

U6 PRACTICE PLANS, 2009-2010 COORDINATOR'S DOCUMENT

OVERVIEW

The 24 practice plans set out below deliver the U6 the Long Term Player Development based curriculum found in the Richmond Development Centre's U5/6 Program Guide. The sessions are designed to introduce all of the game's basic elements *via* a variety of games and activities. While there is a slight progression from (in difficulty and towards the "more traditional soccer activities") understanding this age group's characteristics, the emphasis is on variety.

U5 PROGRAM FORMAT

The program is twice weekly having one week night session and one Saturday session. There are no designated practice days or game days. Half of every session will be dedicated to activities and the other half to small sided games.

At the start of the season, players will be divided into groups of 12. For each session, the field will be divided into practice/game areas of approximately 20 m x 25 m. Each practice plan below will be delivered by volunteer coaches supported by our professional coaches.

PRACTICE PLANS

Practice plans are attached. Practice Plans should be provided weekly.

ACKNOWLEDGMENTS

The content of the practice plans comes from a number of sources. Amongst the sources, are Dougie Gordon's practice plans (copies of which can be found on the Richmond Development Centre web-site).



PRACTICE PLAN FOR U6 – SESSION 1
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Around the World One – 5 minutes</p> <p>Set out four cones near the perimeter of the grid. Ask the players to give each of the cones the name of a town. As the players jog around the coach, who is in the middle of the cones, the coach calls out the name of each town (cone) and the players run around the town (cone) and then back towards the coach in the middle.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for decision-making and running style (looking for quick steps) • do <u>not</u> add a Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. 2. introduce change of pace
<p>2nd Activity Mirror Man – 10 minutes</p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> • small passes between feet • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • players must be light on feet and not planted • for most elements, players torso always facing forward towards coach • do <u>not</u> add progressions at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. roll ball from side-ways with sole of dominant foot 2. roll ball side-ways with sole of non-dominant foot 3. roll ball side-ways using outside of dominant foot 4. roll ball side-ways using outside of non-dominant foot 5. combine 4 bullets above 6. roll ball forward with ball of dominant foot (with leg opened-up) 7. roll ball forward with ball of non-dominant foot (with leg opened-up) 8. combine above
<p>3rd Activity Around the World 2 - 10 minutes</p> <p>Set out four cones near the perimeter of the grid (see above). Ask the players to give each of the cones the name of a town. As the players dribble around the coach, who is in the middle of the cones, the coach calls out the name of each town (cone) and the players dribble around the town (cone) and then back towards the coach in the middle.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for decision-making and application of technique from previous activity • do <u>not</u> add a Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” dribble using both feet, tap dance on ball etc. while waiting for the coach’s call. 2. add change of pace 3. add 2 or more additional cones and rather than dribbling around cone, players “sole turn” once they “meet” cone
<p>4th Activity 3 v 3 Game / Goal Line – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 2
THEME: PASSING

