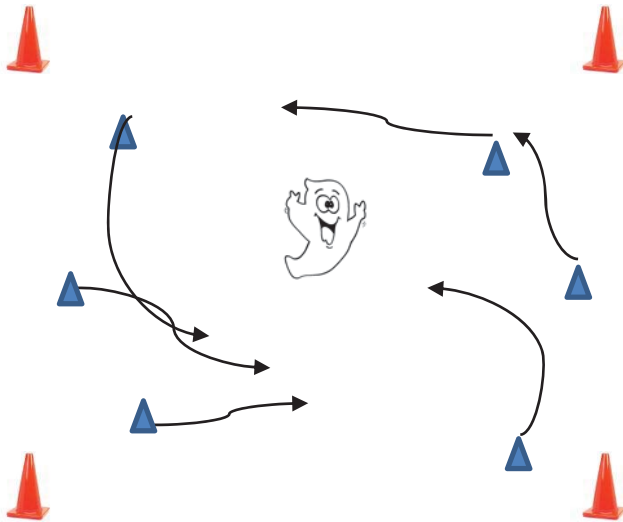
- While players are dribbling, coach has them do wild/various things by saying "Coach says..."
  - Example – "Coach says fall on the ground and get back up."
  - Example – "Coach says dribble in a circle."
- Run them through several scenarios, try to catch them by NOT saying "Coach says".
- At some point 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.

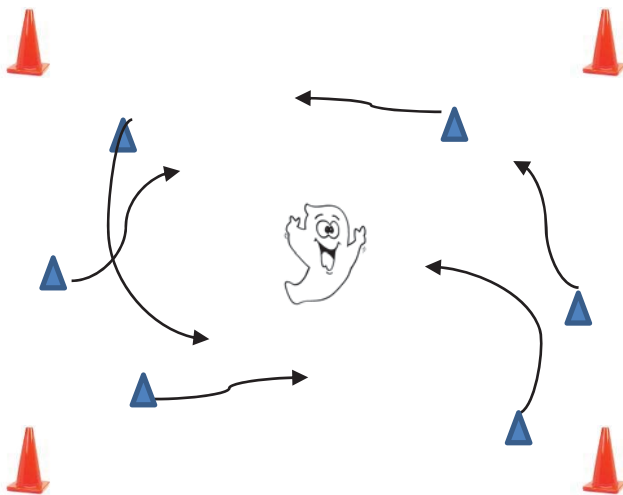
# Ghosts in the Graveyard

## Step 1



- Mark off an area about 20 x 20 yards with four cones/markers.
- All players in the area each with their own ball.
- Coach lying down in the middle as a “ghost in his grave”.
- Variance - change name to ghostbuster, make the kids dribbling the ghosts, and coach is kid in bed.

## Step 2

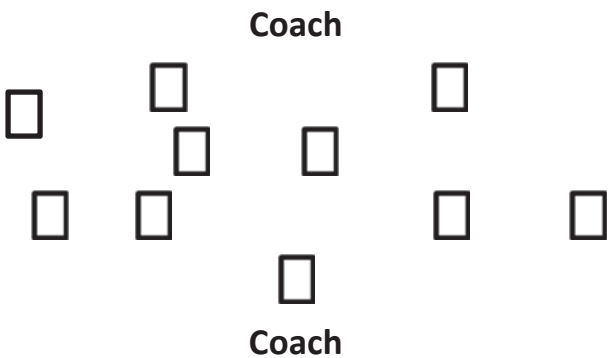


- Players dribble around freely in area awaiting ghost.
- Coach leaves the “grave” by getting up and trying to take the ball; player is out once ball is lost or leaves the area.
- Play continues until ghost gets all of the balls out of the area.

## Coaching Points

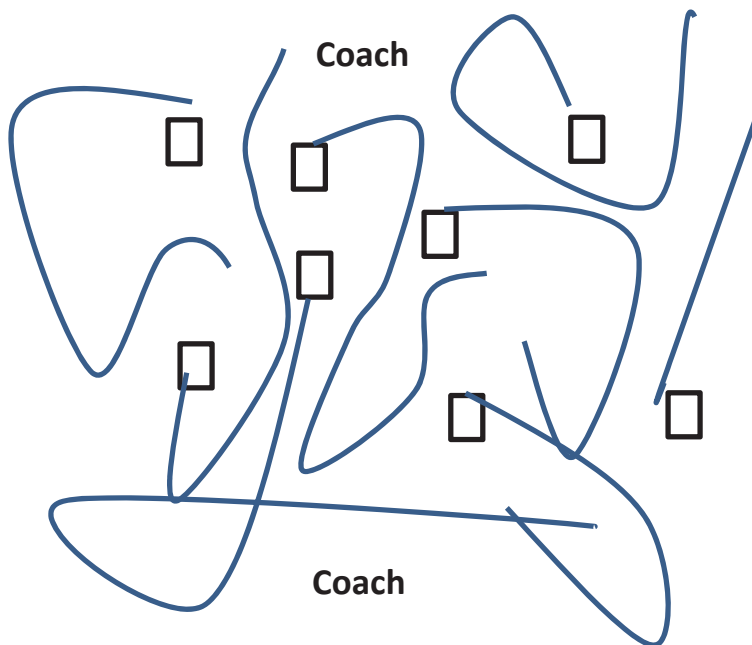
- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to “attack”.
- Encourage creativity with the ball.

# Hotel Transylvania



- The figure □ represents players.
- Players scattered around the field with no soccer balls
- One Coach in charge of calls
- Coaches on each end

## Step 2



Coach calls one of 4 characters:

- Count Dracula – Fly around and flap arms
- Frankenstein - Stretches and walks slow
- Wolf man – Runs around and howls
- Johnny – Dances around and acts silly

When the coach calls different names of characters the kids mimic that trait. After cycling through twice repeat with a soccer ball at the kid's feet.

### Coaching Points:

- Warm the Kids up
- Introduce dribbling, Keep the ball close
- Have fun