





(U6) --- Week 1

Activity 1	Activity Description	Time
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>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.</p>	<p>6 minutes</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.</p>	<p>6 minutes</p>
	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	<p>6 minutes</p>
	<p>Get “Outta” There: 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 here”.</p> <p>Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>



United States Youth Soccer Association

Practice Plan

Age Group: 10-U Theme: Foot Coordination & Speed

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???).</p> <p>Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p> <p>Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.</p> <p>Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> ▪ Instead of having a line you could also have an end zone in which the players try to get their ball to stop.
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 3v3 or 4v4



United States Youth Soccer Association

Practice Plan

Age Group: 8-U

Theme: Lower Limb Coordination & Vision

Equipment: 1 ball per player, 2 small goals, 14 cones

Activity

Diagram

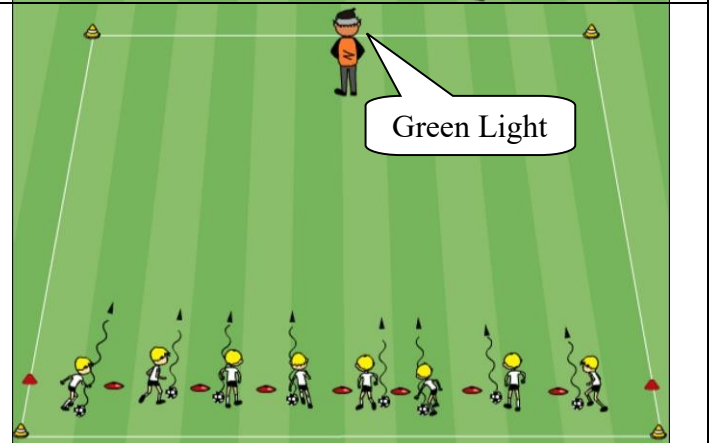
1st Activity (warm-up) *Greetings Game*

All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.
Progressions: Add dribbling.



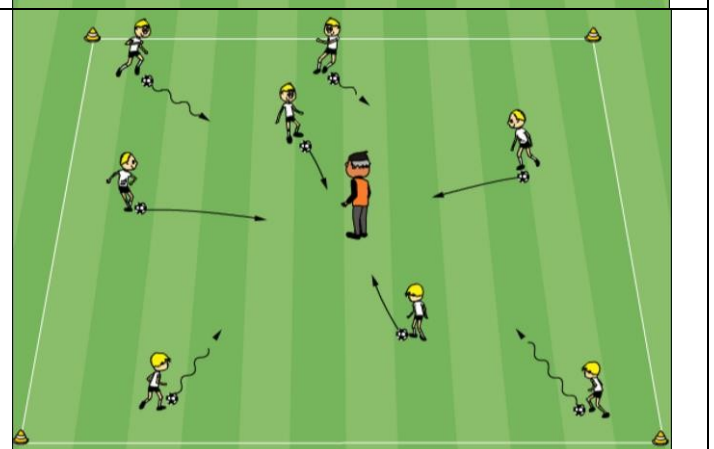
2nd Activity *Red Light, Green Light*

All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns to face the players. Anyone who has not stopped moving has to go back to where the person farthest away from the coach is.
Progressions: Add a ball. The coach can move around to make the game more challenging.



3rd Activity *Ouch!*

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time he or she is hit to make the game more exciting.
Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)



4th Activity *Frog Attack*

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.

Progressions: Add a ball (for the players, not the frogs)



5th Activity (the game) *Disney Game*

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.

Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.



Scrimmage 2v2 or 3v3

Practice Curriculum

As you can see a new exercise is introduced every practice then repeated in the next session for comfort and reinforcement. Players this age do not mind repetition and find comfort in familiar exercises. Most exercises throughout the sessions involve a ball per player. Remember to try and teach the age group goals but most important let them play and have FUN.

Week 1	Hello Game
	Go get it game
	Jump over the ball
	Scrimmage (small sided games)

Week 2	Hello game
	Red light, green light, reverse (drag back)
	Stuck in the mud
	Scrimmage (small sided games)

Week 3	Red light, green light, (J Cut)
	Stuck in the Mud
	Shark Attack
	Scrimmage (small sided games)

Week 4	Red light, green light, reverse (drag back)
	Shark Attack
	Foxes & Farmers
	Scrimmage (small sided games)

Week 5	Red light, green light, (scissors)
	Foxes and Farmers
	Sharks and minnows
	Scrimmage (small sided games)

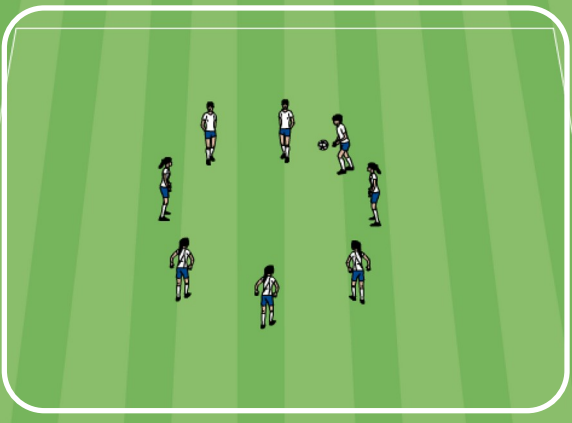
Week 6	Red light, green light, (all 3 moves)
	Sharks & minnows
	Pirates treasure
	Scrimmage (small sided games)

Week 7	Red light, green light, (recap moves)
	Pirates Treasure
	Stuck in the Mud
	Scrimmage (small sided games)

Week 8	Red light, green light, (recap moves)
	Free play
	Free play
	Scrimmage (small sided games)

TECHNICAL WARM-UP

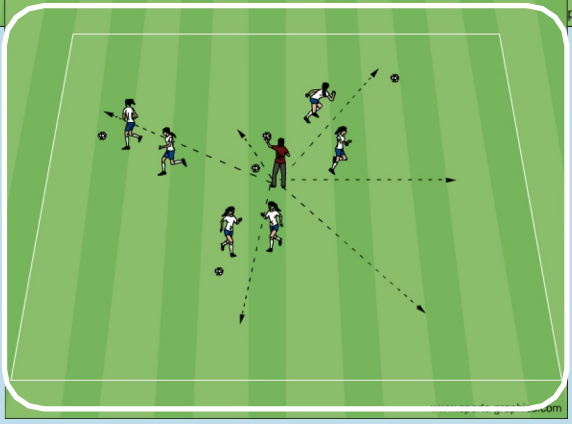
Hello Game



Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.