Activity	Coaching Points
<p>1st Activity Greeting Game - 5 minutes</p> <p>All of the players run around randomly in the gird. The coach calls out various types of greetings. When the coach calls out a greeting, each player must find another and greet the player in the manner called out by the coach (introduce name, hand shake, high five, low five, back-to-back etc.)</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> this game introduces the basics of communication; this is important! assist players in being a loud as possible and those who are shy do <u>not</u> add progression at this time <p>Progression:</p> <ol style="list-style-type: none"> ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. introduce change of pace
<p>2nd Activity Technical (Push Pass) Passing and Receiving – 10 minutes</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">x xP Px x</p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> have first touch take the player somewhere / get ball out of feet increase distance of pass reduce size of goal add shooting
<p>3rd Activity Tunnel Soccer – 10 minutes</p> <p>Each player has a ball. The coaches have no soccer balls but move about the area. Periodically the coaches stops and spreads legs to form a tunnel. The players dribble after coach and try to push pass through the tunnel whenever coach stops. After 2 – 3 successful “goals”, coach moves again. See who scores the most goals in 90 second intervals.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> better if a couple of coaches are involved <p>Progression:</p> <ol style="list-style-type: none"> coach calls-out which foot players must use to pass through the tunnel
<p>4th Activity 3 v 3 Game / Goal Line – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 3
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) One / Two Tag – 5 min.</p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> look for reaction time and look for ability of players to keep with it this is physically difficult / so have breaks between sets do <u>not</u> add Progression at this time <p>Progression</p> <ol style="list-style-type: none"> have very short intervals – so as to increase turns players hop (one foot, both feet) skip, etc. rather than run
<p>2nd Activity Walking Scatter Dribble – 15 min.</p> <ul style="list-style-type: none"> dribble with inside of dominant foot dribble with inside of non-dominant foot dribble with “laces” of dominant foot dribble with “laces” of non-dominant foot combine above drag ball backwards with sole of dominant foot drag ball backwards with sole of non-dominant foot touch top of ball with sole of foot, alternate feet (“tap dances”) touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace (players will want to go faster) so as to permit observation and emphasis of correct technique observation and correction paramount do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> go to quicker, “regular” pace introduce three basic (“sole”, “cut”, “chop”) turns add stops and re-starts with change of pace add following: <ol style="list-style-type: none"> roll ball sideways with sole of dominant foot roll ball sideways with sole of non-dominant roll ball sideways using outside of dominant roll ball sideways using outside of non-dominant roll ball forward with ball of dominant foot (with leg opened-up) roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Cat & Mouse – 10 min.</p> <p>In a group of 12 players, a “cat” stands in middle of grid and calls “mice” to come out and play. Mice all have a ball and try to dribble to far side of grid. Any mice who lose their ball to the cat now join the middle to become another cat</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> encourage “mice” to attack with speed
<p>4th Activity 3 v 3 Game / Goal Line – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 4
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> player bounces ball and with dominant foot kicks ball back into hands player bounces ball and with non-dominant foot kicks ball back into hands player drops ball from hands and with dominant foot kicks ball back into hands player drops ball from hands and with non-dominant foot and kicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> player Progressions will be varied some players will easily get to progression 4 with dominant foot; for these players, do <u>not</u> add another Progression until competent with both feet some players will spend entire year on Progressions 1 - 4 <p>Progressions:</p> <ol style="list-style-type: none"> ball is kept-up (without hitting ground) with dominant foot ball is kept-up (without hitting ground) with non-dominant ball is kept-up (without hitting ground) alternating feet same as above but increasing number of “keep-ups” (without hitting ground) the above, but adding keep-ups with thighs, chests and head
<p>2nd Activity Mirror Man – 10 min.</p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> small passes between feet “tap dances” on ball “tap dances” - “around the world” drag ball backwards with sole of dominant foot drag ball backwards with sole of non-dominant foot drag ball backwards alternating between sole of dominant and non-dominant foot roll ball side-ways using inside of dominant foot roll ball side-ways using inside of non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> players must be light on feet and not planted for most elements, players torso always facing forward towards coach do <u>not</u> add progressions at this time <p>Progression:</p> <ol style="list-style-type: none"> roll ball from side-ways with sole of dominant foot roll ball side-ways with sole of non-dominant foot roll ball side-ways using outside of dominant foot roll ball side-ways using outside of non-dominant foot combine 4 bullets above roll ball forward with ball of dominant foot (with leg opened-up) roll ball forward with ball of non-dominant foot (with leg opened-up) combine above
<p>3rd Activity Destroyers – 10 min.</p> <p>In a group of 12 players, 2 to 3 players wear pinnies as ‘destroyers’ and chase dribbling players. Players try to win the ball and knock it outside the playing area; players retrieve balls and come back into grid and resume dribbling; have one minute time limit for each set. “Destroyer” who knocks out the most balls wins.</p>	
<p>4th Activity 3 v 3 Game / Goal Line – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 5
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity (warm-up) Chain Tag – 10 min.</p> <p>In a group of 12 players, 2 players are “it” and run around tagging others. Once a player is tagged he joins hands with the “tagger” and forms a chain. Make it a competition between the 2 chains to see who ends up with the most players</p>	
<p>2nd Activity Technical (Push Pass) Passing and Receiving – 10 minutes</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">x xP Px x</p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> • trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet • push passing and trapping (inside of foot) with dominant foot • push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • everything done at a very slow pace so as to permit observation and emphasis of correct technique • make sure that feet are always moving • head/eyes down when receiving and passing but otherwise head/eyes up • calling for ball / communication • observation and correction paramount • do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. have first touch take player somewhere / get ball out of feet 2. shooting with instep 3. increase distance of pass 4. reduce size of goal
<p>3rd Activity “Ouch” – 10 min.</p> <p>Each player has a ball. The coaches jog around the area and players kick the ball so as to try to hit the coaches. The coach yells “ouch” each time he or she is hit. Player, who hits the coaches most often in 90 seconds, wins the round.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • coaches speed-up or slow-down based on player success • ok to add progressions at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. restrict players to non-dominant foot 2. no restriction but if hit coach with non-dominant then player scores 2
<p>4th Activity 3 v 3 Goal Line / Remaining ½ of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 6
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) One / Two Tag – 5 min.</p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • look for reaction time and look for ability of players to keep with it • this is physically difficult / so have breaks between sets • add progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. have very short intervals – so as to increase turns 2. players hop (one foot, both feet) skip, etc. rather than run
<p>2nd Activity Walking Scatter Dribble – 10 minutes</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • everything done at a very slow pace (players will want to go faster) so as to permit observation and emphasis of correct technique • observation and correction paramount • do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. go to quicker, “regular” pace 2. introduce three basic (“sole”, “cut”, “chop”) turns 3. add stops and re-starts with change of pace 4. add following: <ol style="list-style-type: none"> a. roll ball sideways with sole of dominant foot b. roll ball sideways with sole of non-dominant c. roll ball sideways using outside of dominant d. roll ball sideways using outside of non-dominant e. roll ball forward with ball of dominant foot (with leg opened-up) f. roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Cat and Mouse – 10 minutes</p> <p>In a group of 12 players, a “cat” stands in middle of grid and calls “mice” to come out and play. Mice all have a ball and try to dribble to far side of grid. Any mice who lose their ball to the cat now join the middle to become another cat</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • encourage “mice” to attack with speed
<p>4th Activity 3 v 3 Goal Line Game – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half Players score by stopping ball on goal line with sole After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 7
THEME: PASSING

