

Mini Soccer Week 7 Practice Plan

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

1. Possession Exercise of the day: Four Goal Game
2. Striking the Ball Exercises of the day: Four Goal Game

-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 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

0:10-0:20 Four Goal Game

- Set up four goals using cones for two of the goals so there are two fields crossing each other
- Two even teams with each team defending two adjacent goals and attacking the other two
- The game is played like a regular game with goals scored one in either goal
- Set up the “positions” so each team protects their goal and is prepared to attack the opponents

Coaching points

- Change point of attack
- Maintain good passing support distance
- Always be aware of defending your goal even when you have the ball
- Quick transition, get right back on defense and in good position
- Significant skill in containing the person with ball

Advanced Versions

- Make one player a swing player always on offense
- Add goalie capability for all players when in the mouth of the goal

0:20-0:45 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

0:45-0:48 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 Large Group Relays Races and Closing

- Hustle players and parents to central welcome location
- Split the teams up into 2 or 3 groups so there are approximately 4 people per line
- Make sure you have one ball PER relay group
- Line each team up with cone and describe task while waiting Maybe even demo or practice it if you have time
- Do relays
- Then HUSTLE to get everyone in a “U” for the closing
- Distribute Certificates to all players
- Hand in equipment at the equipment shed
- See you NEXT SEASON!
- THANK YOU