

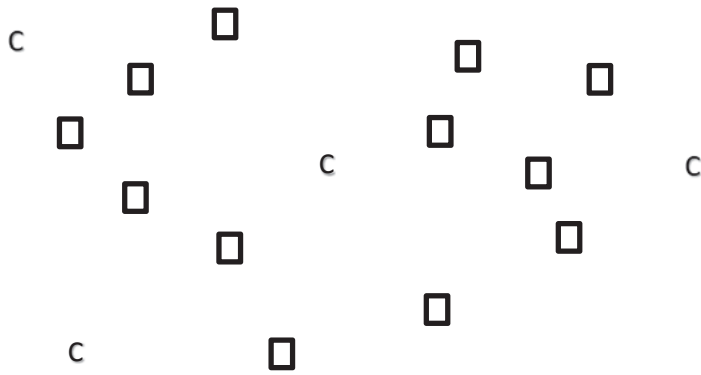
Preferred Practice Plan Format



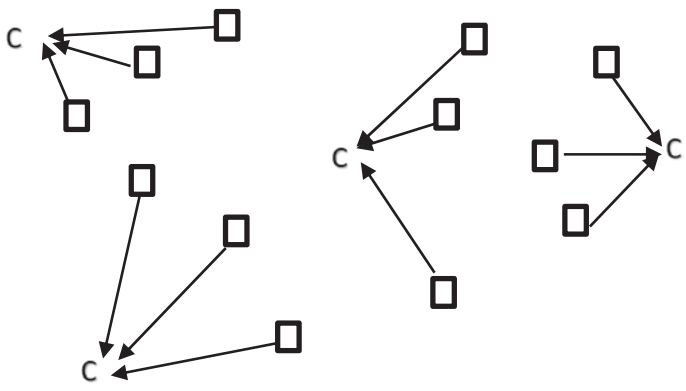
Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #9	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "High Five"	<ul style="list-style-type: none"> - See attached diagram for layout - All kids on same field - Soccer ball at their feet - Coaches scattered 	<ul style="list-style-type: none"> - Coach says go - Kids must run to each coach and high five them, then return to starting spot - Cycle through each round on the diagram 	<ul style="list-style-type: none"> - Warm the kids up - Introduce soccer ball/dribbling - Keep the ball close to feet - Have fun
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!
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!
MATCH (10 Minutes)	10 Per Half Field - 3 v 3		

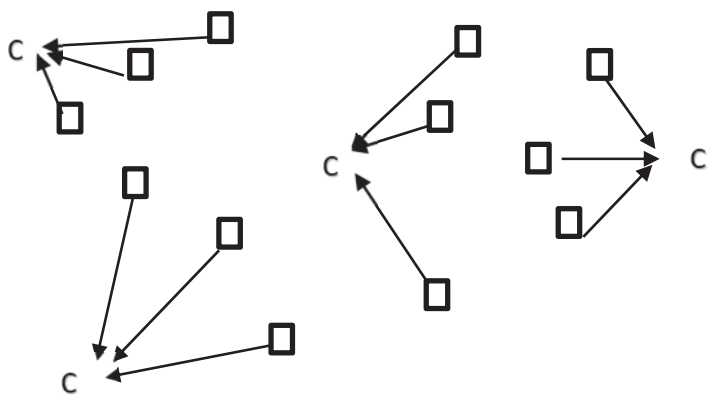
High Five Warm-Up



- C – Coaches scattered on the field
- All kids scattered on same field with soccer ball at their feet
- Primary setup for each round will remain the same for each round
- Coach says go, kids will run and “high five” each coach on the field.