SMALL-SIDED ACTIVITY

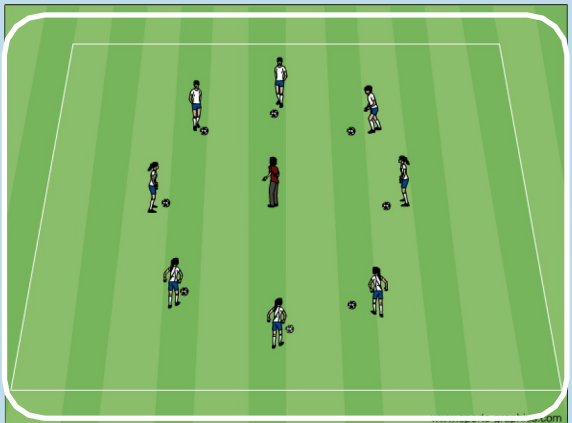
Go get it game



Each player has a ball. Ball is given to coach who then throws the ball in random directions. Players have to go get the ball as fast as they can. Players can use hands first couple of retrievals, then instruct players to only use their feet. Again repeat until players are more comfortable. If you feel they are capable split team into two groups and have one ball per group. Throw ball as before but instruct them, as they must get the ball back as quickly as they can. Everyone in group must touch the ball with their feet.

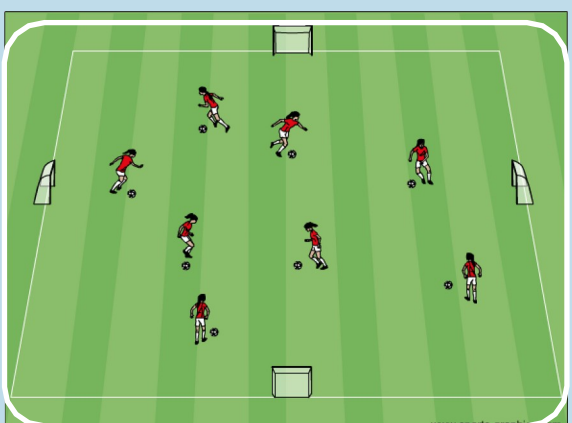
SMALL-SIDED ACTIVITY

Jump over the ball



Players are organized into a circle leaving a lot of space between each other. Each player has their own ball and stands behind it. Players must jump over the ball to the front when you the coach directs. Once players jump forward, you say jump again and they must jump backwards over the ball. Players continue doing exercise. You may want to set a score to beat within a time frame once players are more comfortable with task. If score is set to beat, make it **very** attainable. Repeat game but have team jump left to right instead of back and forth.

GAME

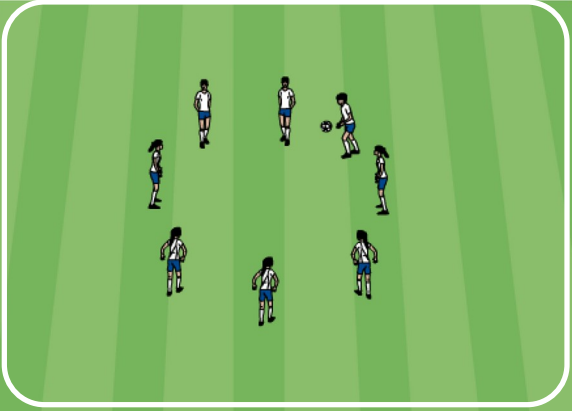


Split into 2 teams-4 goals (1 on each side) Each player has a ball. They are shown, by you, that a goal is when the ball goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

TECHNICAL WARM-UP

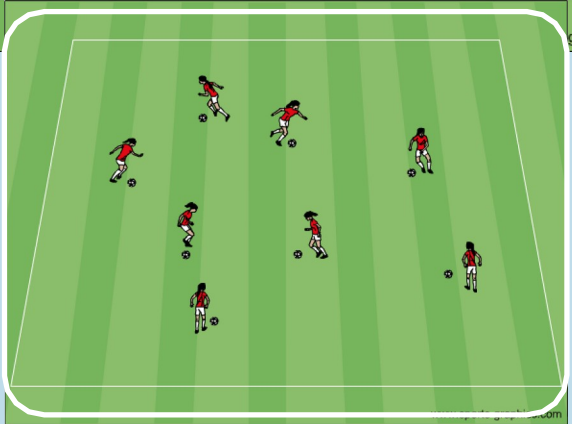
Hello Game



Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.

SMALL-SIDED ACTIVITY

Red Light, Green Light

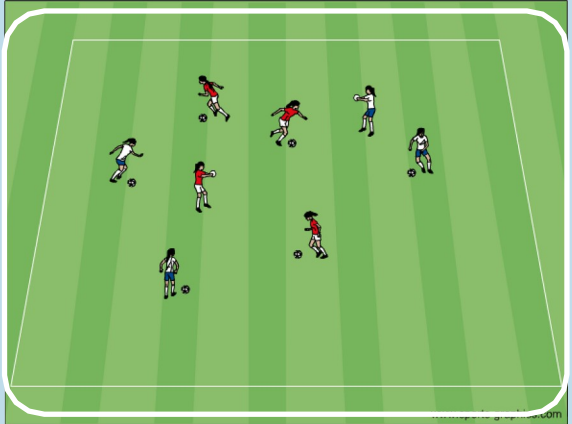


Players are in a 20yd X 20yd grid each player has a ball. Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)

Introduce the Pull Back (drag back)

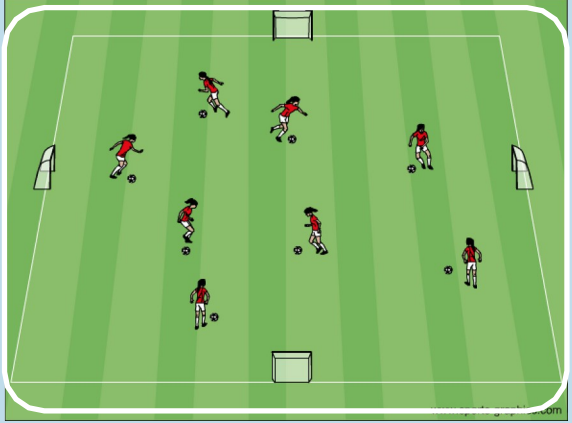
SMALL-SIDED ACTIVITY

Stuck in the mud



Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.