Activity	Coaching Points
<p>1st Activity (warm-up) Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 5. player bounces ball and with dominant foot kicks ball back into hands 6. player bounces ball and with non-dominant foot kicks ball back into hands 7. player drops ball from hands and with dominant foot kicks ball back into hands 8. player drops ball from hands and with non-dominant foot and kicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player Progressions will be varied • some players will easily get to progression 4 with dominant foot; for these players, do <u>not</u> add another Progression until competent with both feet • some players will spend entire year on Progressions 1 - 4 <p>Progressions:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chests and head
<p>2nd Activity Pylon Pinball – 10 min.</p> <p>In partners, players try to knock over pylon (if no pylon cones, then place “wos” markers” upside down on top of extra soccer balls) cones as they pass ball back and forth. Place 10-15 pylon cones inside a large circle marked by flat cones; pairs face one another across the circle (make sure players alternate feet)</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • push pass only at this time • make sure players use both dominant and non-dominant feet <p>Progression:</p> <ol style="list-style-type: none"> 1. introduce shooting
<p>3rd Activity Torpedo – 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> • players divided into two teams facing one another about 10 m apart • every player one on team has a ball • two coaches / one with ball <p>Two coaches pass the ball between one another along a line in the middle of the two teams. Players with the balls try to push pass their ball (torpedo) to hit the ball that the coaches are passing. If the player misses the player across collects the ball and then tries to hit the coaches’ ball.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • coaches speed-up or slow down their passes based on player success • ok to add progression <p>Progression:</p> <ol style="list-style-type: none"> 1. specify how players must strike ball (push pass, laces, dominant/non-dominant foot)
<p>4th Activity 3 v 3 Goal Line Game – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half Players score by stopping ball on goal line with sole After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 8
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) “Cooperation” – 5 min.</p> <p>Players pair-up back-to-back:</p> <ul style="list-style-type: none"> standing, whereby the ball is handed backwards to the one side by turning the trunk and alternating from side-to-side – change directions “over and under” whereby one partner passes ball between legs and the ball is returned over head – change directions players take a crouching position face to face with their hands in front of the body, palms forward, they attempt to dislodge each other from the crouch position by pushing each others palms 	
<p>2nd Activity Dribble Tag – 10 min.</p> <p>In a group of 12 players, 2 players are designated to be “it”; all other players are dribbling; when dribbler is tagged player freezes, holds ball above heads, opens legs and shouts for help. Other dribblers try to free up tagged players by dribbling ball through their legs</p>	
<p>3rd Activity Disney Game - 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> group divided into two equal teams teams 20 m apart in a row each player on one team is given a Disney character name and each player on the other team is giving a corresponding Disney character name (so, for example, there are two “Grumpy’s” <p>Coach sends a ball in between the two teams (who are behind designated lines and calls out the Disney character and the “Disney character” from each team goes onto the field and plays one v. one.</p>	<p>Coaching Points:</p> <p>Progression:</p> <ol style="list-style-type: none"> call out different characters to have different match-ups introduce multiple balls and call out multiple names from one side so that there are multiple one v one games going on introduce only one ball but call out multiple names so that 2 vs. 2 are created
<p>4th Activity 3 v 3 Goal Line Game – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half Players score by stopping ball on goal line with sole After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 9
THEME: PASSING AND TRAPPING

