



PLAINFIELD OPTIMIST SOCCER LEAGUE
Academy Soccer

Academy Soccer

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The New Anatomy of an Academy Practice

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THE NEW ANATOMY OF AN ACADEMY PRACTICE

- **PART 1: THE WARM-UP**

- Will help the kids understand that practice is officially starting
- Get the kids excited to be on the fields

- **PART 2: SMALL-SIDED GAME #1**

- Will introduce the skill that we wish to teach in a fun format

- **PART 3: SMALL-SIDED GAME #2**

- Will re-emphasize the SAME SKILL through a different format

- **PART 4: MATCH TIME!**

- Let the kids play, let the kids have fun, let the kids be kids

- **PART 5: SNACK TIME AND PARENT SUMMARY**

- The kids will get snacks at every event starting 4/23/18
- Snack time will allow the kids to wind down
- Parent summary will be a singular event where coaches can meet with parents
- Questions and concerns from parents can be addressed at this time

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #1	
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) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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!
MATCH (10 Minutes)	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h3 style="margin: 0;">No match on day 1.</h3> </div>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #2	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> - See attachment for diagram - 2 lines of cones 10 yards apart - Kids lined up at 1 end 	<ul style="list-style-type: none"> - Coach shouts "Cannon Ball" - Kids run straight through cones - Coaches pass soccer balls back and forth - Kids dodge them, repeat 	<ul style="list-style-type: none"> - Warm the kids up - Get them excited, have fun - Pass on ground and in the air
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) "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;"> <p style="font-size: 1.2em; margin: 0;">No match on day 2.</p> </div>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6	Date:
Topic: Academy Practice #3		

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Hotel Transylvania"	<ul style="list-style-type: none"> - See attachment for diagram - Kids scattered on field - No soccer ball to start - one coach in charge of calls 	<ul style="list-style-type: none"> - Coach calls 1 of 4 characters (Dracula, Frankenstein, Wolfman, Jonny) - Players mimic the character - Cycle 2 times then add ball 	<ul style="list-style-type: none"> - Warm the kids up - Introduce dribbling - Keep the ball close - Get the kids excited
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!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
MATCH (10 Minutes)	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <h3>10 Per Half Field - 3 v 3</h3> </div>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6	Date:
Topic: Academy Practice #4		

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) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
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>10 Per Half Field - 3 v 3</h3> </div>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #5	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "High Five"	<ul style="list-style-type: none"> - See attached diagram for layout - All kids on same field - Soccer ball at their feet - Coaches scattered 	<ul style="list-style-type: none"> - Coach says go - Kids must run to each coach and high five them, then return to starting spot - Cycle through each round on the diagram 	<ul style="list-style-type: none"> - Warm the kids up - Introduce soccer ball/dribbling - Keep the ball close to feet - Have fun
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) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #6	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> - See attachment for diagram - 2 lines of cones 10 yards apart - Kids lined up at 1 end 	<ul style="list-style-type: none"> - Coach shouts "Cannon Ball" - Kids run straight through cones - Coaches pass soccer balls back and forth - Kids dodge them, repeat 	<ul style="list-style-type: none"> - Warm the kids up - Get them excited, have fun - Pass on ground and in the air
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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!
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>		

