

Mini Soccer Week 3 Practice Plan

U-6 and U-8 Boys & Girls Practice Plan – Sunday 12:00-1:00 and 1:15-2:15 10/2/11

1. Possession Exercise of the day: Dribbling Relays
2. Striking the Ball Exercises of the day: Passing Tunnels and Steal the Bacon

-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 Relays

- Divide the group up into teams of three or four
- Line them up and show them the path to the cone for the relay 10 yards away
- Start simple and then add more challenging tasks if the group can handle it
 - Dribble with no restrictions
 - Dribble with one foot only ... then switch feet
 - Inside of foot only
 - Laces or outside of foot only
- Dribble courses
 - Can be straight distance
 - Weaving through cones
 - Etc. ...be creative but each leg should be short

Coaching points

- Keep ball close
- Many small touches on the ball
- Use inside of foot for control
- Use outside of foot for speed
- Play the ball – be in charge

Advanced Version U- 8

- Increase competition
- Use opposite foot
- Touch the ball every step
- Weaving and spacing on intermediary cones

0:10-0:20 Striking the Ball Exercise of the Day – Passing Tunnel (inside of foot)

- Two single file lines facing each other
- Pass one ball from one line to the other
- Play two touch passes
- Place two cones to make the “tunnel”
- Ball must go between the two cones
- Count the number of consecutive “tunnel” passes

- Set goal of getting to 10 or 15 or 20
- Have them count out loud as they pass

Coaching points

- Receiving touch into “good” space
- Toes up, ankles locked, hammer strike on ball
- Focus on center of ball and hit through it to target
- Continue follow through to target
- Plant foot 6 inches from ball pointing at target
- Weight over ball, shoulders square

Advanced versions U-8

- Put a player where the cones are and they receive the pass and then turn and pass it to the other line
- Add a give and go component instead of the cones with two pivot passers standing by the cones
- Make it a race
- Add a defender
- Make it a group of three that moves around the field and passes through several passing gate

0:20-0:30 Striking the Ball Exercise of the Day – Steal the Bacon (dribble and shoot)

- Line up players in two single file lines 20 yards from goal
- With two players at a time have them stand in front of coach facing goal
- Coach throws ball in front of the players
- As soon as they see ball, players run to get it
- First player becomes Offense and tries to score
- As players advance, the second player assumes defensive role
- Truncate exercise if players go too wide

Coaching points

- Look up, run fast
- Set up for quick shot
- Many small touches on the ball
- Protect ball with body
- Head up avoid collisions

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 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

0:57-1:00 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