Activity	Coaching Points
<p>1st Activity Running Maze – 7.5 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> coach sets-up several small goals or gates – each about 2 m wide should be 2 or 3 more gates than players <p>Players run around in a grid at a slow pace. When the coach indicates, the players try to run through as many gates as possible. Players will need to keep track of how many gates they went through. Play for about 30 seconds – establish “winners” and then go again.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> add a ball so that it is a dribbling game
<p>2nd Activity Technical (Push) Passing and Receiving - 10 min.</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre> x xP Px x </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> increase distance of pass add shooting with instep reduce size of goal have first touch take the player somewhere / get ball out of feet
<p>3rd Activity Keep Your Yard Clean – 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> divide the field in half (or two “yards”) two equal teams with one team in each half at start of game, each player has a ball <p>On the coach’s instruction, the players try to pass the ball from their “yard” to the other team’s “yard”. Play for a couple of minutes and when the coach blows her/his whistle again, play stops. Team with the “cleanest yard” (least balls in half) is the winner. Repeat.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> push passes only use both dominant and non-dominant foot <p>Progression:</p> <ol style="list-style-type: none"> add shooting once skill is introduced
<p>4th Activity 3 v 3 Goal Line Game – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half</p> <p>Players score by stopping ball on goal line with sole</p> <p>After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 10
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) Musical Balls – 7.5 min.</p> <p>Every player has a ball. Players dribble around the area while the coach sings (or for the inhibited, until the coach shouts “stop”). When the coach stops singing (or when the coach shouts “stop”) players leave their ball and find another. After a while the coach takes away a ball – players who at the end of the sequence do not have a ball, drop-out for the balance of the game. The game continues until there are only two players.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for the quick decision-makers; they will win most games
<p>2nd Activity Scatter Dribbling (at Regular Pace) – 10 min.</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount • do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. introduce three basic (“sole,” “cut” “chop”) turns 2. add stops and starts with change of pace 3. add following: <ol style="list-style-type: none"> a. roll ball sideways with sole of dominant foot b. roll ball sideways with sole of non-dominant c. roll ball sideways using outside of dominant d. roll ball sideways using outside of non-dominant e. roll ball forward with ball of dominant foot (with leg opened-up) f. roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Pirates – 10 min.</p> <p>In a group of 12 players, 2 to 4 players without a ball are “pirates” and all other players dribble in the grid. Pirates try to steal some one’s ball; if successful the pirate keeps the ball and continues dribbling, the dispossessed dribbler now becomes a pirate</p>	
<p>4th Activity 3 v 3 Goal Line Game – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half Players score by stopping ball on goal line with sole After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 11
THEME: PASSING AND TRAPPING

Activity	Coaching Points
<p>1st Activity Juggling 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player bounces ball and with dominant foot kicks ball back into hands 2. player bounces ball and with non-dominant foot kicks ball back into hands 3. player drops ball from hands and with dominant foot kicks ball back into hands 4. player drops ball from hands and with non-dominant foot and kicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player Progressions will be varied • some players will easily get to progression 4 with dominant foot; for these players, do <u>not</u> add another Progression until competent with both feet • some players will spend entire year on Progressions 1 - 4 <p>Progressions:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) <p>the above, but adding keep-ups with thighs, chests and head</p>
<p>2nd Activity Moving Targets – 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> • every player has a ball • two coaches hold a practice vest / pinnie between them to form a goal <p>Players try to score on the goal created by the coaches. Coach move around and then stop for a brief period. Players keep score</p>	<p>Coaching Points:</p> <p>Progression:</p> <ol style="list-style-type: none"> 1. push pass 2. shooting 3. both feet
<p>3rd Activity “Ouch!” – 10 min.</p> <p>Each player has a ball. The coaches jog around the area and players kick the ball so as to try to hit the coaches. The coach yells “ouch” each time he or she is hit. Player who hits the coaches most often in 90 seconds, wins the round.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • coaches speed-up or slow-down based on player success • ok to add progressions at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. restrict players to non-dominant foot 2. no restriction but if player hits coach with non-dominant foot then player score 2
<p>4th Activity 3 v 3 Goal Line Game – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half Players score by stopping ball on goal line with sole After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U6 – SESSION 12
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) Musical Balls – 7.5 min.</p> <p>Every player has a ball. Players dribble around the area while the coach sings (or for the inhibited, until the coach shouts “stop”). When the coach stops singing (or when the coach shouts “stop”) players leave their ball and find another. After a while the coach takes away a ball – players who at the end of the sequence do not have a ball, drop-out for the balance of the game. The game continues until there are only two players.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for the quick decision-makers; they will win most games
<p>2nd Activity Regular Pace Scatter Dribbling – 10 min.</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount • do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. go to quicker, “regular” pace 2. introduce three basic (“sole”, “cut”, “chop”) turns 3. add stops and re-starts with change of pace 4. add following: <ol style="list-style-type: none"> a. roll ball sideways with sole of dominant foot b. roll ball sideways with sole of non-dominant c. roll ball sideways with outside of dominant foot d. roll ball sideways with outside of non-dominant e. roll ball forward with ball of dominant foot (with leg opened-up) f. roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Pirates – 10 min.</p> <p>In a group of 12 players, 2 to 4 players without a ball are “pirates” and all other players dribble in the grid. Pirates try to steal some one’s ball; if successful the pirate keeps the ball and continues dribbling, the dispossessed dribbler now becomes a pirate</p>	
<p>4th Activity 3 v 3 / Goal Line – Remaining ½ of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone).</p> <p>Make sure ½ of session is dedicated to the game (even if you need to skip or shorten the duration of an activity). Let them play!</p>



