

TUSC – U6/8 – Practice plan 1

Warm-up → 5 minutes

Drill 1 : 5 minutes

Tail Steal → All players tuck a bib/pennie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked.

Drill 2 : 5 - 10 minutes

Snake → In an appropriate space, have all players dribble their soccer balls, except for 2 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts.

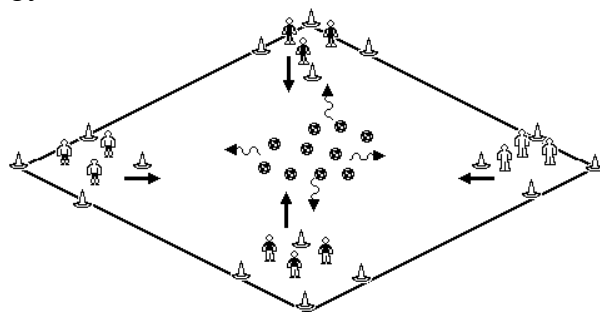
Drill 3 : 5 - 10 minutes

Freeze Tag → Everyone has a ball and coach can pick one or two players who are the Iceman. The Iceman (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. Players can become unfrozen if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can pick new Icemen.

Version 2: Freeze monsters can now try to freeze (tag) the other players by kicking their soccer ball at someone else's soccer ball or at their feet. *Version 3:* Coach can be the freeze monster and try to tag all the players; players can unfreeze each other. (8 minutes)

Drill 4 : 5 – 10 mins

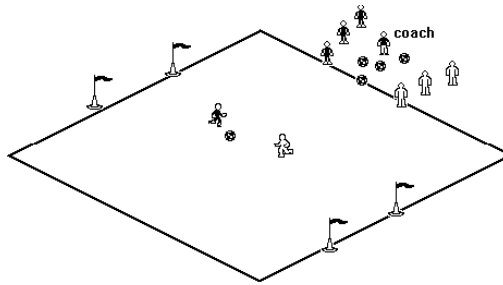
Capture the Balls → Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather (with feet only) as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Coach calls time and count how many balls are in each base to determine a winner. Before next turn allow time to make up a new team strategy.



Drill 5 : 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 practice with a full field game for the remaining 20 minutes.

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