GAME



Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

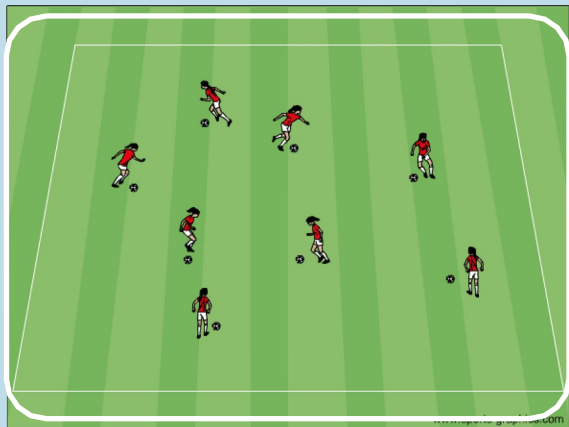
Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

TECHNICAL WARM-UP

Red light, Green light

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"Reverse" - They make do pull back (drag back)

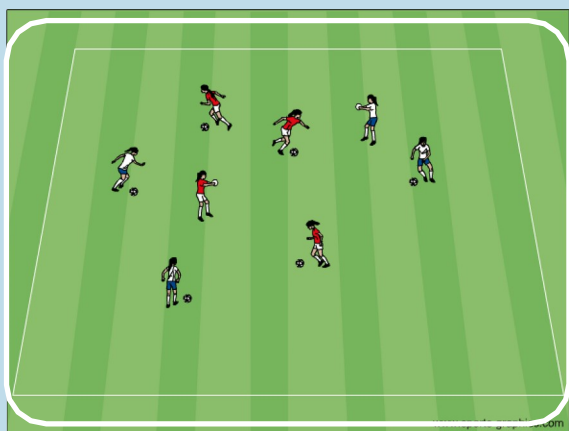
Introduce the J Cut (Cut Back)



SMALL-SIDED ACTIVITY

Stuck in the mud

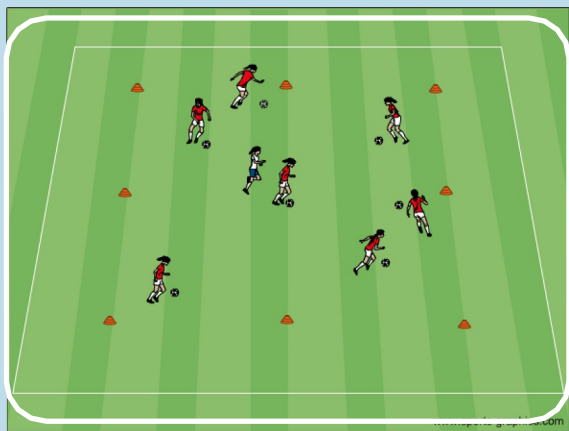
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SMALL-SIDED ACTIVITY

Shark Attack

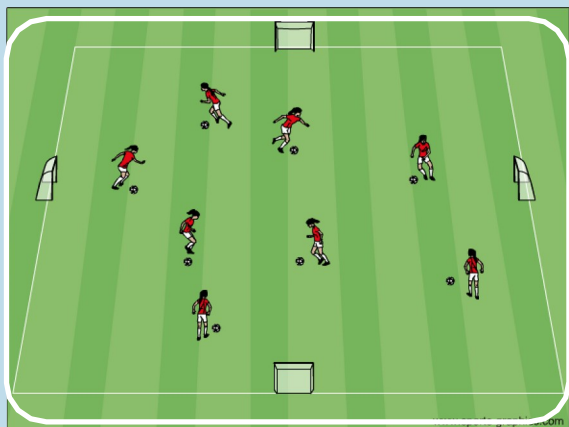
Everyone has a ball they dribble around in half of the field. You start off as shark. You try to kick the player's ball out of the half. They must keep away from you. Once the ball has been kicked off the field, they must run and get their ball. To get back on the field they must do 5 J Cuts or drag backs or scissors, and then they can come back in.
(Have a coach on the outside to help the players with the move)
Start a new game with a player as shark. Play for a couple of minutes then change shark again. (Remember everyone has to be shark or you have tears)



GAME

Split into 2 teams-4 goals (1 on each side)
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Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

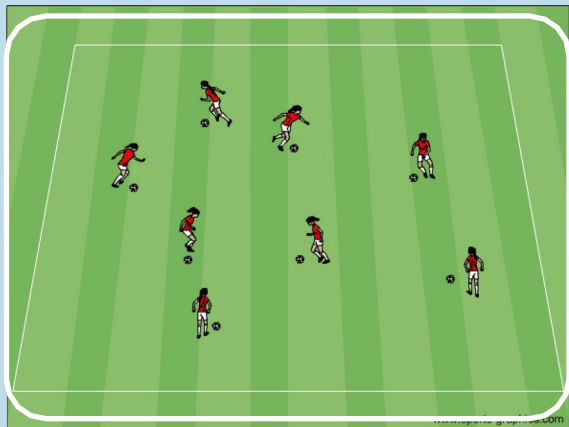


TECHNICAL WARM-UP

Red light, Green light

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"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)

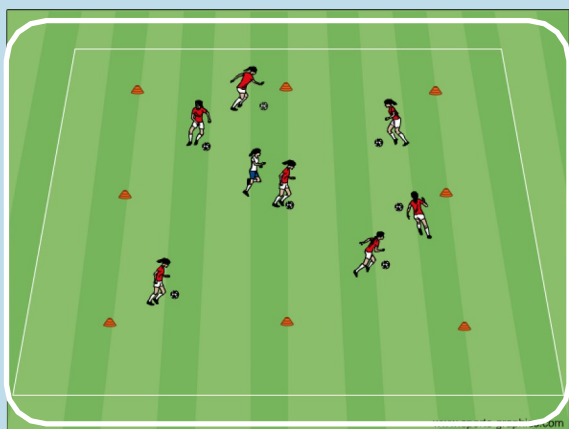
Introduce the Scissors



SMALL-SIDED ACTIVITY

Shark Attack

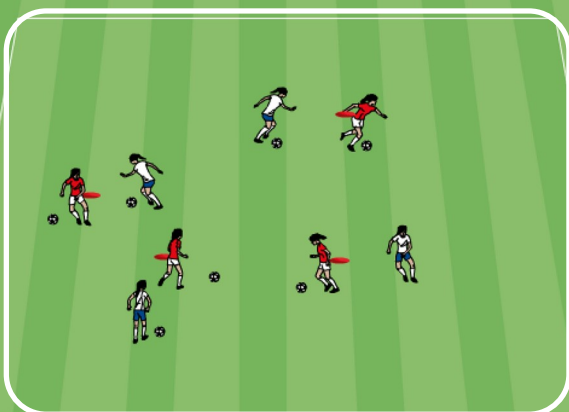
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(Have a coach on the outside to help the players with the move)
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SMALL-SIDED ACTIVITY