PRACTICE PLAN FOR U5 – SESSION 13
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Around the World One – 5 minutes</p> <p>Set out four cones near the perimeter of the grid. Ask the players to give each of the cones the name of a town. As the players jog around the coach, who is in the middle of the cones, the coach calls out the name of each town (cone) and the players run around the town (cone) and then back towards the coach in the middle.</p>	<p>General Note: make sure that players have a water break between activities.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for decision-making and running style (looking for quick steps) • introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. 2. introduce change of pace
<p>2nd Activity Mirror Man – 10 minutes</p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> • small passes between feet • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • players must be light on feet and not planted • for most elements, players torso always facing forward towards coach • do <u>not</u> introduce a Progression at this time <p>Progression:</p> <ul style="list-style-type: none"> • roll ball from side-ways with sole of dominant foot • roll ball side-ways with sole of non-dominant foot • roll ball side-ways using outside of dominant foot • roll ball side-ways using outside of non-dominant foot • combine 4 bullets above • roll ball forward with ball of dominant foot (with leg opened-up) • roll ball forward with ball of non-dominant foot (with leg opened-up) • combine 6 bullets above
<p>3rd Activity Around the World 2 - 10 minutes</p> <p>Set out four cones near the perimeter of the grid. Ask the players to give each of the cones the name of a town. As the players dribble around the coach, who is in the middle of the cones, the coach calls out the name of each town (cone) and the players dribble around the town (cone) and then back towards the coach in the middle.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for decision-making and application of technique from previous activity • introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” dribble using both feet, tap dance on ball etc. while waiting for the coach’s call. 2. add change of pace 3. add 2 or more additional cones and rather than dribbling around cone, players “sole turn” once they “meet” cone
<p>4th Activity 3 v 3 Game / Goal Line - Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U5 – SESSION 14
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity Greeting Game - 5 minutes</p> <p>All of the players run around randomly in the area. The coach calls out various types of greetings. When the coach calls out a greeting, each player must find another and greet the player in the manner called out by the coach (introduce name, hand shake, high five, low five, back-to-back etc.)</p>	<p>General Note: make sure that players have a water break between activities.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • this introduces the basics of communication; this is important! • assist players in being a loud as possible and those who are shy • introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. 2. introduce change of pace
<p>2nd Activity Technical (Push Pass) Passing and Receiving – 10 minutes</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;"> x xP Px x </p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> • trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet • push passing and trapping (inside of foot) with dominant foot • push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • everything done at a very slow pace so as to permit observation and emphasis of correct technique • make sure that feet are always moving • head/eyes down when receiving and passing but otherwise head/eyes up • calling for ball / communication • observation and correction paramount • introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. have first touch take the player somewhere / get ball out of feet 2. add shooting with instep 3. increase distance of pass 4. reduce size of goal
<p>3rd Activity Tunnel Soccer – 10 minutes</p> <p>Each player has a ball. The coaches have no soccer balls but move about the area. Periodically the coaches stops and spreads legs to form a tunnel. The players dribble after coach and try to push pass through the tunnel whenever coach stops. After 2 – 3 successful “goals”, coach moves again. See who scores the most goals in 90 second intervals.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • better if a couple of coaches are involved • introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. coach calls-out which foot players must use to pass through the tunnel
<p>4th Activity 3 v 3 Game with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone • goals do not count if other than “push pass” • goals with non-dominant foot = 2