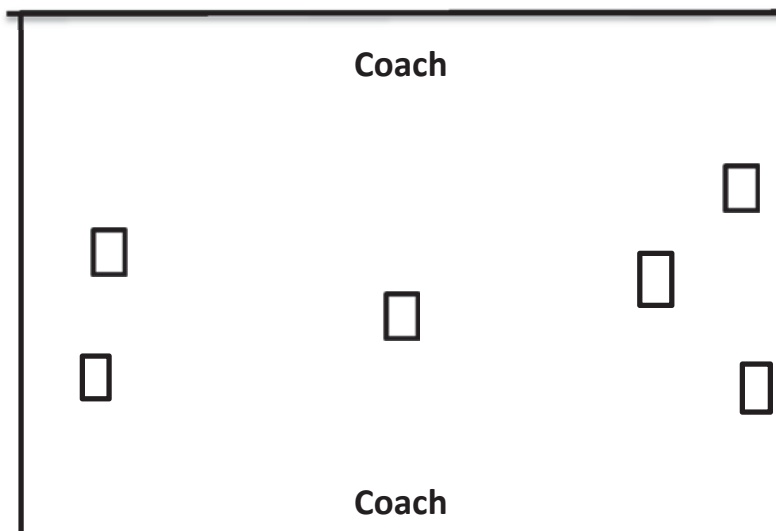


- Round 1 – No soccer ball, high five each coach, run back to their soccer ball
 - Round 2 – No soccer ball, high five each coach in different order, run back to their ball
- Coaches switch location
- Round 3 – WITH soccer ball, high five each coach and their parent/guardian.
 - Round 4 – WITH ball, high five one coach, then parent/guardian, stop and get drink



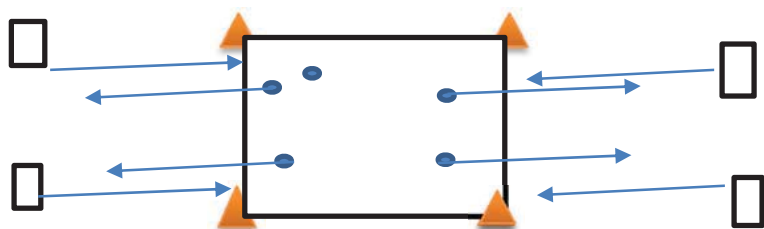
- Coaching Tips**
- Warm the kids up
 - Introduce soccer ball/dribbling
 - Keep the ball close to feet
 - Have fun!

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



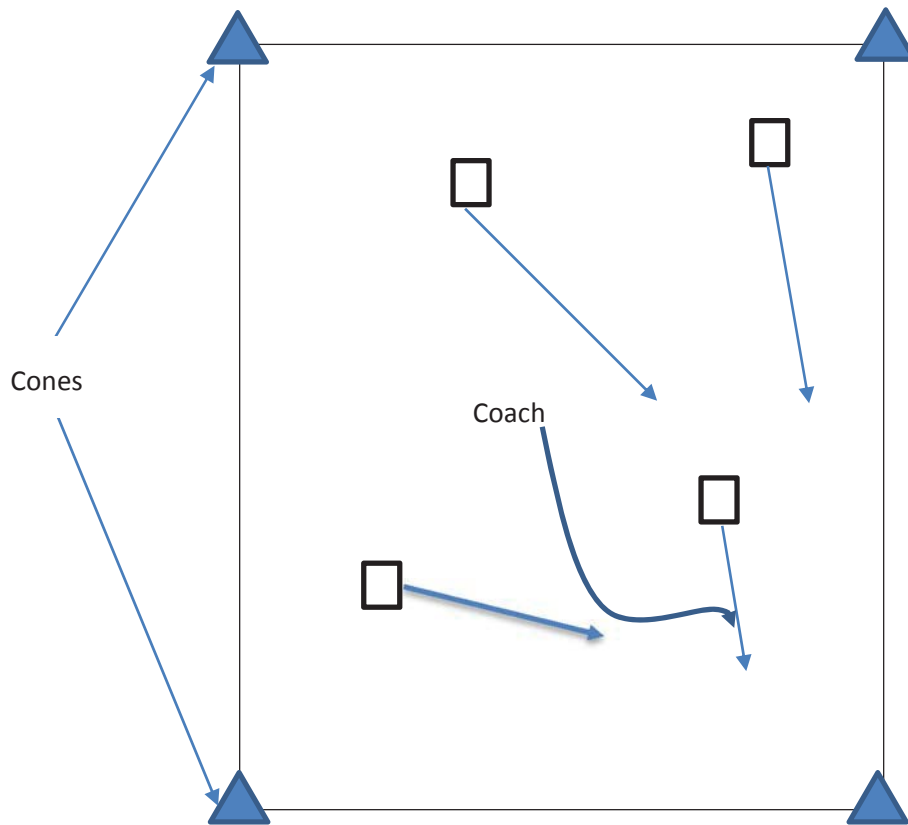
Coaching Points:

- 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

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