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>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #8	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Hotel Transylvania"	<ul style="list-style-type: none"> - See attachment for diagram - Kids scattered on field - No soccer ball to start - one coach in charge of calls 	<ul style="list-style-type: none"> - Coach calls 1 of 4 characters (Dracula, Frankenstein, Wolfman, Jonny) - Players mimic the character - Cycle 2 times then add ball 	<ul style="list-style-type: none"> - Warm the kids up - Introduce dribbling - Keep the ball close - Get the kids excited
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 style="margin: 0;">10 Per Half Field - 3 v 3</h3> </div>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #9	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "High Five"	<ul style="list-style-type: none"> - See attached diagram for layout - All kids on same field - Soccer ball at their feet - Coaches scattered 	<ul style="list-style-type: none"> - Coach says go - Kids must run to each coach and high five them, then return to starting spot - Cycle through each round on the diagram 	<ul style="list-style-type: none"> - Warm the kids up - Introduce soccer ball/dribbling - Keep the ball close to feet - Have fun
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!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
MATCH (10 Minutes)	10 Per Half Field - 3 v 3		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #10	
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) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #11	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> - See attachment for diagram - 2 lines of cones 10 yards apart - Kids lined up at 1 end 	<ul style="list-style-type: none"> - Coach shouts "Cannon Ball" - Kids run straight through cones - Coaches pass soccer balls back and forth - Kids dodge them, repeat 	<ul style="list-style-type: none"> - Warm the kids up - Get them excited, have fun - Pass on ground and in the air
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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!
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>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #12	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Hotel Transylvania"	<ul style="list-style-type: none"> - See attachment for diagram - Kids scattered on field - No soccer ball to start - one coach in charge of calls 	<ul style="list-style-type: none"> - Coach calls 1 of 4 characters (Dracula, Frankenstein, Wolfman, Jonny) Players mimic the character - Cycle 2 times then add ball 	<ul style="list-style-type: none"> - Warm the kids up - Introduce dribbling - Keep the ball close - Get the kids excited
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>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #13	
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) "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 style="margin: 0;">10 Per Half Field - 3 v 3</h3> </div>		

Preferred Practice Plan Format



Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #14	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "High Five"	<ul style="list-style-type: none"> - See attached diagram for layout - All kids on same field - Soccer ball at their feet - Coaches scattered 	<ul style="list-style-type: none"> - Coach says go - Kids must run to each coach and high five them, then return to starting spot - Cycle through each round on the diagram 	<ul style="list-style-type: none"> - Warm the kids up - Introduce soccer ball/dribbling - Keep the ball close to feet - Have fun
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!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
MATCH (10 Minutes)	10 Per Half Field - 3 v 3		

Preferred Practice Plan Format

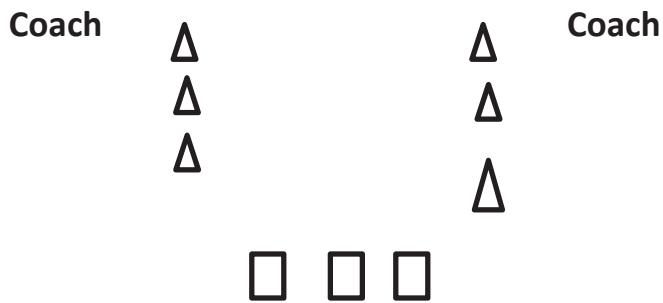


Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #15	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> - See attachment for diagram - 2 lines of cones 10 yards apart - Kids lined up at 1 end 	<ul style="list-style-type: none"> - Coach shouts "Cannon Ball" - Kids run straight through cones - Coaches pass soccer balls back and forth - Kids dodge them, repeat 	<ul style="list-style-type: none"> - Warm the kids up - Get them excited, have fun - Pass on ground and in the air
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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>		

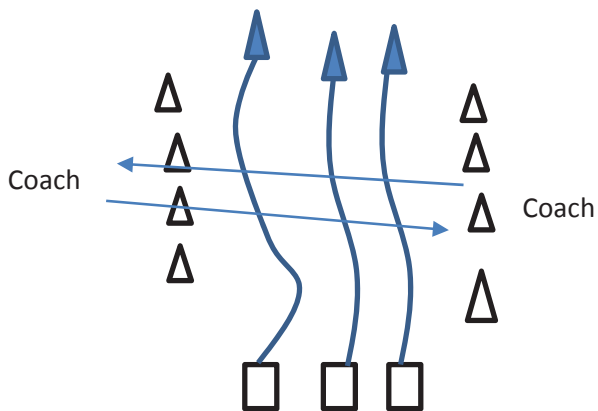
Cannonball Run

Coach



- 2 lines of cones setup 10 yards apart
- A coach on each side with soccer balls
- Kids line up on one end