PRACTICE PLAN FOR U5 – SESSION 15
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) Musical Balls – 7.5 min.</p> <p>Every player has a ball. Players dribble around the area while the coach sings (or for the inhibited, until the coach shouts “stop”). When the coach stops singing (or when the coach shouts “stop”) players leave their ball and find another. After a while the coach takes away a ball – players who at the end of the sequence do not have a ball, drop-out for the balance of the game. The game continues until there are only two players.</p>	<p>General Note: make sure that players have a water break between each activity</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for the quick decision-makers; they will win most games
<p>2nd Activity Regular Pace Scatter Dribbling – 10 min.</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount • do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 5. go to quicker, “regular” pace 6. introduce three basic (“sole”, “cut”, “chop”) turns 7. add stops and re-starts with change of pace 8. add following: <ol style="list-style-type: none"> a. roll ball sideways with sole of dominant foot b. roll ball sideways with sole of non-dominant c. roll ball sideways with outside of dominant foot d. roll ball sideways with outside of non-dominant e. roll ball forward with ball of dominant foot (with leg opened-up) f. roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Pirates – 10 min.</p> <p>In a group of 12 players, 2 to 4 players without a ball are “pirates” and all other players dribble in the grid. Pirates try to steal some one’s ball; if successful the pirate keeps the ball and continues dribbling, the dispossessed dribbler now becomes a pirate</p>	
<p>4th Activity 3 v 3 / Goal Line – Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U5 – SESSION 16
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>General Note: at this age, make sure that players have a water break between activities</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • introduce Progression 1 & 2 but only if players using both dominant and non-dominant feet equally <p>Progression:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chests and head
<p>2nd Activity Mirror Man – 10 min.</p> <p>Coach has a ball facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> • small passes between feet • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • players must be light on feet and not planted • for most elements, players torso always facing forward towards coach • introduce Progression 1 & 2 <p>Progression:</p> <ol style="list-style-type: none"> 1. roll ball from side-ways with sole of dominant foot 2. roll ball side-ways with sole of non-dominant foot 3. roll ball side-ways using outside of dominant foot 4. roll ball side-ways using outside of non-dominant foot 5. combine 4 bullets above 6. roll ball forward with ball of dominant foot (with leg opened-up) 7. roll ball forward with ball of non-dominant foot (with leg opened-up) 8. combine above
<p>3rd Activity Destroyers – 10 min.</p> <p>In a group of 12 players, 2 to 3 players wear pinnies as ‘destroyers’ and chase dribbling players. Players try to win the ball and knock it outside the playing area; players retrieve balls and come back into grid and resume dribbling; have one minute time limit for each set. “Destroyer” who knocks out the most balls wins.</p>	
<p>4th Activity 3 v 3 Game / Goal Line - Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U5 – SESSION 17
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity (warm-up) Chain Tag – 10 min.</p> <p>In a group of 12 players, 2 players are “it” and run around tagging others. Once a player is tagged he joins hands with the “tagger” and forms a chain. Make it a competition between the 2 chains to see who ends up with the most players</p>	<p>General Note: make sure that players have a water break between activities</p>
<p>2nd Activity Technical (Push Pass) Passing and Receiving – 10 minutes</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">x xP Px x</p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount continue with Progression 1 and introduce Progression 2 <p>Progression:</p> <ol style="list-style-type: none"> have first touch take the player somewhere / get ball out of feet add shooting with instep increase distance of pass reduce size of goal
<p>3rd Activity “Ouch” – 10 min.</p> <p>Each player has a ball. The coaches jogs around the area and players kick the ball so as to try to hit the coaches. The coach yells “ouch” each time he or she is hit. Player who hits the coaches most often in 90 seconds, wins the round.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> coaches speed-up or slow-down based on player success ok to add progressions at this time <p>Progression:</p> <ol style="list-style-type: none"> restrict players to non-dominant foot no restriction but if hit coach with non-dominant then player scores 2
<p>4th Activity 3 v 3 Game with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep goals with non-dominant foot = 2



PRACTICE PLAN FOR U5 – SESSION 18
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) One / Two Tag – 5 min.</p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p>General Note: make sure that players have a water break between activities.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • look for reaction time and look for ability of players to keep with it • this is physically difficult / so have breaks between sets • continue introduction of progression 1 elements and introduce progression 2 <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. 2. introduce change of pace
<p>2nd Activity Regular Pace Scatter Dribble – 10 minutes</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • everything done at a very slow pace (players will want to go faster) so as to permit observation and emphasis of correct technique • observation and correction paramount • introduce Progression 1 & 2 – proper technique for turns is paramount <p>Progression:</p> <ol style="list-style-type: none"> 1. go to quicker, “regular” pace 2. introduce three basic (“sole”, “cut”, “chop”) turns 3. add stops and re-starts with change of pace 4. add following: <ol style="list-style-type: none"> a. roll ball sideways with sole of dominant foot b. roll ball sideways with sole of non-dominant c. roll ball sideways with outside of dominant foot d. roll ball sideways with outside of non-dominant e. roll ball forward with ball of dominant foot (with leg opened-up) f. roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Cat and Mouse – 10 minutes</p> <p>In a group of 12 players, a “cat” stands in middle of grid and calls “mice” to come out and play. Mice all have a ball and try to dribble to far side of grid. Any mice who lose their ball to the cat now join the middle to become another cat</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • encourage “mice” to attack with speed
<p>4th Activity 3 v 3 Game / Goal Line – Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U5 – SESSION 19
THEME: PASSING

