



SSC Tykes 2013 6 Week 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

SSC Tykes 6 Week Practice Sessions

Week 1 - (2 sessions)

Introductions of Coaches –player rules, expectations and your practice plan for the day (3min)

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 in a circle formation – no soccer balls (all major muscle groups) (3 -5min)

Ball skills – kids in circle formation w/ Coach leading skills (5-7 min)

3 skills - Toe taps, foundations and beginning of pull backs (rolling the ball back and forth with bottom of foot)

Skill of Day – Dribbling –explanation of how to (5- 7 min)

(Explain use of inside and outside of foot when dribbling, keeping ball close and under control)

Players will practice dribbling to a cone 10 yards away. Dribble around the cone and back – keeping ball under control.

- Brief introduction to the field boundaries and basic rules of the game

Week 2- (2 sessions)

Review Rules and Expectations etc. Explanation of Practice Plan for the day. (2min)

Warm up / Stretching- Jog around field, stretch all major muscles in circle formation (3-5 min)

Ball skills – kids in circle formation w/ Coach leading (5-7 min)

Review 3 skills - Toe taps, foundations and teach full pull back

Review dribbling – and cues for dribbling

Skill of Day – Dribbling with speed to a cone 10 yards away - switch directions at the cone by using a pull back they learned.

Activity 1– (5-7min) (Review dribbling cues from last week) (Good for U4 and U 6)

Free Dribble:

All players are dribbling a soccer ball in a grid (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 on a command.

Version 2: Coach can put pressure on players dribbling trying to steal the ball.

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

Activity 1 Gate Dribbling: (5-7 min) Good for U 8

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.

- Brief introduction to the field boundaries and basic rules of the game

Week 3- (2 sessions)

Introduction Review Rules and Expectations + plan/skill for the day (2min)

Warm up / Stretching- Jog around field, stretch all major muscles in circle formation (3 min)

Warm up Game – (optional 3-5 min)

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 (5-7min)

(Have them try moving while doing skill)

Review 3 skills - Toe taps, foundations and pull backs

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** (5-7min) (Good for U4-U6)

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 - (Good for U8)

Paint the Field- Passing: (5-7 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

- Continue with basic rules of the game - review

Week 4- (2 sessions)

Introduction Review Rules and Expectations + plan/skill for the day (2 min)

Warm up / Stretching- Jog around field, stretch all major muscles (3 min)

Warm up Game – (3-5min)

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

Ball skills – kids in circle formation w/ Coach leading (5-7 min)

Review skills - Toe taps, foundations, pull backs, and add basic triangle.

Water Break

Activity 1 Skill of Day – Passing and receiving – explanation on proper ways to pass and receive a ball

Passing Activity - Ghost Blasters (5-7 min)

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)

Gate Passing: (Good for U8) (5-7 min)

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.

- Continue with basic rules of the game - review

Week 5 - (2 sessions)

Introduction Review Rules and Expectations + plan/skill for the day (2 min)

Warm up / Stretching- Jog around field, stretch all major muscles (3min)

Warm up Game – (5min)

Paired Tag:

In a 20x25 yard grid, 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 (5-7 min)

Review skills - Toe taps, foundations, basic triangle add roll touch touch

Water Break

Activity 1 (5-7min)

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 : (5-7 min) Group of two players with a ball and cones. Setup 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.

Shooting to Goal:

Players line up 15 yards from Goal.

Coach pass the ball from the goal to the player in line.

Player in line runs up to ball to shoot it on goal.

Version 2 – Players line up 15 yards from goal.

Coach stands on the side of the players line and pass the ball toward goal.

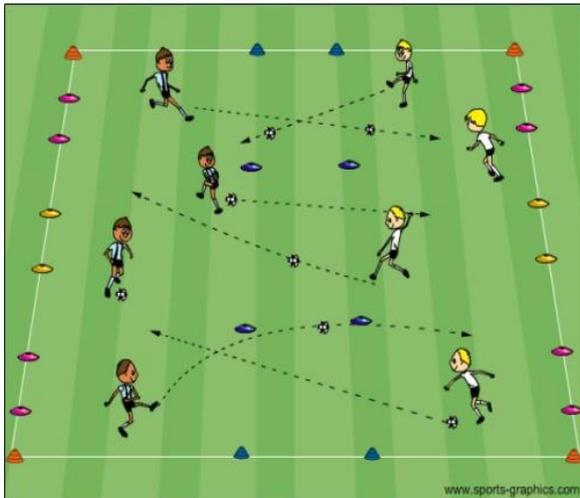
Player will run to goal and shoot the ball at goal.

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



- Continue with basic rules of the game - review

Week 6 - (2 sessions)

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 – (3-5min)

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 (5-7 min)

Review skills - Toe taps, foundations, roll touch touch, and basic triangle.

Water Break

Activity 1 – (5-7min)

Review Shooting Technique

Clean Your Backyard: (Good for U4 or U6)

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

4 corner Shooting to Goal (Good for U8) (5-7 min)

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.

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