Step 2



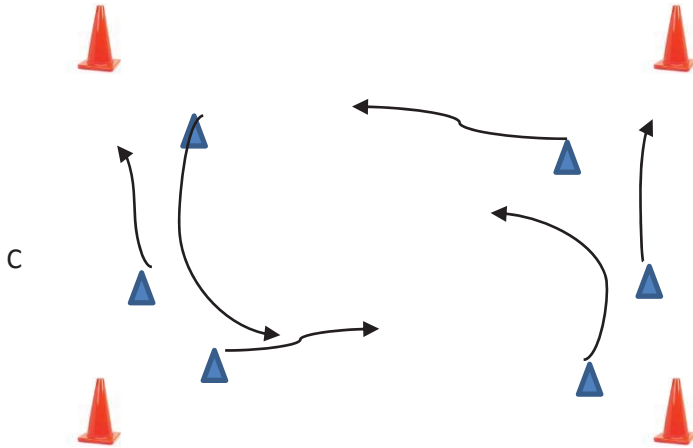
- Coach says "Cannonball!"
- Kids run straight through in between the cones
- Coaches pass soccer balls and forth and kids try to dodge them
- Repeat

Coaching Points:

- Warm the Kids up
- Have fun

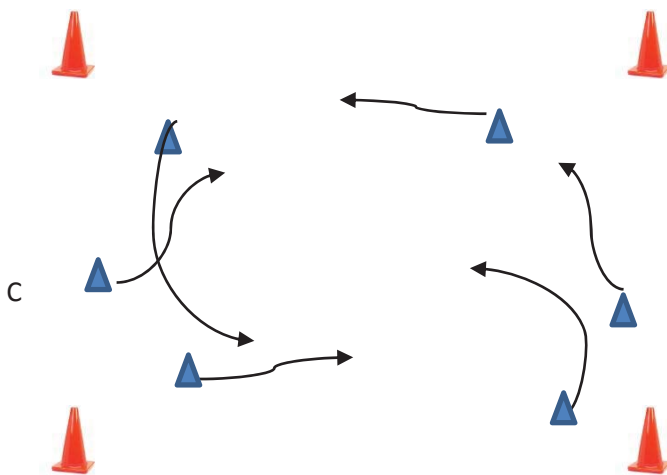
Coach Says (aka "Simon Says")

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



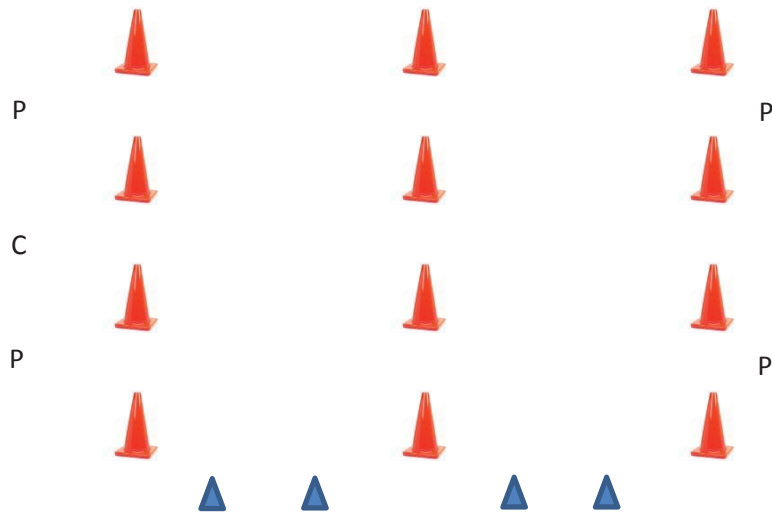
- While players are dribbling, coach has them do wild/various things by saying "Coach says..."
 - Example – "Coach says fall on the ground and get back up."
 - Example – "Coach says dribble in a circle."
- Run them through several scenarios, try to catch them by NOT saying "Coach says".
- At some point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