Foxes and Farmers

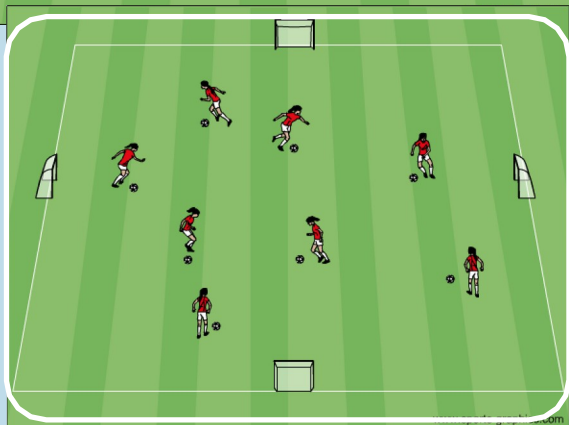
The group is split into 2 teams the foxes and the farmers. Each has a ball the foxes have a pinnie tucked into the back of their shorts giving them foxes tails. Now the foxes dribble around keeping away from the farmers. The farmers must try and pull out the foxes tails whilst dribbling their ball. Once a fox has lost its tail they become a farmer. Until there is only one fox.



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

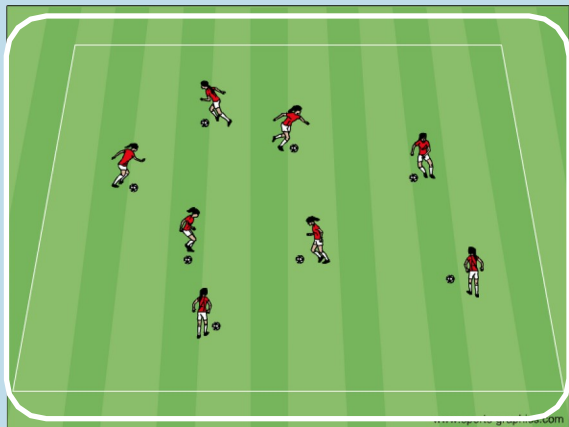


TECHNICAL WARM-UP

Red light, Green light

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"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

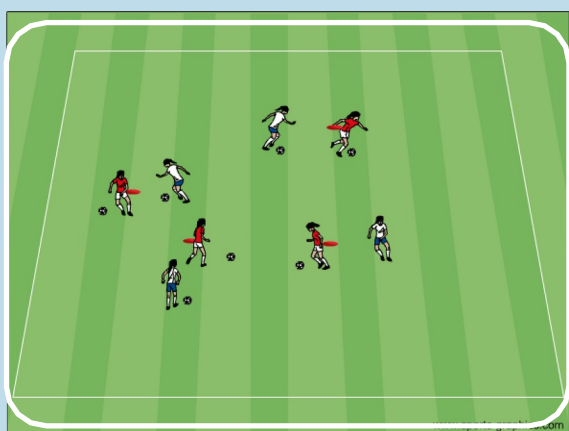
Review all 3 moves



SMALL-SIDED ACTIVITY

Foxes and Farmers

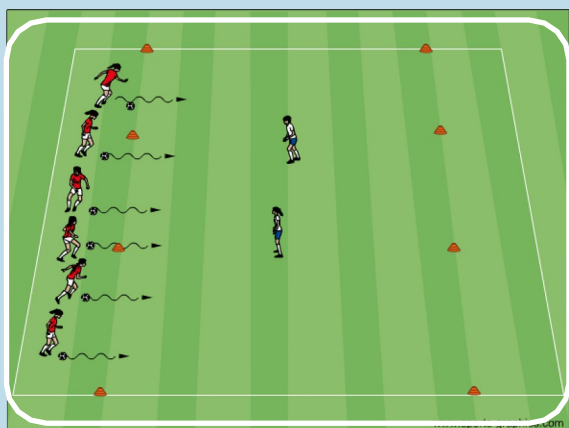
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SMALL-SIDED ACTIVITY

Sharks and Minnows

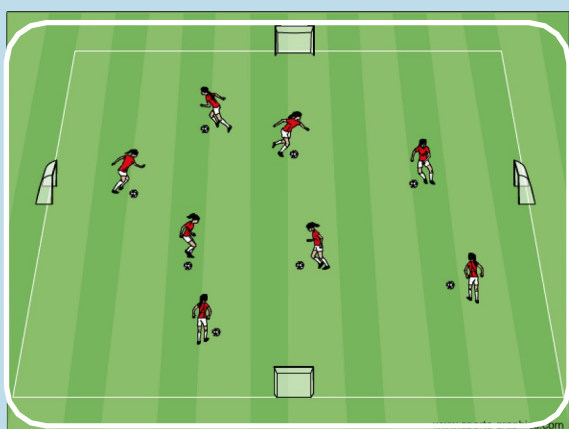
Every player has a ball, apart from one player. The players with the ball line up on one side of a 20yd by 20yd grid. The player without the ball the *shark* is in the grid. On your command the players with the ball *minnows* have to dribble their ball to the opposite line and safety. If the shark touches their ball then they join hands with the shark and become a shark too. Continue until there is only 1 minnow left



GAME

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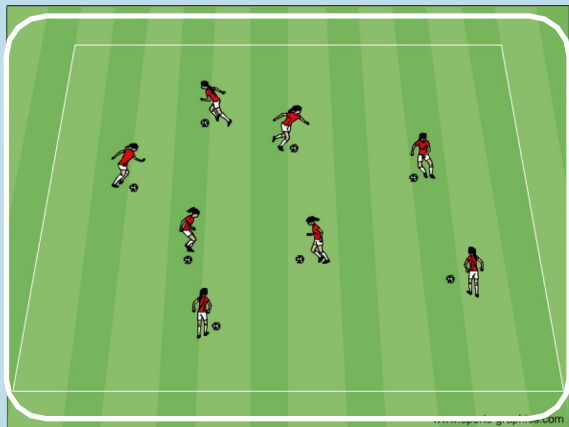


TECHNICAL WARM-UP

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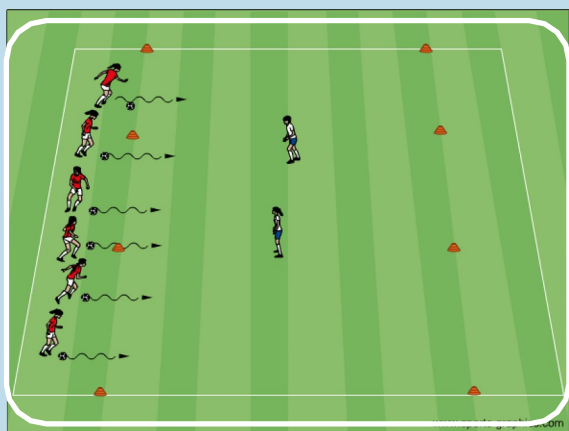
Review all 3 moves



