

Preferred Practice Plan Format

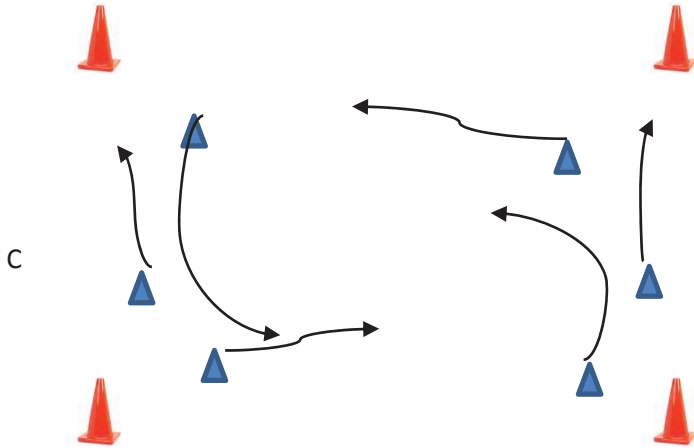


Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #7	
Date:	

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) "Coach Says"	<ul style="list-style-type: none"> - See attached diagram - Keep alternating between Step 1 & 2. - Kids divided - Toe touches after rounds 	<ul style="list-style-type: none"> - Make the kids do basic technical dribbles by saying "Coach Says" - Try to make sure kids do the skills correctly 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - Keep the ball close - NO TOE!
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)
MATCH (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>		

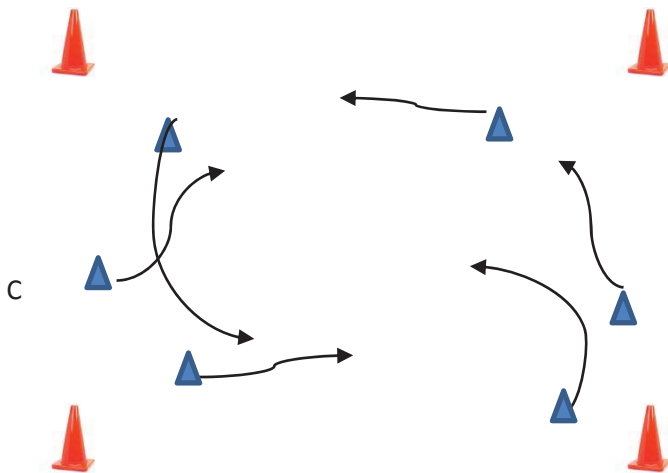
Coach Says (aka "Simon Says")

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



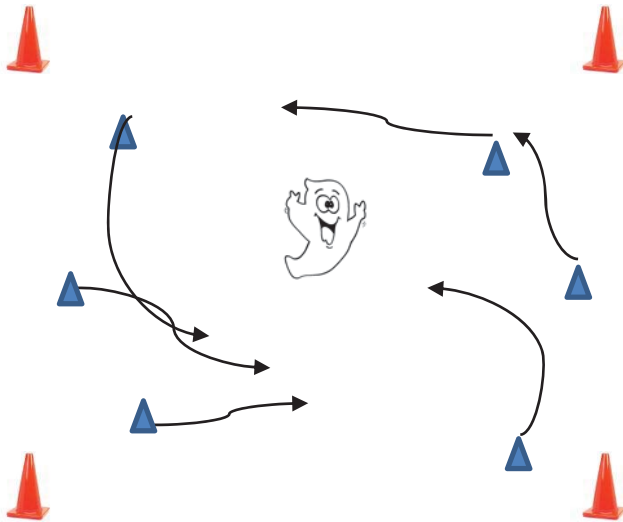
- While players are dribbling, coach has them do wild/various things by saying "Coach says..."
 - Example – "Coach says fall on the ground and get back up."
 - Example – "Coach says dribble in a circle."
- Run them through several scenarios, try to catch them by NOT saying "Coach says".
- At some point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

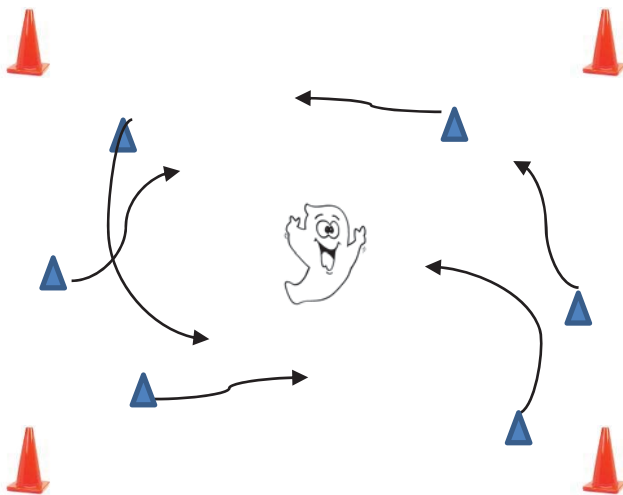
Ghosts in the Graveyard

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.