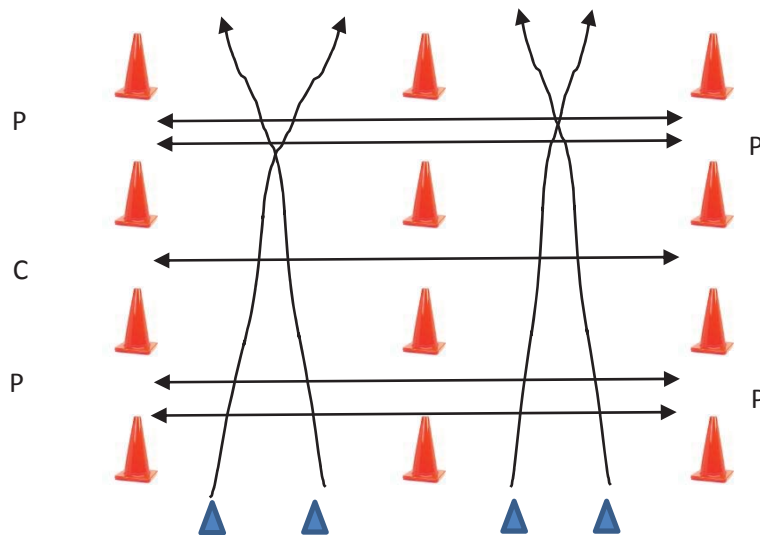
Frogger

Step 1



- Mark off an area about 10-15 yards long and 10 yards wide.
- Make 3 columns and 4 rows of cones as markers of some types
- Ask or choose 4 or more volunteers and place them as shown (P)
- Coach or assistant places themselves as shown (C)

Step 2



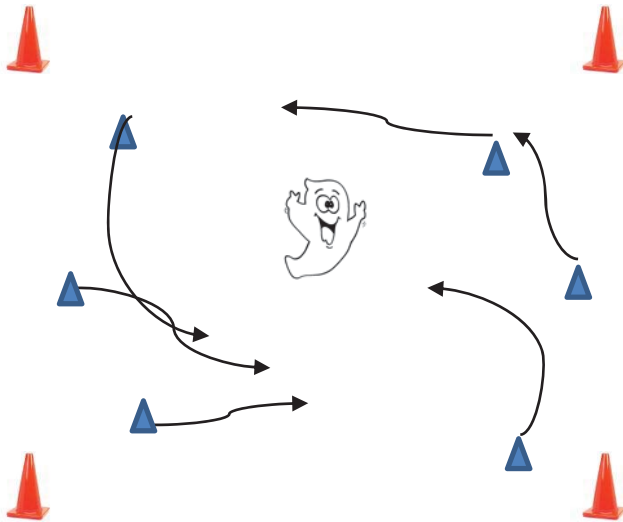
- Parents move across the area in a slow, consistent straight line. Once they get to the other side, they recycle.
- Coach moves similarly, but in/at a different speed of pace than the parents.
- Players attempt to move from one side to the other without losing the ball or running into the parents.
- Repeat, but slightly speed up traffic after each successful run.
- After each round, have the kids do 5-10 step-ups.

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.