SMALL-SIDED ACTIVITY

Sharks and Minnows

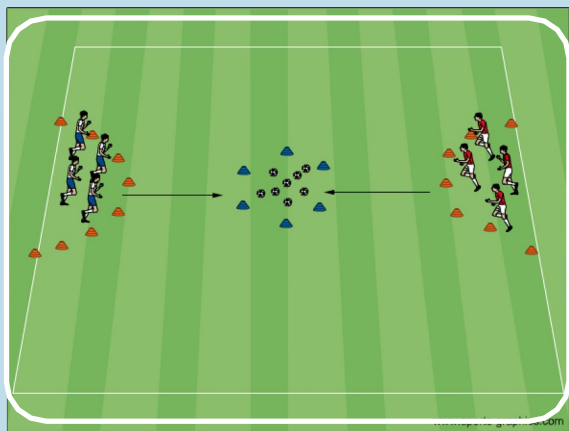
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SMALL-SIDED ACTIVITY

Pirate's treasure

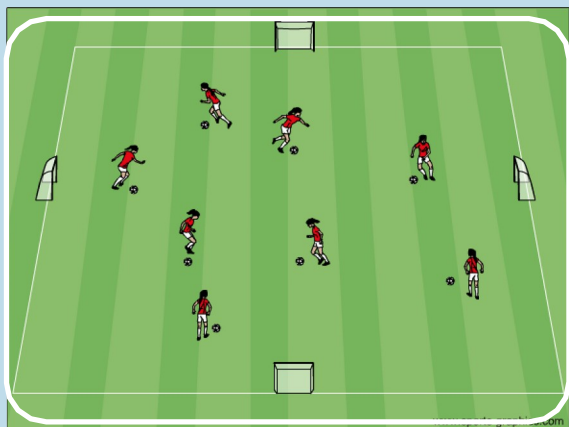
Mark out two areas at opposite ends of the field these are the ships. Split the team into two groups of pirates and assign them to a ship. Place all the balls in the middle of the field (the balls are the treasure) You say go then the pirates have to go and get the treasure and dribble back to their boat. They can also go to the other boat and steal treasure (they are pirates)
Time the game say 2minutes. Winner is the pirates that have the most balls. Setup and play again.
Make the coaches the captains of the ships to make sure no pushing or using hands etc....
Make some pirate noises and get involved. The kids love it!



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

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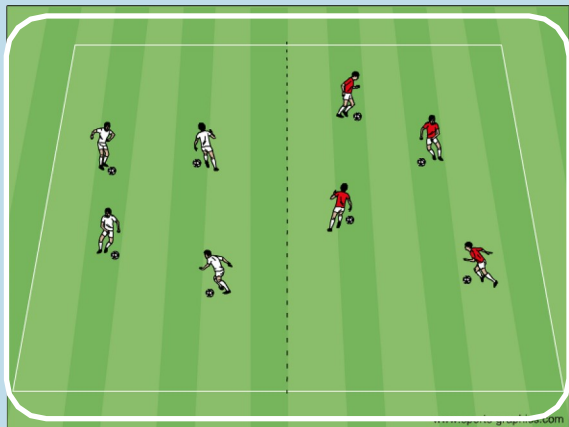


TECHNICAL WARM-UP

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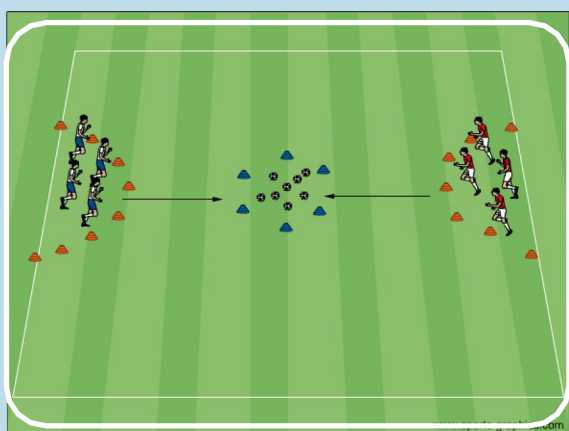
Review all 3 moves



SMALL-SIDED ACTIVITY

Pirate's treasure

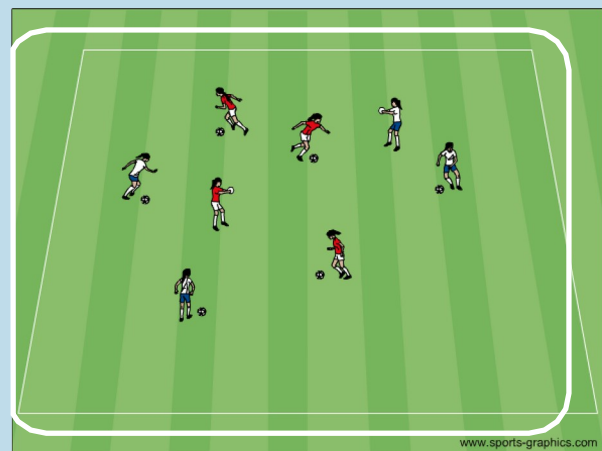
Mark out two areas at opposite ends of the field these are the ships.
Split the team into two groups of pirates and assign them to a ship.
Place all the balls in the middle of the field (the balls are the treasure)
You say go then the pirates have to go and get the treasure and dribble back to their boat. They can also go to the other boat and steal treasure (they are pirates)
Time the game say 2minutes. Winner is the pirates that have the most balls.
Setup and play again.
Make the coaches the captains of the ships to make sure no pushing or using hands etc....
Make some pirate noises and get involved. The kids love it!



