

Mini Soccer Week 5 Practice Plan

U-6 and U-8 Boys & Girls Practice Plan – Sunday 12:00-1:00 and 1:15-2:15 10/23/11

1. Possession Exercise of the day: Passing Squares
2. Striking the Ball Exercises of the day: Passing Squares and Three Person Weave

-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 Passing Squares

- Three players per square at each corner
- Pass in clockwise direction using two touches
- Then go counterclockwise
- Once success is reached then pass in either direction
- **With receiving player running to receive in “empty” corner**

Coaching points

- Receiving touch into “good” space
- Open hips to square so facing passer and next receiver
- 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
- Anticipate where the pass will go
- For U-6 use players at all four corners with no movement to start

Advanced Versions

- Add a defender
- Score a point for ten passes
- Play it 5V2 – many add on rules

0:10-0:20 Three Player Weave

- Three lines at end line with one ball per three in middle line
- Ball is passed to right line, then player follows pass (and goes BEHIND the person they passed to)
- Player with ball passes to third player and then follows pass
- Repeat until culminate with shot on goal
- Line up to come back the other direction and repeat

Coaching points

- Receiving touch into “good” space
- Open hips to square so facing passer and next receiver
- Get into rhythm of movement
- Focus on center of ball and hit through it to target
- Continue follow through to target
- Get to new positive space –timing is key

Advanced versions

- Include Passing gates
- Add a defender, then two

0:20-0:30 Coaches Choice – Choose your team’s favorite exercises so far and go for it

- Yard Clean Up (instep drive)
- Sharks and Minnows (dribbling for speed and control)
- Steal the Bacon (hustle, shielding, dribbling and shooting)
- Dribbling Circles (Dribbling for possession and shielding)
- Passing Tunnel (Passing)
- Dribbling Relays (Dribbling for speed)

Coaching points

- Keep it simple... do what you know, then try to add more complex challenges (advanced versions)
- Challenge the group to do it “better” than the first time
- Focus on key coaching points from the exercise
- Praise loudly for noticeable improvements and well executed skills
- Have fun!

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