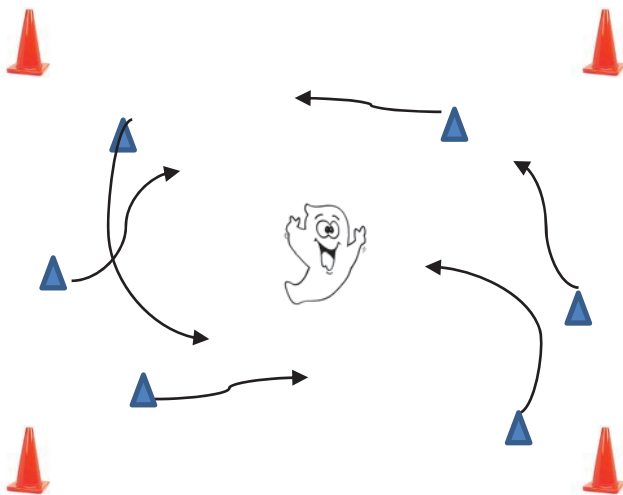
Ghosts in the Graveyard

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

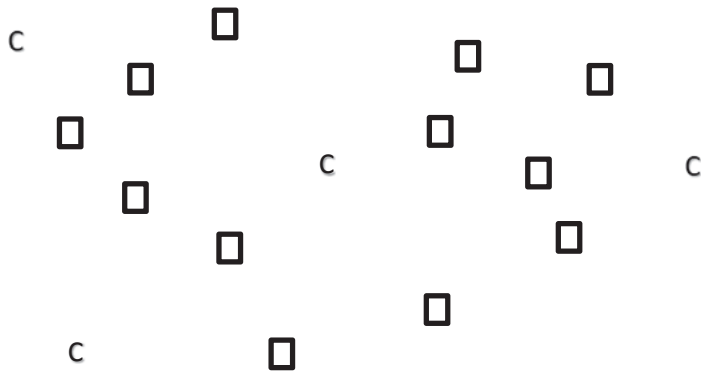


- Players dribble around freely in area awaiting ghost.
- Coach leaves the “grave” by getting up and trying to take the ball; player is out once ball is lost or leaves the area.
- Play continues until ghost gets all of the balls out of the area.

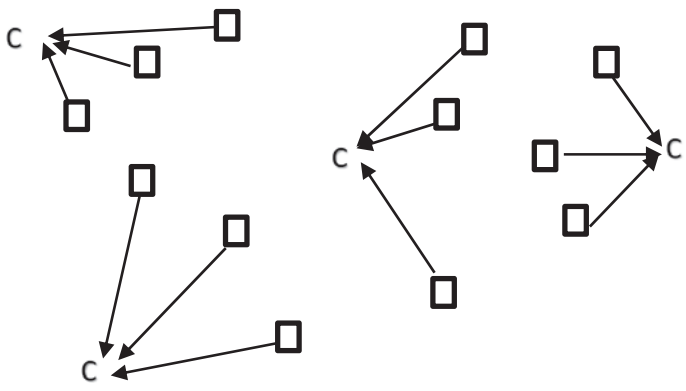
Coaching Points

- 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.

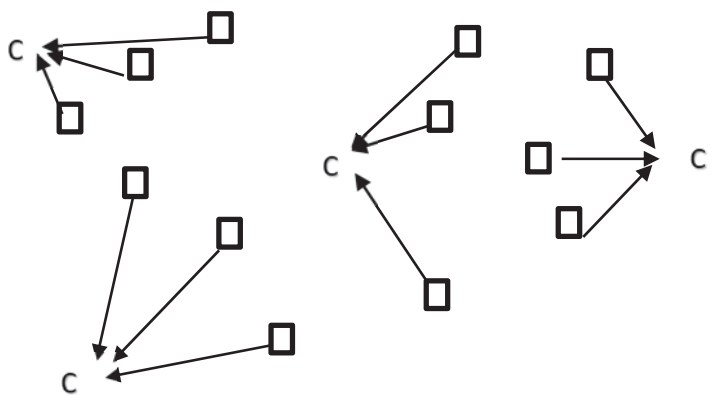
High Five Warm-Up



- C – Coaches scattered on the field
- All kids scattered on same field with soccer ball at their feet
- Primary setup for each round will remain the same for each round
- Coach says go, kids will run and “high five” each coach on the field.

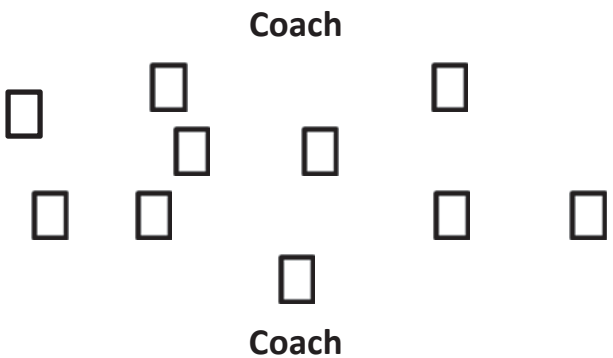


- Round 1 – No soccer ball, high five each coach, run back to their soccer ball
 - Round 2 – No soccer ball, high five each coach in different order, run back to their ball
- Coaches switch location
- Round 3 – WITH soccer ball, high five each coach and their parent/guardian.
 - Round 4 – WITH ball, high five one coach, then parent/guardian, stop and get drink