Activity	Coaching Points
<p>1st Activity (warm-up) Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>General Note: at this age, make sure that players have a water break between activities</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue introduction of Progression 1 & 2 but only if players using both dominant and non-dominant feet equally <p>Progressions:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chests and head
<p>2nd Activity Pylon Pinball – 10 min.</p> <p>In partners, players try to knock over pylon (if you do not have pylon cones place “wosk” markers upside down on extra soccer balls) cones as they pass ball back and forth. Place 10-15 pylon cones inside a large circle marked by flat cones; pairs face one another across the circle (make sure players alternate feet)</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • push pass only at this time • make sure players use both dominant and non-dominant feet • introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. introduce shooting
<p>3rd Activity Torpedo – 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> • players divided into two teams facing one another about 10 m apart • every player one on team has a ball • two coaches / one with ball <p>Two coaches pass the ball between one another along a line in the middle of the two teams. Players with the balls try to push pass their ball (torpedo) to hit the ball that the coaches are passing. If the player misses the player across collects the ball and then tries to hit the coaches’ ball.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • coaches speed-up or slow down their passes based on player success • ok to add progression <p>Progression:</p> <ol style="list-style-type: none"> 1. specify how players must strike ball (push pass, laces, dominant/non-dominant foot)
<p>4th Activity 3 v 3 Game / with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> • have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone • as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep • goals with non-dominant foot = 2



PRACTICE PLAN FOR U5 – SESSION 20
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) “Cooperation” – 5 min.</p> <p>Players pair-up back-to-back:</p> <ul style="list-style-type: none"> standing, whereby the ball is handed backwards to the one side by turning the trunk and alternating from side-to-side – change directions “over and under” whereby one partner passes ball between legs and the ball is returned over head – change directions players take a crouching position face to face with their hands in front of the body, palms forward, they attempt to dislodge each other from the crouch position by pushing each others palms 	<p>General Note: make sure that players have a water break between each activity</p>
<p>2nd Activity Dribble Tag – 10 min.</p> <p>In a group of 12 players, 2 players are designated to be “it”; all other players are dribbling; when dribbler is tagged player freezes, holds ball above heads, opens legs and shouts for help. Other other dribblers try to free up tagged players by dribbling ball through their legs</p>	
<p>3rd Activity Disney Game - 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> group divided into two equal teams teams 20 m apart in a row each player on one team is given a Disney character name and each player on the other team is giving a corresponding Disney character name (so, for example, there are two “Grumpy’s” <p>Coach sends a ball in between the two teams (who are behind designated lines and calls out the Disney character and the “Disney character” from each team goes onto the field and plays one v. one.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> introduce Progression 1 & 2 <p>Progression:</p> <ol style="list-style-type: none"> call out different characters to have different match-ups introduce multiple balls and call out multiple names from one side so that there are multiple one v one games going on introduce only one ball but call out multiple names so that 2 vs. 2 are created
<p>4th Activity 3 v 3 Game / Goal Line – Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession</p>



PRACTICE PLAN FOR U5 – SESSION 21
THEME: PASSING AND TRAPPING

Activity	Coaching Points
<p>1st Activity Running Maze – 7.5 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> coach sets-up several small goals or gates – each about 2 m wide should be 2 or 3 more gates than players <p>Players run around in a grid at a slow pace. When the coach indicates, the player try to run through as many gates as possible. Players will need to keep track of how many gates they went through. Play for about 30 seconds – establish “winners” and then go again.</p>	<p>General Note: make sure that players have a water break between each activity</p> <p>Coaching Points</p> <ul style="list-style-type: none"> introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> add a ball so that it is a dribbling game
<p>2nd Activity Technical (Push) Passing and Receiving - 10 min.</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;"> x xP Px x </p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount continue with Progression 1 and introduce Progression 2 <p>Progression:</p> <ol style="list-style-type: none"> have first touch take the player somewhere / get ball out of feet add shooting with instep increase distance of pass reduce size of goal
<p>3rd Activity Keep Your Yard Clean – 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> divide the field in half (or two “yards”) two equal teams with one team in each half at start of game, each player has a ball <p>On the coach’s whistle, the players try to pass the ball from their “yard” to the other team’s “yard”. Play for a couple of minutes and when the coach blows her/his whistle again, play stops. Team with the “cleanest yard” (least balls in half) is the winner. Repeat.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> push passes only use both dominant and non-dominant foot introduce Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> add shooting once skill is introduced
<p>4th Activity 3 v 3 Game / with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep goals with non-dominant foot = 2



