



**SSC Tykes 2013 8 Week Tykes Indoor
Practice Sessions**

Keep it simple, keep it fun!

Week 1 – Main Skill focus dribbling

Week 2 – Main Skill focus dribbling

Week 3 – Main Skill focus passing/receiving

Week 4 – Main Skill focus passing receiving

Week 5 – Main Skill focus shooting

Week 6 – Main Skill focus shooting

Keep it simple, keep it fun!

Week 7 – TBA (outside?)

Week 8 – TBA (outside?)

SSC Tykes 8 Week Practice Sessions

Week 1

Introductions of Coaches –player rules and expectations (3min)

Warm up / Stretching- Jog around field, stretch all major muscles

Warm up game: (2 min)

Tag: Players will try to tag other players, if caught they must do 5 jumping jacks and then they can get back in the game

Coach led stretching (all major muscle groups) (5 min)

Ball skills – kids in circle formation w/ Coach leading (10 min)

3 skills - Toe taps, foundations and pull backs

Water Break

Skill of Day – Dribbling –explanation of how to (10 min)

(Explain use of inside and outside of foot when dribbling)

Players will practice dribbling to a cone 10 yards away and switch directions by using a pull back they learned.

Hospital tag with soccer ball (5 min)

All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.

Coach: Have players keep count of their own tags. If

playing more than one game, have players improve their tags by 1, 2 or 3 more than before.

Water Break

Culminating Game/Activity

Get "Outta" There: (25 min)

The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there". And next group comes on

Coach: Can make the games 1v1, 2v2 or 3v3.



Week 2

Introduction of coaches/Review Rules and Expectations etc. (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Warm up Game – (5min) (Review dribbling from last week)

Free Dribble:

All players are dribbling a soccer ball in a grid (size depends on number of players) using their inside, outside of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move (pull back) and accelerate away.

Version 2: Coach can put pressure on players dribbling.

Version 3: Players can dribble at each other and perform a move and accelerate away.

Ball skills – kids in circle formation w/ Coach leading (10 min)

Review 3 skills - Toe taps, foundations and pull backs

(Have them try moving while doing skill)

Water Break

Skill of Day – Dribbling with speed

Activity 1 - Gate Dribbling: (10 min)

In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate keeping control in order to score a point. (Speed)

Coach: Have players partnered. One dribbles one rests. Have them up keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left / right foot only or inside outside.

Culminating Activity – Scrimmage (dribbling game) (Approx. 25 min)

End Zone Game (3v3 or 4v4) – Divide 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone – play for 5 min periods



Week 3

Introduction Review Rules and Expectations + plan/skill for the day (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Warm up Game – (5min)

Dead bug tag – pick a few taggers. They will attempt to tag other players while running in a specific space. If tagged the player will have to go to special area and preform 10-15 sit ups, then they can return to the game. Only safe position for the runners is “dead bug position” (player lying on their back with arms and feet up). Play for a few minutes, then change taggers and activity to perform.

Ball skills – kids in circle formation w/ Coach leading (10 min)

Review 3 skills - Toe taps, foundations and pull backs add 1 or 2 skills – roll touch touch, and step over move

Water Break

Skill of Day – Passing and receiving – explanation on proper ways to pass and receive a ball

Activity 1 – **Passing and receiving with a Partner** (5min)

Have players standing between 2 cones about 5 yards apart and about 10-15 yards distance between players. This is to give them a target area to pass the ball too. Players will be passing ball back and forth using the inside of the foot. They must trap the ball before they pass it. Use both right and left foot. Focus more on the passing then receiving.

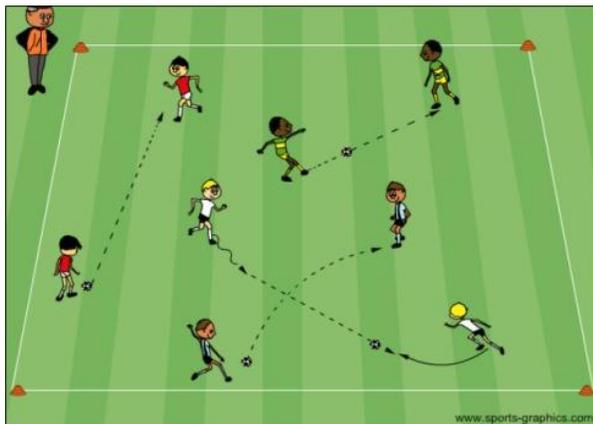
Activity 2 -

Paint the Field- Passing: (10 min)

In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.

Players will be moving and passing all over the area.

Version 2: Tell the players to use the other foot



Water Break

Culminating Activity – Scrimmage Game (20 min)

3v3 or 4v4 - Dual Goal

Scrimmage

Set up fields of 20 x 30 yards.
Place 2 goals on each end line.
Goals should be close to each side line and about 5-6 yards in size. Teams will scrimmage and be able to score a goal at either goal.