SMALL-SIDED ACTIVITY

Stuck in the Mud

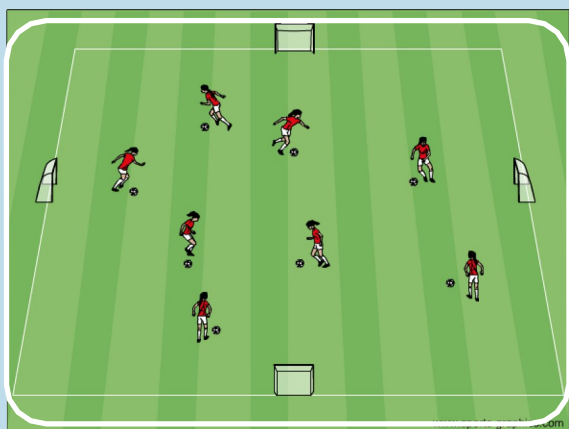
Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

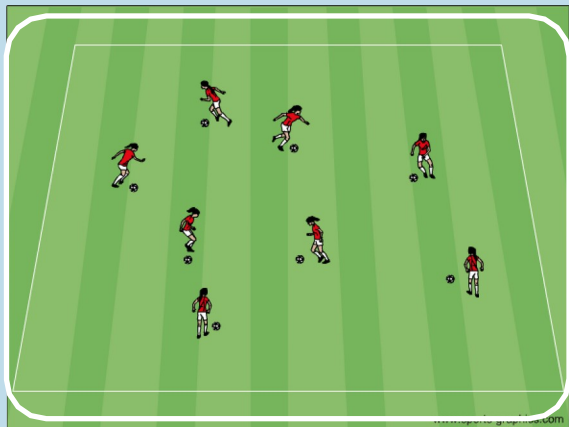


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

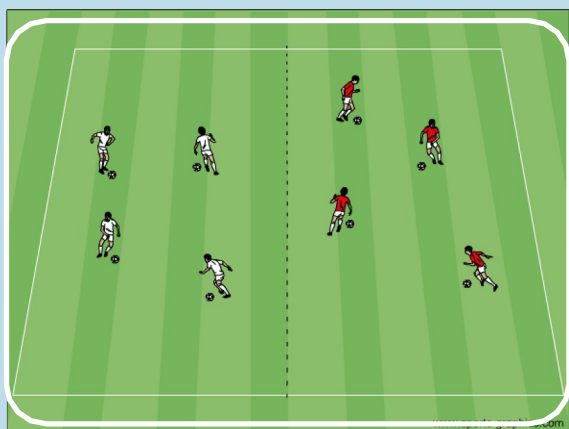
Review all 3 moves



SMALL-SIDED ACTIVITY

Free Play

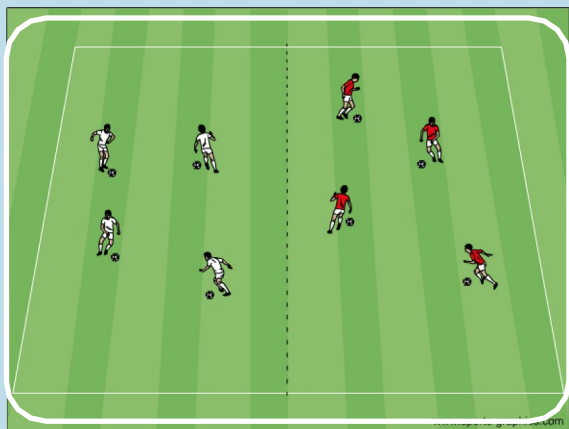
Let the players select the exercise they would like to play



SMALL-SIDED ACTIVITY

Free Play

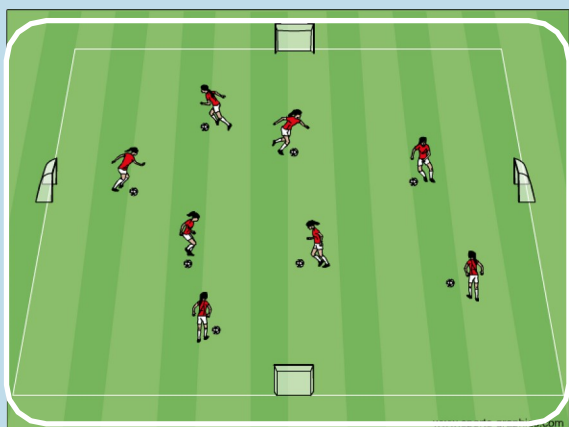
Select an exercise that you think as the coach will engage them, reinforce technical lessons and allow them to have fun!



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Summary - 7 & 8 year olds



Practice Curriculum

Players this age do not mind repetition and find comfort in familiar exercises. Most exercises within the sessions involve a ball per player. Remember to try and teach the age group goals but most important let them play and have FUN.

Week 1	Red Light, Green Light, reverse (Drag Back)
	Ball Toss
	Math Dribble
	Scrimmage (small sided games)

Week 2	Red Light, Green Light, reverse (Drag Back)
	Body Parts
	Balls in the Air
	Scrimmage (small sided games)

Week 3	Red Light, Green Light, (J Cut)
	Fox & the Farmer
	Hit the Robot Coach
	Scrimmage (small sided games)

Week 4	Red Light, Green Light, (J Cut)
	Gate Game
	Hit the Robot coach
	Scrimmage (small sided games)

Week 5	Red Light, Green Light, (Scissors)
	Body Parts
	Pac Man
	Scrimmage (small sided games)

Week 6	Red Light, Green Light, (Scissors)
	Avoiding the Collision
	Changing Square
	Scrimmage (small sided games)

Week 7	Red Light, Green Light, (recap moves)
	Avoiding the Collision
	End Zone
	Scrimmage (small sided games)

Week 8	Red Light, Green Light, (recap moves)
	Soccer Dodgeball
	Soccer Marbles
	Scrimmage (small sided games)

Week 9	Red Light, Green Light, (recap moves)
	Changing Square
	Gate Game
	Scrimmage (small sided games)

Week 10	Red Light, Green Light, (recap moves)
	Gate Game
	End Zone
	Scrimmage (small sided games)



TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

“Green light” - Players move around the grid randomly

“Red light” - They stop the ball and put their foot on top (brake)

“Yellow light” – They move around slowly

“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

Introduce the Reverse (Drag Back)



SMALL-SIDED ACTIVITY

Ball Toss

Each player dribbles around with a ball. On the coach's command they pick up the ball and toss it in the air and touch it before it hits the ground, then they dribble waiting for the coach's command again.



SMALL-SIDED ACTIVITY

Math Dribble

Each player has a ball and moves around in side a 20yd x 20yd grid. The players try to avoid contact with each other and try to keep the ball close (love taps*).

On command from the coach the players with balls form chains; holding hands in groups of the number called or the result of a simple math problem.

For example, the coach shouts “3 +1” then players must make chains of 4 etc....

*Note love tap refers to dribbling with a light touch with the inside of the foot, with the process repeated with the other foot – thus keeping the ball close while dribbling.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



TECHNICAL WARM-UP

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Introduce the Reverse (Drag Back)



SMALL-SIDED ACTIVITY

Body Parts

Every player has a ball as they are dribbling around the coach. The coach calls out a body part such as foot, back, belly, knee (right or left), butt etc... The player must stop the ball without using their hands and only using the called body part. On the “go” command from the coach they start to dribble around again.



