

Preferred Practice Plan Format

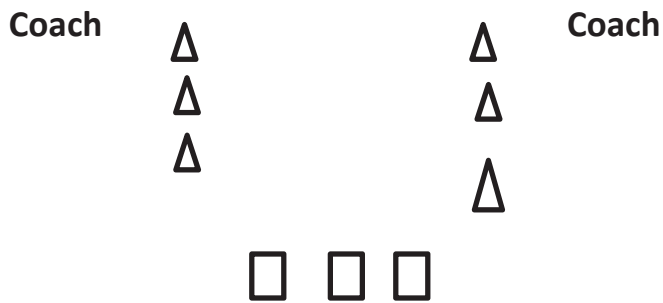


Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #2	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> - See attachment for diagram - 2 lines of cones 10 yards apart - Kids lined up at 1 end 	<ul style="list-style-type: none"> - Coach shouts "Cannon Ball" - Kids run straight through cones - Coaches pass soccer balls back and forth - Kids dodge them, repeat 	<ul style="list-style-type: none"> - Warm the kids up - Get them excited, have fun - Pass on ground and in the air
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Coach Says"	<ul style="list-style-type: none"> - See attached diagram - Keep alternating between Step 1 & 2. - Kids divided - Toe touches after rounds 	<ul style="list-style-type: none"> - Make the kids do basic technical dribbles by saying "Coach Says" - Try to make sure kids do the skills correctly 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - Keep the ball close - NO TOE!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Ice Monster"	<ul style="list-style-type: none"> - See attached diagram - All kids with a ball - Coaches are the monsters 	<ul style="list-style-type: none"> - Coach says go and the kids dribble - Coach tries to get control of the player's ball - The Player is frozen if the coach gets control of their soccer ball - Last player unfrozen wins 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - Keep the ball close - NO TOE!
MATCH (10 Minutes)	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p style="font-size: 24px; margin: 0;">No match on day 2.</p> </div>		

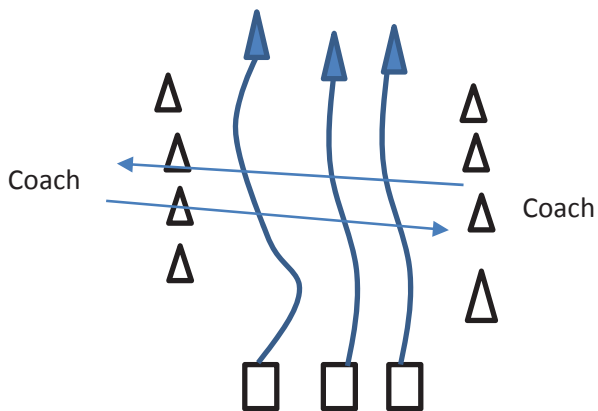
Cannonball Run

Coach



- 2 lines of cones setup 10 yards apart
- A coach on each side with soccer balls
- Kids line up on one end

Step 2



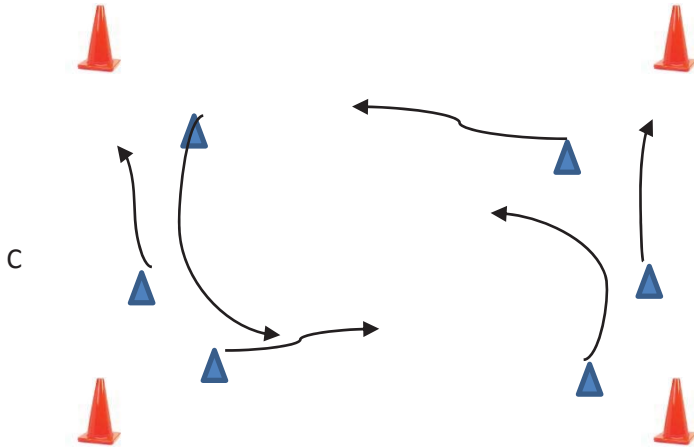
- Coach says "Cannonball!"
- Kids run straight through in between the cones
- Coaches pass soccer balls and forth and kids try to dodge them
- Repeat

Coaching Points:

- Warm the Kids up
- Have fun

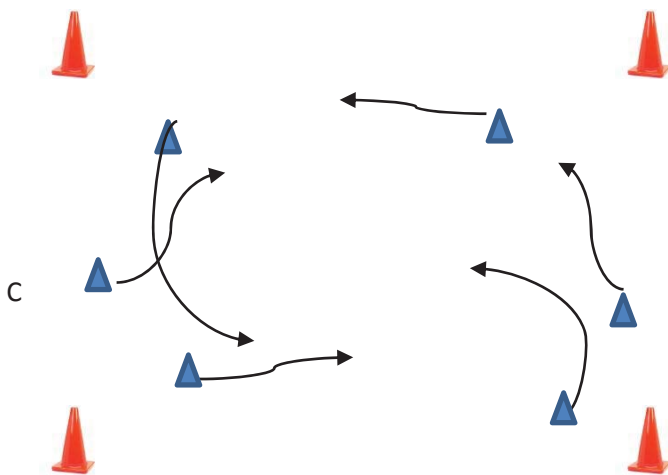
Coach Says (aka "Simon Says")

Step 1



- Mark off an area about 20 x 20 yards with four cones/markers.
- All players in the area have their own ball.
- Coach stands just outside the area (C).
- Players dribbling freely in the area.

Step 2



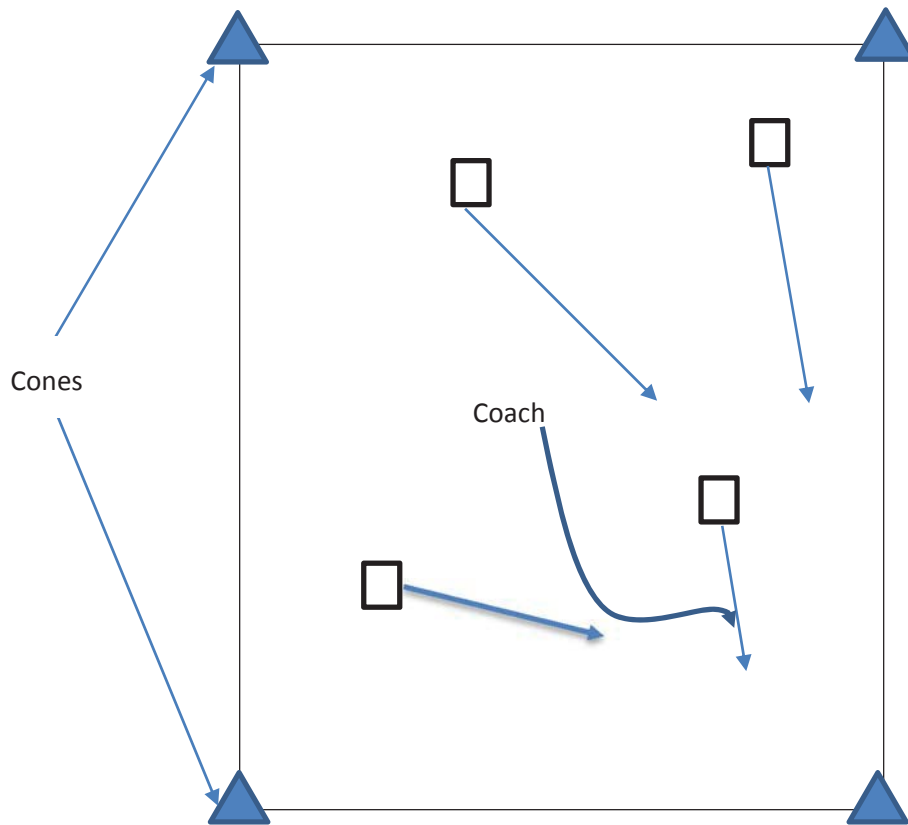
- While players are dribbling, coach has them do wild/various things by saying "Coach says..."
 - Example – "Coach says fall on the ground and get back up."
 - Example – "Coach says dribble in a circle."
- Run them through several scenarios, try to catch them by NOT saying "Coach says".
- At some point say/shout "Coach says dribble for your lives!" At that time, enter the area and try to take the ball for 10-20 seconds. Stop by telling them, "Coach says relax."

Coaching Points

- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to "attack".
- Encourage creativity with the ball.
- After each round, have the kids do 5-10 step-ups/toe touches.

Ice Monster

- Played on half field for large group □
- All kids with a ball
- Coaches are the monsters
- Coach says go and the kids dribble
- Coach tries to get control of the player's ball
- The Player is frozen if the coach gets control of their soccer ball
- Last player unfrozen wins
- Repeat



Variation 1- Set up safety cones for kids to dribble to

Variation 2- A teammate can do 10 toe touches to unfreeze a player