Week 4

Introduction Review Rules and Expectations + plan/skill for the day (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Warm up Game – (5min)

Relay Races – lines with players, cones set up 10-15 yards from line.

Ball skills – kids in circle formation w/ Coach leading (10 min)

Review skills - Toe taps, foundations, roll touch touch, and foundation w/step over move, add basic triangle.

Water Break

Activity 1

Skill of Day – Passing and receiving – explanation on proper ways to pass and receive a ball

Activity 1 – **Passing and receiving with a Partner** (5min)

Have players standing between 2 cones about 5 yards apart and about 10-15 yards distance between players. This is to give them a target area to pass the ball too. Players will be passing

ball back and forth using the inside of the foot. They must trap the ball before they pass it. Use both right and left foot. Focus on receiving the ball more than passing.

Activity 2 (10 min)

Passing Activity - Ghost Blasters

Set up a field/channel with cones about 15 yards wide and 20 yards long. Players will line up on the side lines (spread out) with a ball. Pick about 5 ghosts. The ghosts will try to run from one end of the field without getting hit by a ball. The players on the sideline will be passing the ball across the field trying to hit the ghosts as they run by. (Hit a moving target – passing accuracy)

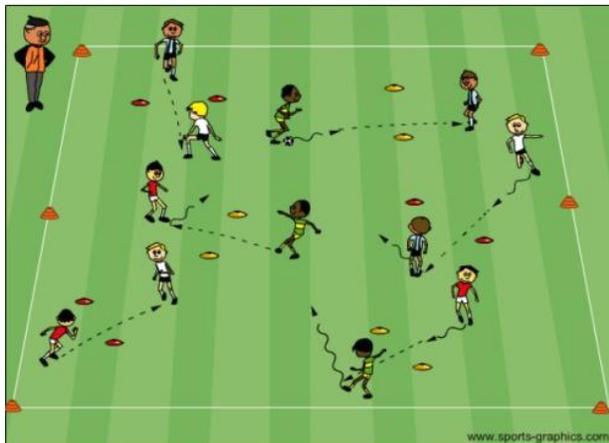
Water Break

Activity 3 – this or scrimmage activity below (20 min)

Gate Passing:

In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.

Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.



Culminating Activity – (20 min)

3v3 or 4v4 - Pugg Goal or Pass for point Scrimmage

Set up fields of 20 x 30 yards.

Place goal on each end line. Teams can get points by scoring regular goals or by making 3 consecutive passes to teammates to get a point (goal)

Week 5

Introduction Review Rules and Expectations + plan/skill for the day (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Warm up Game – (5min)

Paired Tag:

In a 20x25 yard gird, pair players up (**Tagger and Dribbler**) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.

Ball skills – kids in circle formation w/ Coach leading (10 min)

Review skills - Toe taps, foundations, roll touch touch, and foundation w/step over move, add basic triangle.

Water Break

Activity 1 (7min)

Skill of Day - Shooting Technique – when to shoot with power and when to place the ball.

Explanation of proper part of the foot with which to strike the ball.

☒ Keep eyes open and focused on the ball

- Use arms for balance

Inside of the foot

- Bring the knee up to the side and get the toe up, heel down and ankle locked
- The foot should make contact through the middle of the ball
- The plant foot will help the player aim for the target, keeping the head and shoulders straight.

Instep

- Knee higher than the ball
- Lock ankle and point toe down for instep (laces) volley

Introduction to Shooting :

Group of two players with a ball and cones. Set up cones about 7 yards apart.

Player in goal will roll or pass the soccer ball to their partner who is about 10 yards away and partner will strike the ball to his/her partner to try to score. Player 1 will try to save the soccer ball and repeat the action.

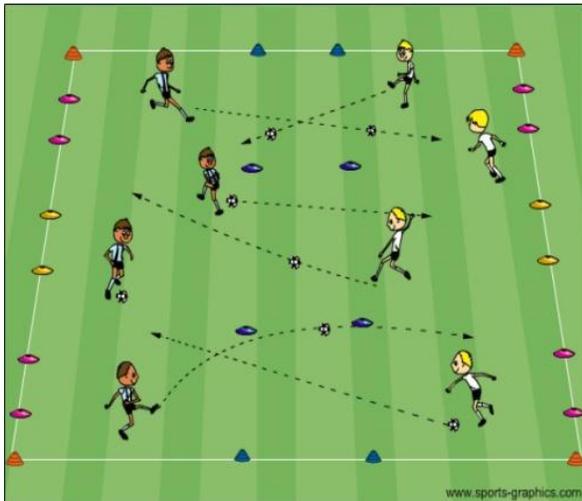
Activity 2 (10 min)

Clean Your Backyard:

Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (**the buffer zone**) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.

Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.

Version 2: Allow teams to defend the goals using their hands



Water Break

Culminating Activity (20 min)

4v4 Scrimmage

Set up fields of 20 x 30 yards.
Place goal on each end line.

Week 6

Introduction Review Rules and Expectations + plan/skill for the day (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Warm up Game – (5min)

Sharks and Minnows:

In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “**GO**” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.

