

Preferred Practice Plan Format

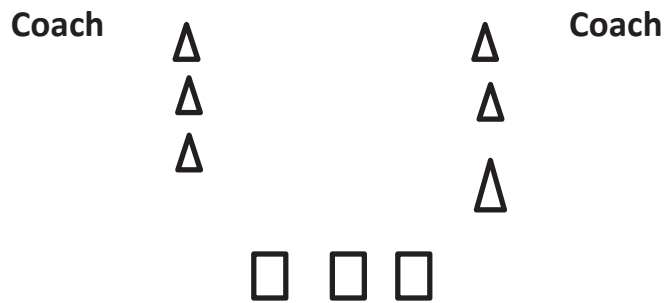


Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #6	
Date:	

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) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
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!
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>		

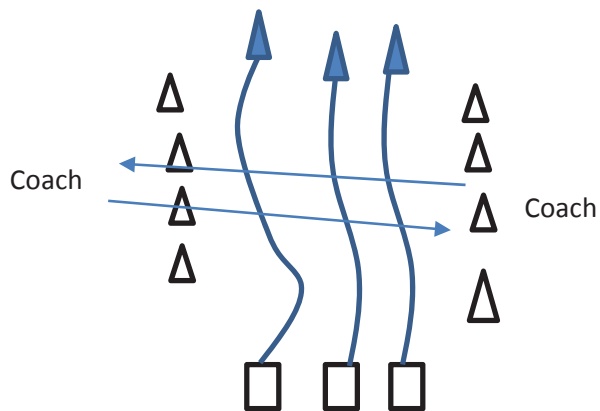
Cannonball Run

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



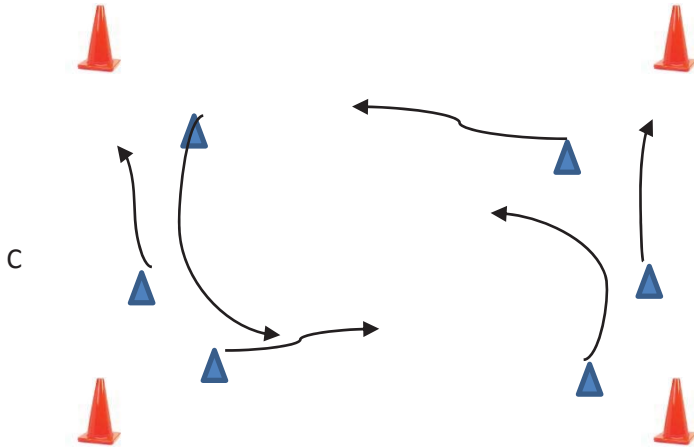
- Coach says "Cannonball!"
- Kids run straight through in between the cones
- Coaches pass soccer balls and forth and kids try to dodge them
- Repeat

Coaching Points:

- Warm the Kids up
- Have fun

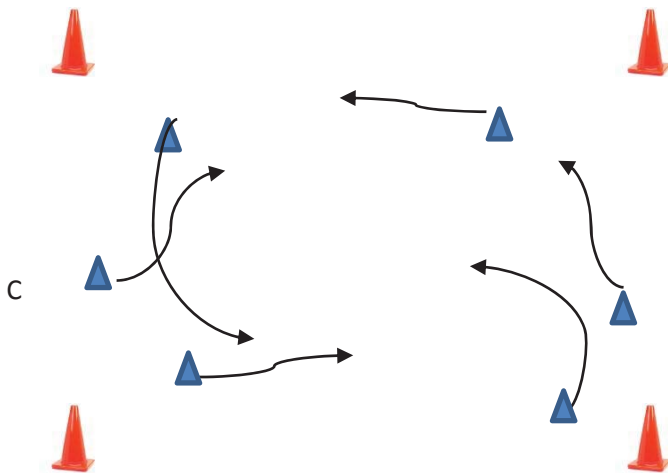
Coach Says (aka "Simon Says")

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.

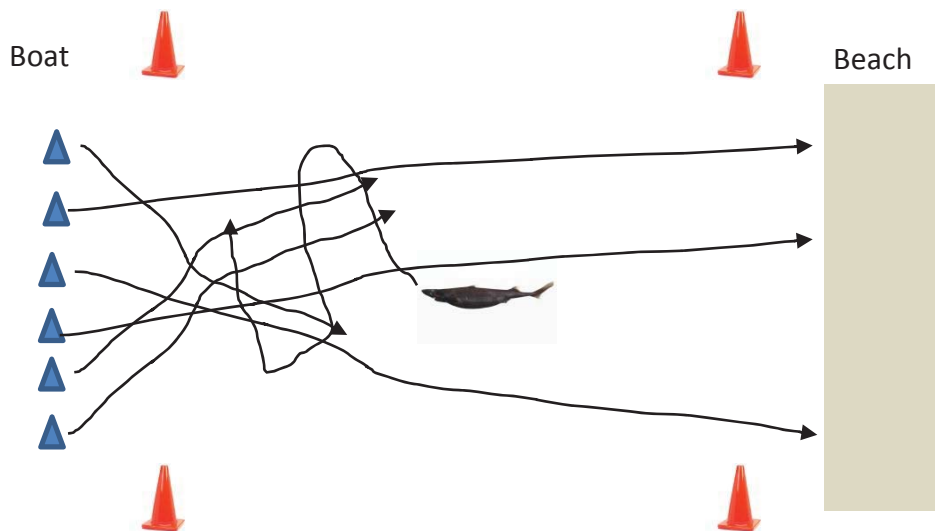
Shark Attack (aka Sharks and Minnows)

Step 1



- Mark of an area about 15 yards x 15 yards with 4 cones/markers
- Place all of the players on one side (the boat) and leave one side empty (the beach)
- For first round, place coach or parent volunteer (round 2) in the middle (shark). Add more shark parents for greater difficulty (start with 1)

Step 2



- When coach says go, players try to make it from the Boat to the Beach.
- Any player that doesn't make it and loses their ball must retrieve it and go back to the boat (Rounds 1-4). After each round, go back to the boat.
- After 4 tries, change the rules so a player that doesn't make it becomes a shark with the coach and play until one player is left.

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.