

# HFC Fall IM U15: PRACTICE PLAN #1 (September 16, 2023)

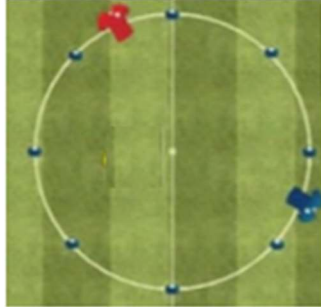
*Upon player arrival have players check in and check them off the list.*

## Activity One: Warm-Up - Circle Passing 9:00 – 9:15 AM

### Equipment:

- 1 Ball
- Several dome cones

**Setup:** Create a large circle with dome cones on your half of the practice field (see below):



### Focus Skills:

- Learning Players/ Teammate's Names
- Team-building
- Accuracy of Passing
- Movement when passing/receiving
- Passing under pressure

### Procedures:

#### **Task One (Passing/Learning Names):**

1. One Player begins with a soccer ball and passes to a player (not an adjacent player).
2. Receiving player says his/her name.
3. Repeat until all players have gone twice sharing their name.
4. Then, go through again and the players share if they've played soccer before (how long they've played soccer) AND favorite position. (Can Repeat and ask if they like to play goalie)

#### **Task Two (Teammates passing to an intended player):**

1. Starting Player takes two dribbles into the circle and passes the ball to a teammate AND states the name of the player to whom they are passing the ball.
2. As he/she passes, he/she moves to the player's spot.
3. Receiving player should move toward the ball to receive the ball, take a couple dribbles, and pass the ball to a new player (stating their name).

#### **Task Three (Passing under pressure) - if time allows**

1. Same as above
2. This time, one coach should stand in the center of the circle and put light pressure on the player so the player uses decision making to determine where to pass.

## Uniform Distribution and Team Discussion 9:15 – 9:30 AM

### Uniform Distribution:

- Refer to Uniform Distribution Document
- Distribute Uniform to all Players then have them put the jersey on and leave socks & shorts in a bag

### Team Discussion:

- We are here to learn new soccer skills and HAVE FUN!
- All players will be given equal opportunities to play - various soccer positions
- **Expectation of Players:** arrive on time, participate in practice activities and try your best (give 100% effort), work together as a team, positive attitude from players, work hard to improve soccer skills, be a good sport, let us know when you won't be attending soccer, be respectful to teammates, opponents, referees and coaches, play the position where you're needed.
- **What to expect from Coaches** - we will show up with activities planned, encourage you, guide you to learn new skills, work with players to help players improve your skills
- **Player Safety:** Wear shin guards (practice/games), no jewelry (remove before coming to practice), No hanging from the goals/nets
- Explain the format for play – Skills & Drills in Small-groups from 9:00 – 9:30 each week. Then we will pinney up into game teams each week depending on who is present (shirts vs pinnies).
- Be sure to wear your jersey EVERY WEEK!

## Activity Two: Dribble Across a Square

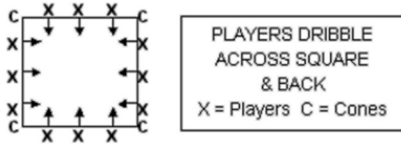
9:30 – 9:40 AM

**CREATE 2-3 GRIDS AS NEEDED!**

### Equipment:

- Every Player with a soccer Ball
- Several dome cones

**Setup:** Create a Small Square Grid of cones



### Focus Skills:

- Dribbling under pressure
- Dribbling with speed
- Keeping eyes up
- Ball control
- Speed Dribbling (open space)
- Control Dribbling (in traffic) Shield

Give a Tip after each game about how players can improve.

~ look up while you are dribbling in traffic so you don't run into other players.

~ keep control of the ball when you turn ~If you see Open Space, speed up by kicking your ball into the Open Space and running to it, BUT don't lose control of your ball

~When you are in traffic, keep the ball near your feet or it might get accidentally kicked."

**Watch the mistakes players make for ideas for Tips.**

Adapted from: [https://www.soccerhelp.com/soccer\\_drills/Dribble.shtml](https://www.soccerhelp.com/soccer_drills/Dribble.shtml)

**Procedures: DRINK BREAK BETWEEN ROUNDS if needed**

### Round One (Dribbling in SMALL SPACE):

1. On "Go!," Players dribble ACROSS the square and back from all 4 directions SIX TIMES. Players should move QUICKLY but with CONTROL. Players should count as they reach each side. (VARIATION: Could do 2 directions to form an L shape instead for less traffic).
2. The first player to complete SIX turns wins. Play 3 or 4 times with a small square to teach Control Dribbling in traffic. Have the first player to reach 6 yell "Done" and raise his hand.
3. As soon as a player yells "Done," coach blows the whistle and has all the other players stop as soon as they get back to the closest side of the square.

### Round Two (Dribbling in a LARGER SPACE):

1. Start by enlarging the square from the previous Round.
2. Play a few more times with a larger square to work on looking for Open Space and accelerating into Open Space (The larger square teaches players to speed up when they see Open Space).
3. Only play to 6 and then **start over** - (this is better than playing to 8 or 10 because it gives the players several opportunities to win and to give 100% effort each round).

### Round Three (Dribbling in RECTANGLE SPACE) -

1. To keep it competitive and fun, make a Rectangle instead of a Square, and have your best dribblers dribble across the long side and the "weaker dribblers" dribble across the short side.
2. Adjust the lengths of the sides so it balances things out and creates a challenge for everyone.

**\*\* Coaches/Players Collect Cones \*\***

## Game Prep:

9:40 – 9:45 AM

- Discuss Field Positions - Offense/Defense/Midfield
- Assign GAME TEAMS
- Assign players field positions
- Reminders to dribble in OPEN SPACE (burst) during the game

## Game:

9:45 – 10:30 AM

- Two TWENTY MINUTE HALVES
- 5 Minute Half-Time

## Team Discussion:

7:45 - 7:50 PM

- What did we do well today?
- What are some things we need to work on?