

Mini Soccer Week 1 Practice Plan

U-6 and U-8 Boys & Girls Practice Plan – Sunday 12:00-1:00 9/18/11

1. Possession Exercise of the day: Sharks and Minnows
2. Striking the Ball Exercise of the day: Passing Pairs (inside of foot)

0:00 - 0:05 Introductions

- Circle up – Coach in Center
- Circle the team up with a 10-15 foot diameter
- Introduce yourself and the assistant coaches and tell them how much fun you will have
- One ball is used to pass to each person & they say their name & what they like about soccer
- The assistant coaches tape their names on back/front of shirts

0:05-0:15 Possession Exercise of the Day – Sharks and Minnows

- Line up Minnows along the end line with balls
- One person is Shark without ball
- Minnows dribble to other end line
- Shark tries to kick ball out of boundary
- When Minnows lose their ball they become Sharks
- Go until down to one person or when appropriate

Coaching points

- Protect ball with body
- Many touches on the ball
- Keep ball close
- Head up to see the space/gaps

Advanced Version U-8

- Compress the width of the field
- Use one foot...then switch foot on the second wave

0:15-0:30 Striking the Ball Exercise of the Day – Passing Pairs (inside of foot)

- Demo kicking the ball with the inside of foot with another coach
 - Ankle locked
 - Toe up
 - Strike center of ball
- Create two parallel lines about 5 -7 feet apart with one ball per partnership
- Have them do two touch passing
- Coach them on technique for as long as their attention holds
- Then create a circle with one ball in the middle
- With the coach in the middle pass to the each player around the circle using inside of foot
- Two touch and focus on both pace and direction of pass (it should come back to you)
- Have the kids name a favorite “ _____ ” each time they pass

Coaching points

- Ankle Locked
- Strike center of ball
- Bend at knee of kick foot (don't kick with the whole leg)
- Plant with the support foot a few inches from ball (the balls have ears...let them know you are going to kick them)
- Toe up helps lock the ankle

Advanced Version U-8

- In the lines do a zig zag relay back and forth until they move the ball down the line
- Add additional balls to the zig zag
- In the circle, place players in the center instead of the coach
- Add additional balls to circle

0:30-0:45 Small-sided game of the Day (you will hear a whistle to start)

- Divide the team up into two groups and give pinnies to one side
- Provide them with positions with a 2-2-2 formation or something similar (NO GOALIES)
- Spread them out and show them a good helping distance
- Let them play with minimal interruption
- Teach them the "freeze" command and use it twice to show a positive or constructive spacing situation

0:45-0:50 Like and Learn (you will hear a whistle)

- Sit in circle
- Pass a ball and have each player say something they "liked" or "learned" today

0:50-1:00 Group Welcome

- Hustle players and parents to central welcome location
- Have team sit in a cluster ready to listen to the welcome