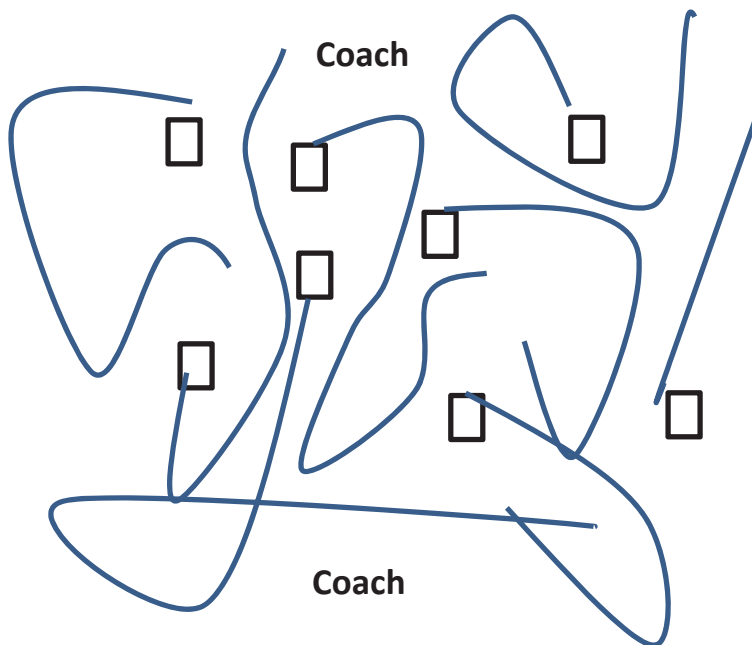
- Coaching Tips**
- Warm the kids up
 - Introduce soccer ball/dribbling
 - Keep the ball close to feet
 - Have fun!

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:

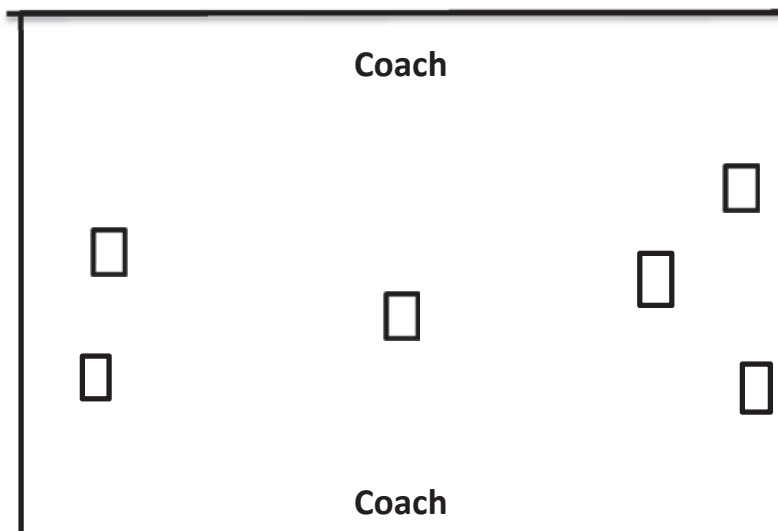
- Count Dracula – Fly around and flap arms
- Frankenstein - Stretches and walks slow
- Wolf man – Runs around and howls
- Johnny – Dances around and acts silly

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:

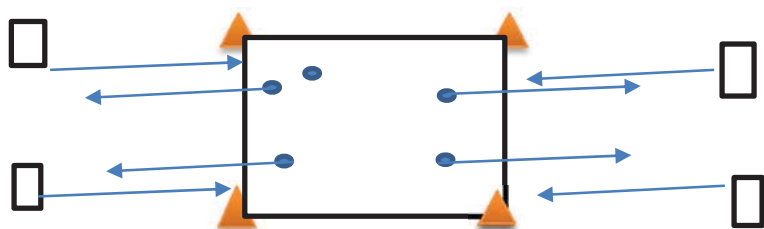
- Warm the Kids up
- Introduce dribbling, Keep the ball close
- Have fun

