

Mini Soccer Week 2 Practice Plan

U-6 and U-8 Boys & Girls Practice Plan – Sunday 12:00-1:00 and 1:15-2:15 9/25/11

1. Possession Exercise of the day: Dribbling Circles
2. Striking the Ball Exercises of the day: Crab Kicks and Yard Clean Up (instep)

-0:05 - 0:00 Warm ups

- Coersers to loosen up
- Demo and then do in order of difficulty
 - Toe touches
 - Jump behind the ball
 - Side to side sole of foot
 - Pendulum
 - Sole of foot to instep

0:00-0:10 Possession Exercise of the Day – Dribbling Circles (Stop and Drop)

- In a circle of about a 10 yard diameter, everyone has their own ball and starts dribbling
- Announce body part for use before each time
- Right Foot, Right Knee, Butt, Stomach, Head, etc.
- Everyone dribbles until coach yells “stop” or body part
- Then players stop balls with the body part
- U-8 Can add dribbling goals – pairs of cones within circle

Coaching points

- Keep ball close
- Many small touches on the ball
- Protect ball with body
- Heads up to avoid collisions

Advanced Version U- 8

- No verbal commands only hold up fingers
- Add a defender
- Reduce size of circles

0:10-0:20 Striking the Ball Exercise of the Day – Crab Kick Line Up (instep)

- Demonstrate tosses and kicking with instep
- Toss and listen. Get group to recognize the SOUND of a good contact versus weak one
- Then line up the group along a line for tosses by coaches
- Coaches then move down the line tossing and coaching

Line up

- Demo kicking the ball with the inside of foot with another coach
 - Ankle locked
 - Toe down
 - Strike center of ball

- Create two parallel lines about 7 -10 feet apart with one ball per partnership
- Have them do two touch passing
- Coach them on technique for as long as their attention holds
- Have the group line up in two parallel lines with partners opposite each other
- With one ball per partnership, have them drive ball with instep
- Two touches

Coaching points

- Ankle Locked
- Strike center of ball
- Bend at knee of kick foot (don't kick with the whole leg)
- Listen for the SOUND
- Plant with the support foot a few inches from ball (balls have ears...let them know you are going to kick them)
- Keep toe down

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

0:20-0:30 Striking the Ball Exercise of the Day – Yard Clean Up (instep drive)

- Two teams on either side of the pitch
- One ball per person
- Divide center of pitch with cones
- Goal is to clear your “yard” of balls
- Tell them you will time them for 3-5 minutes
- Team with fewest balls in their end when time is called wins

Coaching points

- Play quickly
- Plant foot
- Nice strike on the ball to drive it
- Field awareness to help out in other areas

Advanced Version

- Add mini goals as bonus points or the balls in the mini goals can't be recycled
- Add a DMZ where both group can go, or can't go.

0:30-0:57 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 goo 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

0:57-1:00 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