Ball skills – kids in circle formation w/ Coach leading (10 min)

Review skills - Toe taps, foundations, roll touch touch, and foundation w/step over move, add basic triangle.

Water Break

Activity 1 – (15min)

Review Shooting Technique

4 corner Shooting to Goal

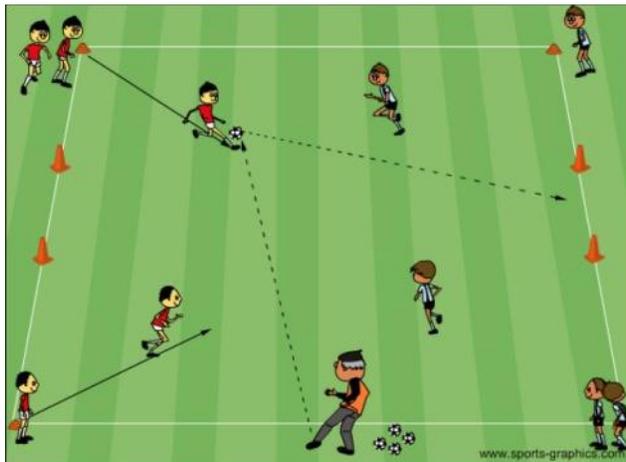
There will be 4 lines formed. One on each goal post (with soccer balls) and two some where inside the 18 directly across from lines at the post. One line with the ball will pass ball diagonally across the box to the shooting line, who will take a shot at goal. They will then switch lines and the opposite side line with the ball will pass the ball diagonally across the box to the other line, who will shoot the ball and they will switch lines. Continue in this rotation.

Or if goals not available –

4 Corner Shooting Without Goalkeepers:

In 20x25 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.

Version 2: Add Goalkeepers



Culminating Activity – (20 min)

Small sided scrimmage to goal (depends on if goals are available)?

Can be 6v6 or what ever fits the numbers or surroundings.

Week 7 and Week 8 - TBA depending on if we are inside or outside.

Week 7

Introduction of coaches/Review Rules and Expectations etc. (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Warm up Game – (5min) (Review dribbling)

Free Dribble:

All players are dribbling a soccer ball in a grid (size depends on number of players) using their inside, outside of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move (pull back) and accelerate away.

Ball skills – kids in circle formation w/ Coach leading (10 min)

Review 4 skills - Toe taps, foundations and pull backs, triangles

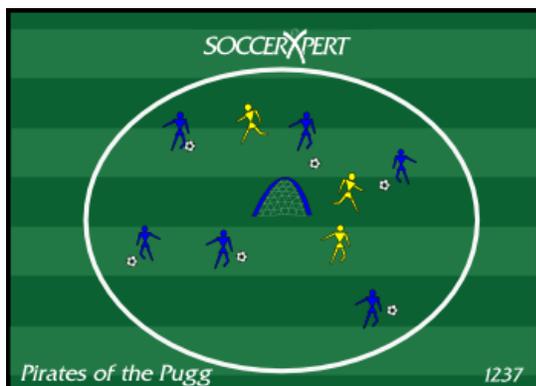
(Have them try moving around while doing skill – head up

Water Break

Skill – Shooting (teach/review proper shooting technique)

2 lines set up about 15 yards from goal. Coach will pass the ball to the line while the player in line is moving toward the goal. The player will then shoot the ball at the goal.

Game –



Setup - Build a circle approximately the size of the center circle with a Pugg Goal in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the

players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".

Instructions

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pugg Goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Coaching Points

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Week 8

Introduction of coaches/Review Rules and Expectations etc. (3 min)

Warm up / Stretching- Jog around field, stretch all major muscles (5 min)

Ball skills – kids in circle formation w/ Coach leading (10 min)

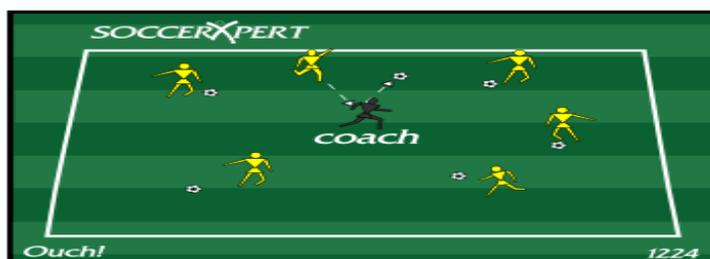
Review 3 skills - Toe taps, foundations and pull backs

(Have them try moving while doing skill)

Water Break

GAMES - 3v3 or 4v4 games (mini fields)- Tournament Style for the Older Kids Groups

Younger kids group = Game of OUCH



Setup

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball.

Instructions

The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit to make the game FUN.

Variations

- If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep, Right and Left foot.

Coaching Points

- Encourage players to get their head up and look for the coaches while dribbling.
- Make sure the players are striking the ball with the proper part of the foot.