

Mini Soccer Week 6 Practice Plan

U-6 and U-8 Boys & Girls Practice Plan – Sunday 12:00-1:00 and 1:15-2:15 10/30/11

1. Possession Exercise of the day: Dribbling Obstacle Course
2. Striking the Ball Exercises of the day: Give and Go to Goal

-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 Obstacle Course

- First suggestion.... Be creative. Use any configuration you want.
- Set up cones, goals gates (two cones 4 to 5 feet apart), coaches legs (add parents if you want)
- Set up two groups for a relay style obstacle course
- Divide the group up into teams of three or four
- Line them up and show them the path for the obstacle course
- 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

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 Give and Go to Goal – Passing and Shooting Exercise

- After demoing the exercise, split the team into two to keep the lines short
- Line up the players about 20-25 yards from the goal
- Have a coach stand 10-15 yards from the goal
- Player dribbles and then passes to the coach using inside of foot
- Coach passes back and then player receives and then shoots (instep)
- Follows shoot and gets ball and dribbles at speed to the back of the line

- With receiving player running to receive in “empty” corner

Coaching points

- Receiving touch into “good” space USE TWO TOUCH for shooting..avoid first timing the ball
- Toe down on shot with ankle locked
- 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

- Have a player do the role of the coach in the give and go
- Score a point for ten passes
- Play it 5V2 – many add on rules

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