SMALL-SIDED ACTIVITY

Balls in the Air

Each player dribbles around with a ball. On the coach's command they pick up the ball and toss it in the air and touch it before it hits the ground, then they dribble waiting for the coach's command again.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

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TECHNICAL WARM-UP

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Introduce the J Cut (Cut Back)



SMALL-SIDED ACTIVITY

Fox and the Farmer

The group is split into 2 teams; the fox and the farmers. Each player has a ball. Each fox has a scrimmage vest tucked into the back of their shorts giving them fox tails. Each fox dribbles around keeping the ball away from the farmers. The farmers must try and pull out the fox tails while dribbling their ball. Once a fox has lost its tail they become a farmer. Play until there is only one fox.



SMALL-SIDED ACTIVITY

Hit the Robot Coach

The coach is a robot and walks around the field (like a robot). The players all have a ball and each player tries to hit the coach with the ball below the knee. They can only pass it with the inside of their foot. If their ball goes out of bounds they must complete a move 5 times to get back in. If the coach is hit, he or she loses an arm; if hit again the other arm, then again a leg (so you hop around). Game is done when the coach is hit the fourth time. Get a parent to be the next robot and the coach watches for passing technique.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



TECHNICAL WARM-UP

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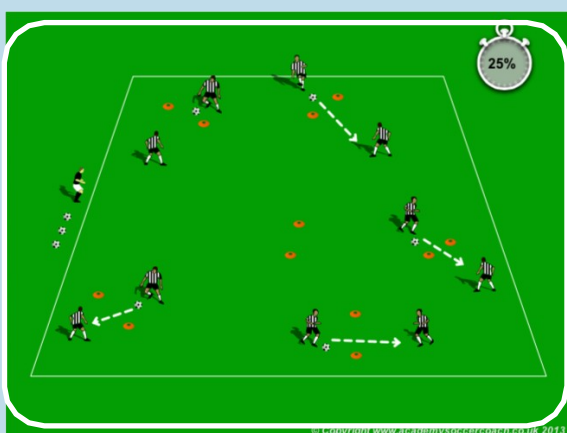
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“Hard Turn” - They perform a J Cut (Cut Back)

J Cut



SMALL-SIDED ACTIVITY

Gate game

Set up lots of cones in pairs “gates” 3 feet apart all over the field

Players in pairs with one ball between the two go to a gate and stand 5-10 yds apart then pass to each other between the cones. To score a point they must control the ball and then pass back. Players should use both feet.

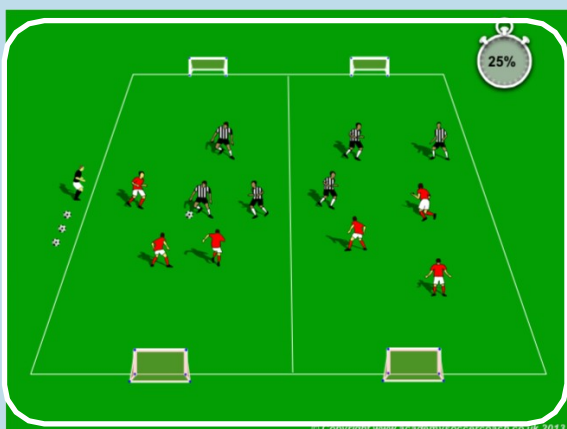
Then next progression is they make one pass each at a gate then go and find a new one as a pair



SMALL-SIDED ACTIVITY

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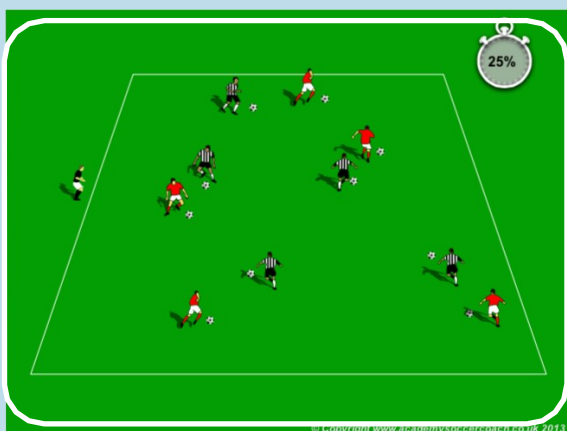
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“Cross-roads” - they perform a scissors

Introduce the Scissors



SMALL-SIDED ACTIVITY

Body Parts

Every player has a ball as they are dribbling around the coach. The coach calls out a body part such as foot, back, belly, knee (right or left), butt etc... The player must stop the ball without using their hands and only using the called body part. On the “go” command from the coach they start to dribble around again.



SMALL-SIDED ACTIVITY

Pac Man

In a square one player has a ball and must try and tag the other players with the ball below the knee. If a player is tagged then they go and get a ball and become a Pac Man (Ms Pac Man) too. Game continues until there is one player left. They become Pac Man (Ms Pac man) in the next game at the start.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction.



TECHNICAL WARM-UP

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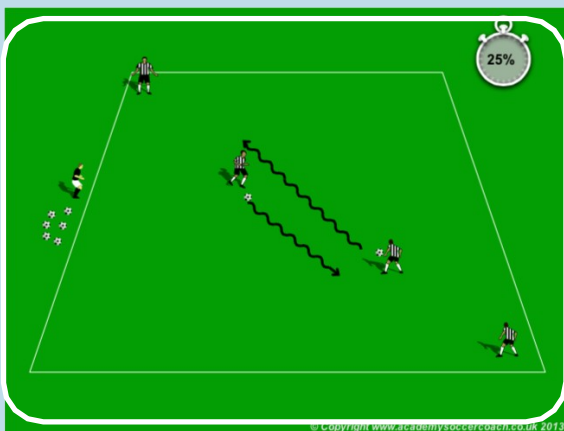
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Scissors

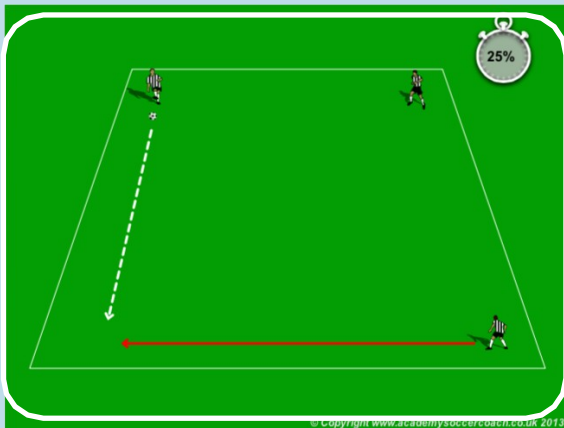


SMALL-SIDED ACTIVITY

Avoiding Collision

Players are placed equally in all the corners of a square. Two balls are used in the exercise. The object is to dribble the ball to the opposite corner (diagonal). Then the player at the corner takes the ball and dribbles the ball back to the corner. This keeps going while the other corners are completing the task too. The idea is to keep the player's heads up so avoid any collision. You can also have a coach put passive pressure in the center of the square.

