

Preferred Practice Plan Format

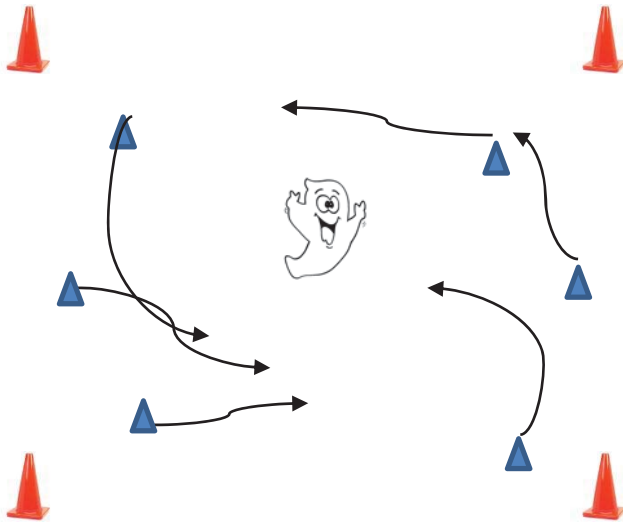


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|-----------------------------------|-------------------------|
| Coach: U4, U5, U6 Academy | Team: U4, U5, U6 |
| Topic: Academy Practice #4 | |
| Date: | |

| STAGE | ORGANIZATION (DIAGRAM + RULES) | OBJECTIVES | KEY COACHING POINTS |
|---|---|---|---|
| TECHNICAL WARM-UP (5 Minutes) "Paint the Field" | <ul style="list-style-type: none"> - All kids on the field - No Soccer Balls - Kids are asked to run around and "paints" as much of the field as possible. | <ul style="list-style-type: none"> - Get the kids loose - Encourage fun and creativity | <ul style="list-style-type: none"> - Warm-up - Introduction to the field |
| SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Hungry Hungry Hippos" | <ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square | <ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone | <ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable! |
| SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Ghosts in the Graveyard" | <ul style="list-style-type: none"> - See attachment for diagram - All kids on same field - Coaches laying on ground as "Ghosts" - Player dribble freely around | <ul style="list-style-type: none"> - Coordinator shouts "Ghost!" - Ghosts get up and try to take the ball from the kids - Players avoid ghost as best as they can - Players who lose ball must do 10 toe touches | <ul style="list-style-type: none"> - Keep the ball close - Use the correct parts of the foot (inside, outside, laces, bottom) |
| MATCH (10 Minutes) | <div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h3 style="margin: 0;">10 Per Half Field - 3 v 3</h3> </div> | | |

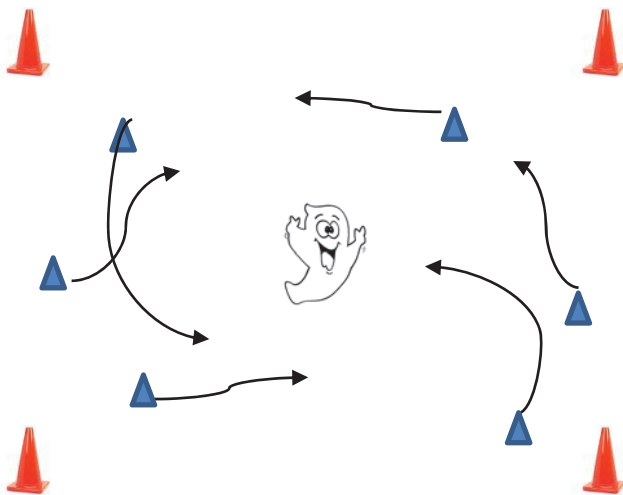
Ghosts in the Graveyard

Step 1



- Mark off an area about 20 x 20 yards with four cones/markers.
- All players in the area each with their own ball.
- Coach lying down in the middle as a “ghost in his grave”.
- Variance - change name to ghostbuster, make the kids dribbling the ghosts, and coach is kid in bed.

Step 2

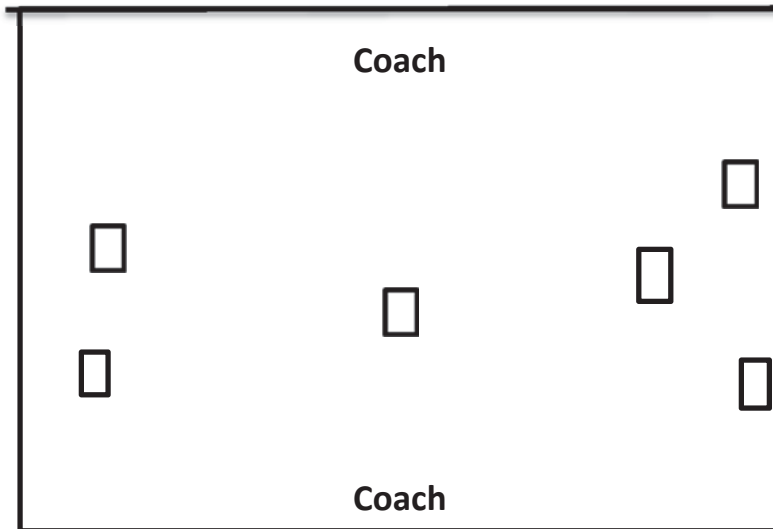


- Players dribble around freely in area awaiting ghost.
- Coach leaves the “grave” by getting up and trying to take the ball; player is out once ball is lost or leaves the area.
- Play continues until ghost gets all of the balls out of the area.

Coaching Points

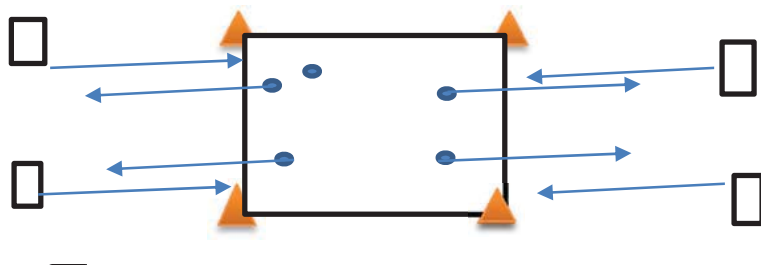
- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to “attack”.
- Encourage creativity with the ball.

Hungry Hungry Hippos



- Set up 4 cones in the middle of the field
- Place the soccer ball of each kid on the field inside the square created by the cone
- Divide the kids into 2 teams and place 1 team on each side of the square

Step 2



Coaching Points:

- Be aggressive and go quickly to get the ball
- Dribble close to foot after retrieving
- Try to shoot the ball when comfortable

- After dividing the kids into 2 teams split Each Team into 2 groups
- Line first group in front of their goal
- When coach says GO each team runs into the square selects a ball and dribbles it back towards their goal
- When they get close have them shot the ball into the goal
- Repeat until all balls are out of the square
- Once all balls are out of the square, Reset and switch teams
- Do toe touches in between games
- Let each team go 2-3 times