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



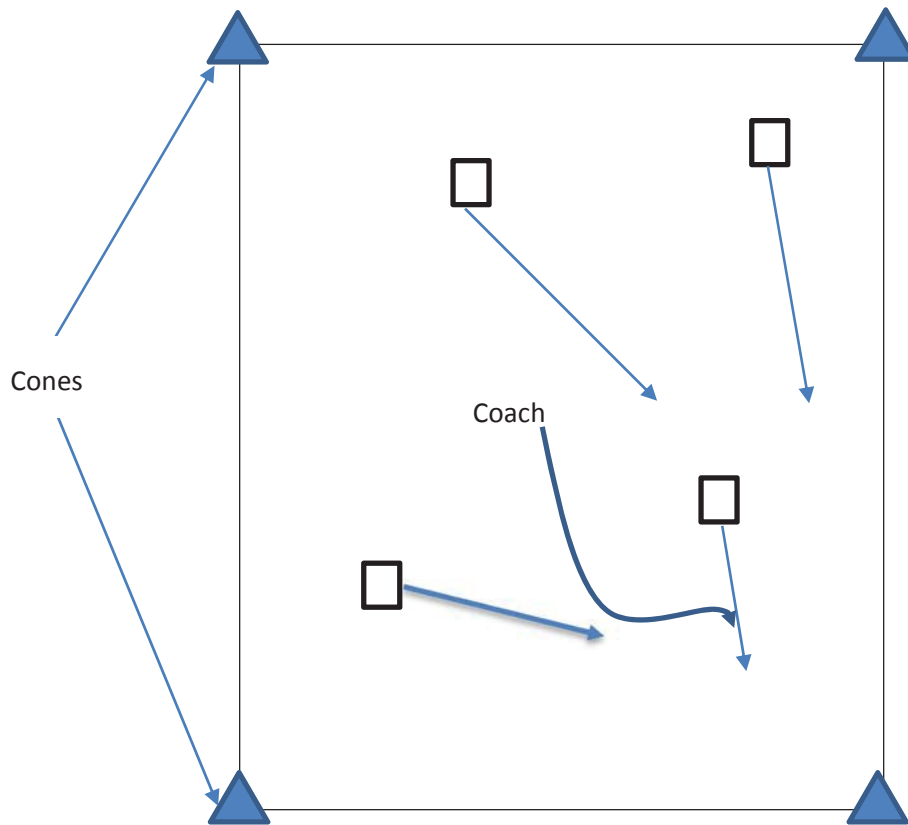
Coaching Points:

- 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

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

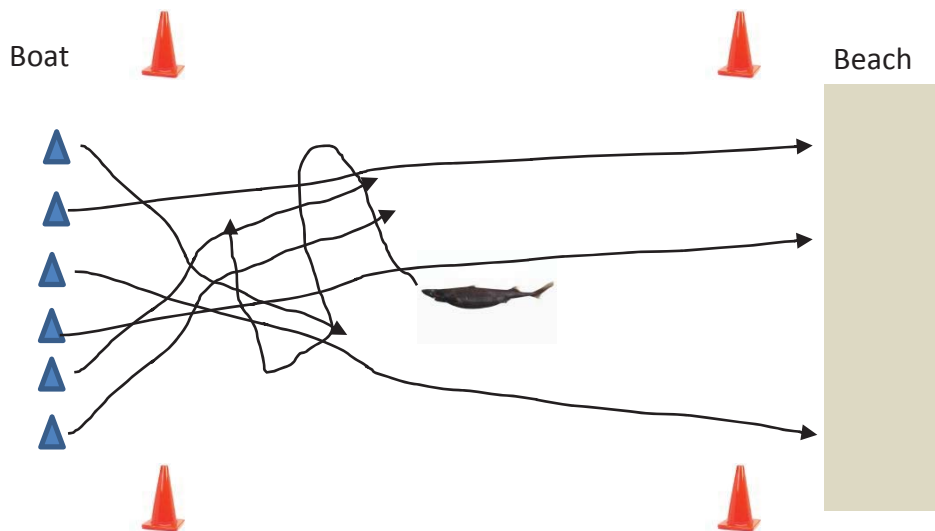
Shark Attack (aka Sharks and Minnows)

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.