You may put restrictions such as left or right foot dribbling only or utilizing various surfaces of the foot.



SMALL-SIDED ACTIVITY

Changing Square

Set up two or three squares any place on the field. The team is divided into groups so there is a group in each square. They dribble around in the square trying to keep the ball inside the square and not touch anyone. You come up with a hand signal which means they have to go to a new square (clockwise or counter clockwise). The first team in the new square dribbling around with out hitting anyone gains a point.

The hand signals promote the head up when dribbling and also you will see team work as they tell each other when and where to go.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



TECHNICAL WARM-UP

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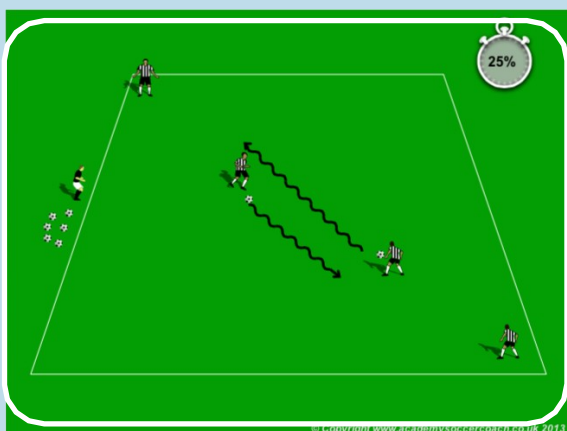
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Review all 3 moves



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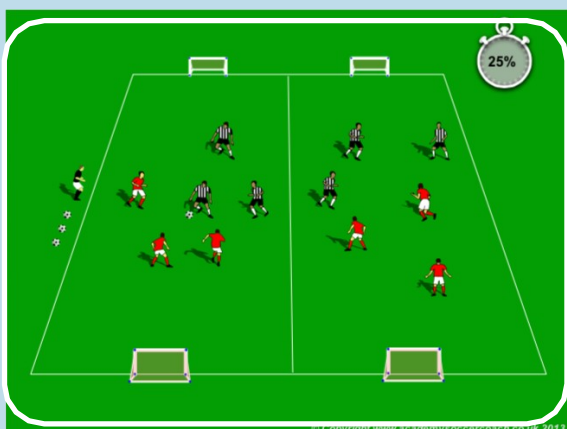
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SMALL-SIDED ACTIVITY

End Zone

Two end zones are added to the 20 yds x 20 yds grid. Players are split into 2 teams. A team scores by dribbling the ball into the end zone and stopping the ball. Nobody without a ball is allowed into the end zone. If felt needed, add extra balls to increase touches on the ball.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



TECHNICAL WARM-UP

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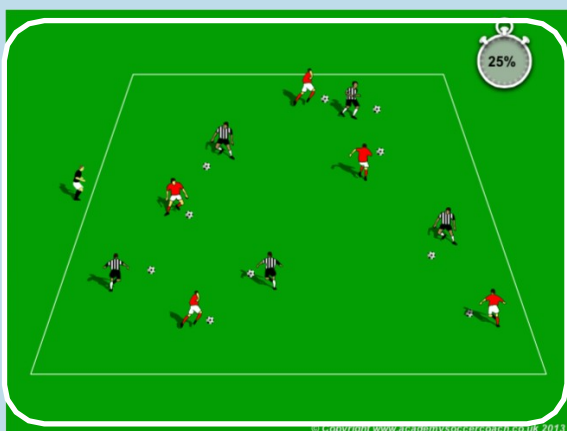
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Review all 3 moves



SMALL-SIDED ACTIVITY

Soccer Dodge Ball

Split the players into two teams

One team has a ball per player

The team with and without the balls are in the square. The team with the balls must try and hit the other team (below the knee). The team gets a point if they hit the other team only if they use an inside of the foot pass. If the player is hit they must run and give the coach a high five and they return to the game. Play for 3minutes and change team roles.



SMALL-SIDED ACTIVITY

Soccer Marbles

Each player has a ball

Two players who are selected as the kings or queens

The object is for the king and queen to dribble around inside the grid with their ball not being hit by the other player's balls.

Everyone else has a ball and tries to hit the king's or queen's ball by passing with the inside of the foot.

Play for timed period.



GAME

Split into 4 teams for 2 games

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TECHNICAL WARM-UP

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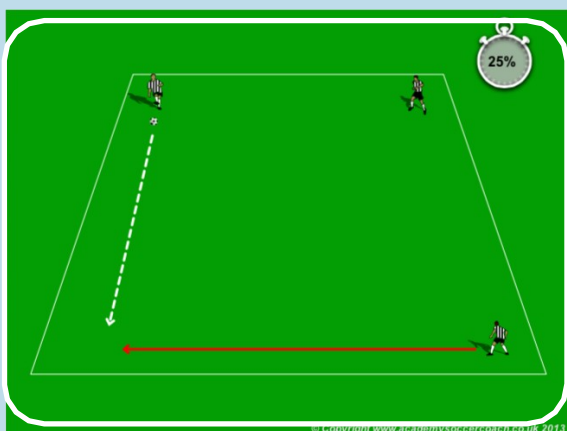
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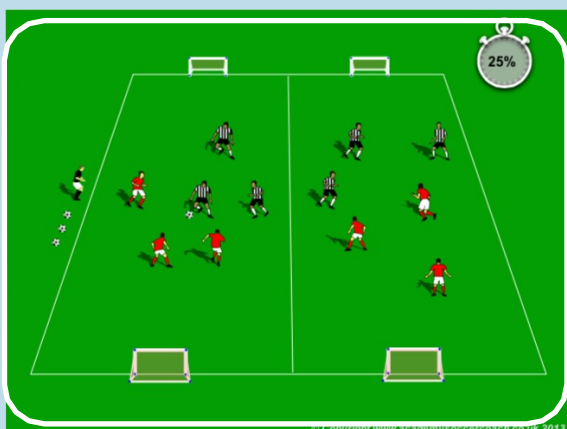
SMALL-SIDED ACTIVITY

Gate Game

Set up lots of cones in pairs “gates” 3 feet apart all over the field

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Then next progression is they make one pass each at a gate then go and find a new one as a pair



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



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GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction