

Preferred Practice Plan Format

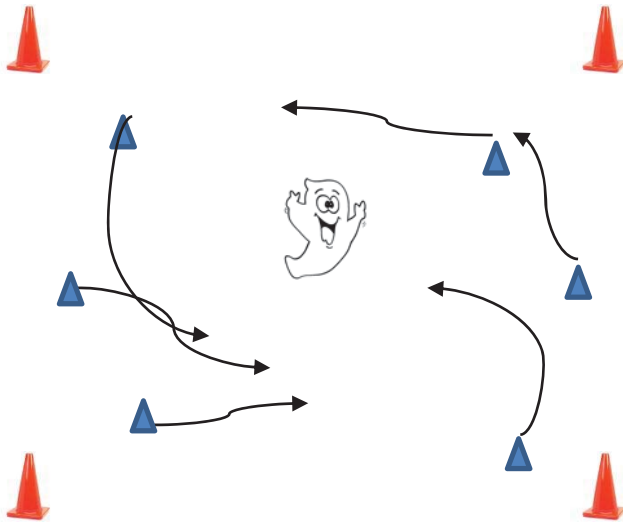


Coach: U4, U5, U6 Academy	Team: U4, U5, U6	Date:
Topic: Academy Practice #13		

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Paint the Field"	<ul style="list-style-type: none"> - All kids on the field - No Soccer Balls - Kids are asked to run around and "paints" as much of the field as possible. 	<ul style="list-style-type: none"> - Get the kids loose - Encourage fun and creativity 	<ul style="list-style-type: none"> - Warm-up - Introduction to the field
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Ghosts in the Graveyard"	<ul style="list-style-type: none"> - See attachment for diagram - All kids on same field - Coaches laying on ground as "Ghosts" - Player dribble freely around 	<ul style="list-style-type: none"> - Coordinator shouts "Ghost!" - Ghosts get up and try to take the ball from the kids - Players avoid ghost as best as they can - Players who lose ball must do 10 toe touches 	<ul style="list-style-type: none"> - Keep the ball close - Use the correct parts of the foot (inside, outside, laces, bottom)
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Ice Monster"	<ul style="list-style-type: none"> - See attached diagram - All kids with a ball - Coaches are the monsters 	<ul style="list-style-type: none"> - Coach says go and the kids dribble - Coach tries to get control of the player's ball - The Player is frozen if the coach gets control of their soccer ball - Last player unfrozen wins 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - Keep the ball close - NO TOE!
MATCH (10 Minutes)	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h3>10 Per Half Field - 3 v 3</h3> </div>		

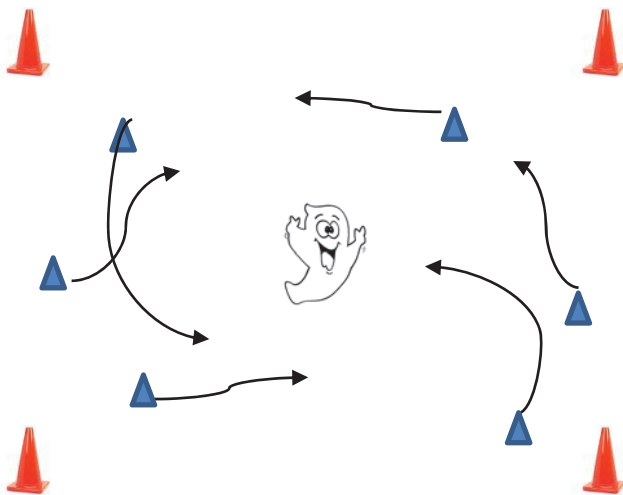
Ghosts in the Graveyard

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



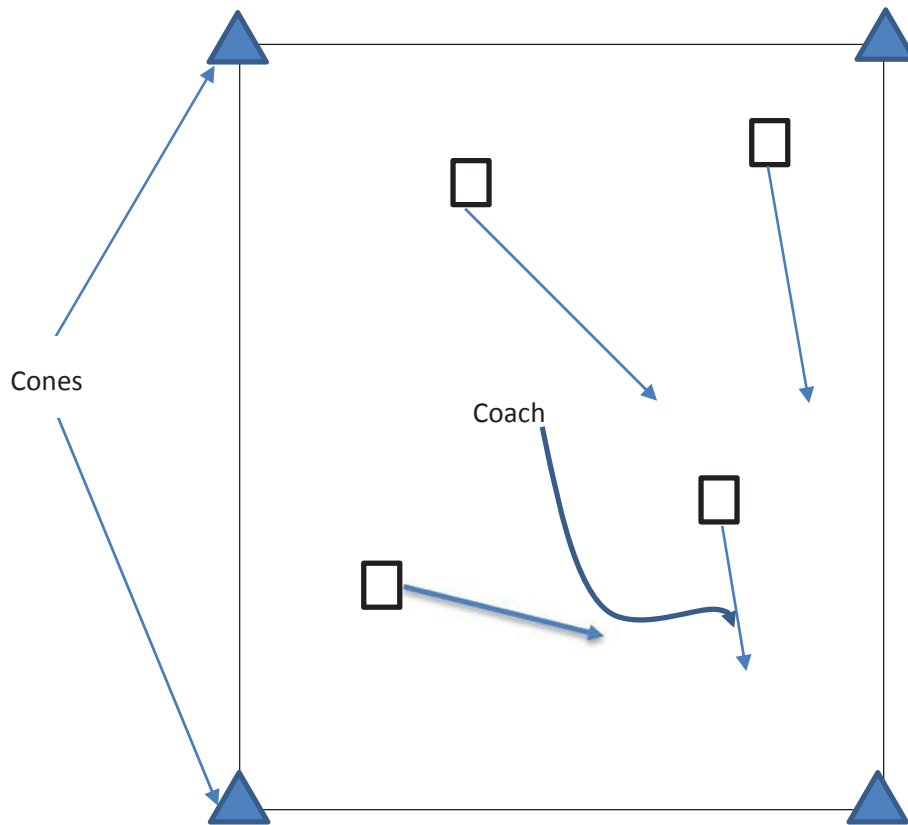
- Players dribble around freely in area awaiting ghost.
- Coach leaves the “grave” by getting up and trying to take the ball; player is out once ball is lost or leaves the area.
- Play continues until ghost gets all of the balls out of the area.

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.

Ice Monster

- Played on half field for large group □
- All kids with a ball
- Coaches are the monsters
- Coach says go and the kids dribble
- Coach tries to get control of the player's ball
- The Player is frozen if the coach gets control of their soccer ball
- Last player unfrozen wins
- Repeat



Variation 1- Set up safety cones for kids to dribble to

Variation 2- A teammate can do 10 toe touches to unfreeze a player