PRACTICE PLAN FOR U5 – SESSION 22
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) Musical Balls – 7.5 min.</p> <p>Every player has a ball. Players dribble around the area while the coach sings (or for the inhibited, until the coach shouts “stop”). When the coach stops singing (or when the coach shouts “stop”) players leave their ball and find another. After a while the coach takes away a ball – players who at the end of the sequence do not have a ball, drop-out for the balance of the game. The game continues until there are only two players.</p>	<p>General Note: make sure that players have a water break between each activity</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for the quick decision-makers; they will win most games
<p>2nd Activity Regular Pace Scatter Dribbling – 10 min.</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount • do <u>not</u> add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> 9. go to quicker, “regular” pace 10. introduce three basic (“sole”, “cut”, “chop”) turns 11. add stops and re-starts with change of pace 12. add following: <ul style="list-style-type: none"> a. roll ball sideways with sole of dominant foot b. roll ball sideways with sole of non-dominant c. roll ball sideways with outside of dominant foot d. roll ball sideways with outside of non-dominant e. roll ball forward with ball of dominant foot (with leg opened-up) f. roll ball forward with ball of non-dominant foot (with leg opened-up)
<p>3rd Activity Pirates – 10 min.</p> <p>In a group of 12 players, 2 to 4 players without a ball are “pirates” and all other players dribble in the grid. Pirates try to steal some one’s ball; if successful the pirate keeps the ball and continues dribbling, the dispossessed dribbler now becomes a pirate</p>	
<p>4th Activity 3 v 3 / Goal Line – Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U5 – SESSION 23
THEME: PASSING AND TRAPPING

Activity	Coaching Points
<p>1st Activity Juggling 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>General Note: at this age, make sure that players have a water break between activities</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied <p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue introduction of Progression 1 & 2 but only if players using both dominant and non-dominant feet equally <p>Progressions:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chest and head
<p>2nd Activity Moving Targets – 10 min.</p> <p>Set-up:</p> <ul style="list-style-type: none"> • every player has a ball • two coaches hold a practice vest / pinnie between them to form a goal <p>Players try to score on the goal created by the coaches. Coach move around and then stop for a brief period. Players keep score</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • start with push pass • make sure players use dominant and non-dominant feet • add Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. shooting with instep
<p>3rd Activity “Ouch!” – 10 min.</p> <p>Each player has a ball. The coaches jogs around the area and players kick the ball so as to try to hit the coaches. The coach yells “ouch” each time he or she is hit. Player who hits the coaches most often in 90 seconds, wins the round.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • coaches speed-up or slow-down based on player success • ok to add progressions at this time <p>Progression:</p> <ol style="list-style-type: none"> 1. restrict players to non-dominant foot 2. no restriction but if hit coach with non-dominant then player scores 2
<p>4th Activity 3 v 3 Game / with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> • have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone • as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep • goals with non-dominant foot = 2



PRACTICE PLAN FOR U5 – SESSION 24
THEME: GOALKEEPING

Activity	Coaching Points
<p>1st Activity (warm-up) One / Two Tag - 5 min.</p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p>General Note: make sure that players have a water break between activities.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for decision-making and running style (looking for quick steps) • introduce elements of Progression 1 <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. 2. introduce change of pace
<p>2nd Activity Catching Warm-up – 10 min.</p> <p>In pairs, players (about 6 metres apart) pass the ball back and forth (in following sequence):</p> <ul style="list-style-type: none"> • at shoulder height / “W” hand formation • below waist (“Basket Catches” - fingers down) • rolling ball pick-ups 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • remind players to get behind ball (and therefore has proper foot work so as to get there) • check proper hand position
<p>3rd Activity Shot on Goals – 10 min.</p> <p>Set-up cones goals (4 metres wide) for half of the players and another cone 5 metres in front of the goal (as a reference point for the shooter)</p> <p>In pairs, one player is the GK and the other the shooter</p> <p>GK passes the ball out to the shooter who traps and then push-pass shoots.</p> <p>Switch after 10 shots</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for proper technique as above • make into a contest
<p>4th Activity 2 + GK vs. 2 + GK</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line. One player is designated as a GK - switch frequently.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for GK’s feet moving all of the time • encourage GK to support play by moving off of goal-line when attacking

