

TUSC - U6/8 - Practice Plan 2

WARMUP Drill → 10 Minutes

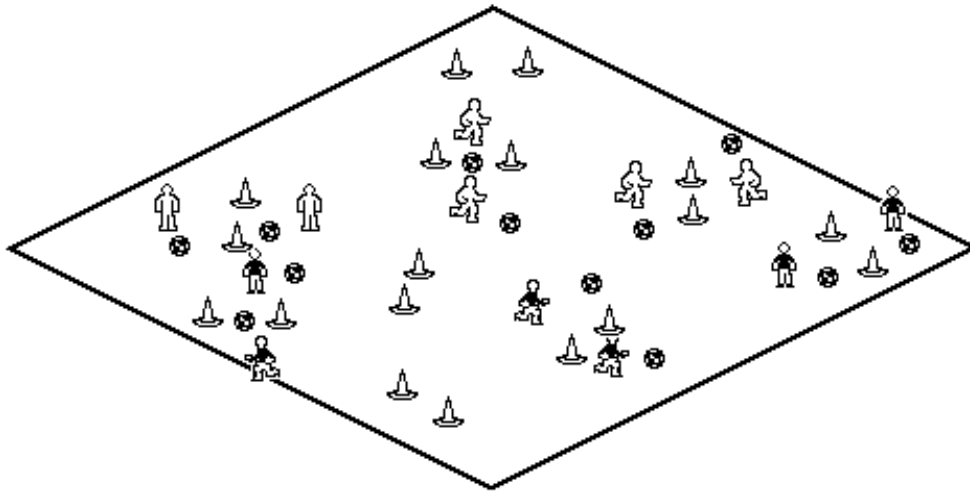
Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (outsides of the feet and toes), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands..."stop, go, turn". Kids can carry the ball towards someone and try a move.

Variation: Section off space e.g. square or circle with cones to increase difficulty by compacting/closing space to move in. Encourage players to use each other as obstacles to turn or time a move.

Drill 2: 5-10minutes

Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score in 30 seconds and when playing again challenge players to beat their last effort.

Variation: asking players to dribble with left foot or right foot only. If players end up dribbling back and forth through only one goal, set up a rule to protect against this. Keeping in mind that allowing to pass through a gate twice consecutively promotes turning/change of direction.



Drill 3: 5-10minutes

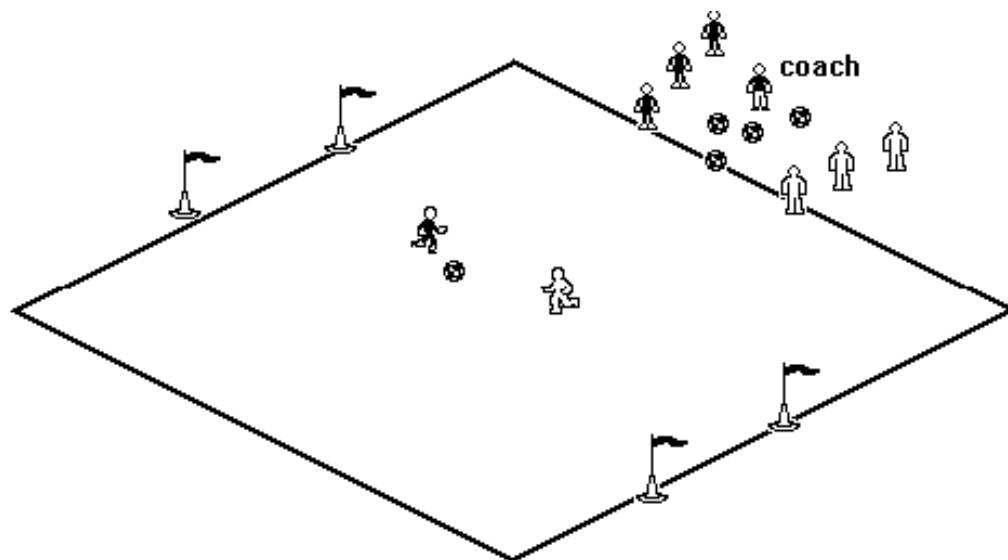
Cops and Robbers - Coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops.

Variation (If don't have stand- up cones): ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking their soccer balls at them. Cops must replace the soccer balls on the cones as quickly as possible.

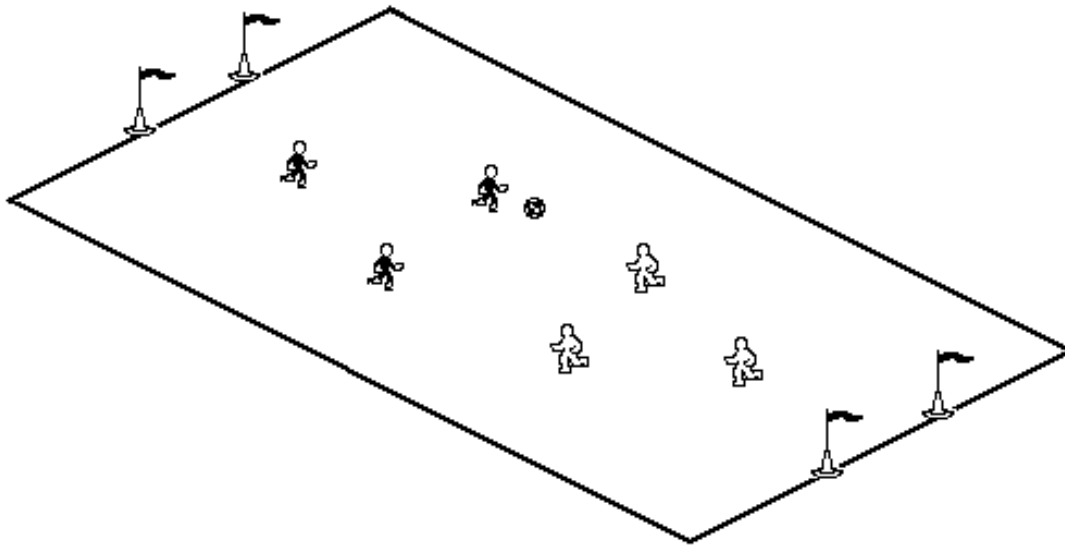
Drill 4: 10 minutes

“NEXT” → Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. When the coach kicks a ball onto the field, the first player in each line runs out and tries to score on their opponent's goal. If the ball goes in the goal or out of bounds, the coach yells “*next*” and plays a new ball into the field immediately for the next two players.

- Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air.



Finish with 3v3 or 4v4 Game - Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers.



- followed by *stretching* with coach in middle of circle leading a 5 minute stretch/cool down.