“FUNdamentals”
Soccer Skill Acquisition
Tools For Coaches

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**Project Goal:** *improve the basic movement patterns of beginner-level youth soccer players* by providing novice coaches with practice plans that are designed to progressively improve soccer skill performance.

**Objectives:**

1. *create practice planning materials* to help novice coaches improve the dribbling, passing, and receiving skills of beginning soccer players in a fun way.

2. determine how *practice of fundamental movement patterns* is related to the *performance* of soccer related skills.
**Project Components**

1. Develop practice planning materials for novice coaches that provide information about
   - *What to do* (to improve dribbling, passing and receiving)
   - *When to* practice (during a practice, during a season)
   - *How to* practice
     - movement basics,
     - technique related cues, and
     - fun ways to practice
   - *Why* practice plans are important for performance and safety (illustrate science)

   and includes
   - Warm-up activities, games and game-like scenarios
   - Skill progressions for dribbling, passing, and receiving
     - videos and
     - instructions to show how coaches can utilize practice planning materials to facilitate skill acquisition

2. Evaluate player performance of sport specific skills prior to and after implementation of practice plans using measures of time and space.

3. Evaluate and refine coaching material content and format using knowledge gained and feedback from coaches.
Project Overview

The goal of this project to *improve the basic movement patterns of beginner-level youth soccer players* (under 6,8,10) by providing novice coaches with practice plans that are designed to progressively improve soccer skill performance. The format of the **practice planning tool box** is designed to help novice coaches integrate existing information related to soccer skill acquisition into their daily practice plans. The practice planning tool box is considered to be a "work-in progress" that will continue to evolve as we incorporate your constructive feedback regarding content and format. Please email mcnitt@usc.edu with your comments and ideas.

Our aim is to provide a practice planning tool box that incorporates skill progressions and games that foster soccer-specific skill acquisition in an enjoyable way and provides opportunities for players to make decisions on the field. Specifically, this project focuses on the acquisition of fundamental dribbling, passing, and receiving skills related to maintaining ball possession. Ten weeks of exemplar practice plans have been created. A general template that allows coaches to incorporate their own favorite games and skill progressions within the general practice plan structure has also been included. The general structure of each practice plan includes the following components:

- **Warm-up** activities that prepare the body and the nervous system for soccer practice.
- **Skill progressions** that focus on developing basic movement mechanics and ball control skills essential for ball possession
- **Games** that reinforce and encourage quality practice of individual football, partner, and team-level interactions
- **Game-like scenarios** that integrate acquired skills into game situations
- **Cool-down** activities that provide an opportunity for coaches to review with players and parents lessons learned during practice and plans for incorporating acquired skills into upcoming games.
Practice Planning Tool Box Contents

• Warm-up skills (video clips)
  – summary joint by joint
  – basics: joint by joint
  – summary body coordination
  – basics: body coordination

• Dribbling (video clips)
  – basics
  – skill progression

• Passing (video clips)
  – basics
  – skill progression

• Receiving (video clips)
  – basics
  – skill progression

• Advanced progressions (video clips)
  – skill break down example: receive and turn

• Games to reinforce skills (illustrations)
  – Summary organized by basic movements, dribbling, passing, and receiving
  – Games with progressive ways to increase challenge

• 10 week exemplar practice plans
  – U6, U8, U10

• Coach’s choice practice plan template
  – for more experienced coaches to incorporate their favorite games and skill progressions within the general practice plan
Warm-up skills (video clips)

joint by joint
summary
basics

body coordination
summary
basics
Warm-up skills (click on picture to view video)

Summary: joint by joint

“abs on” Arm circles
- Stabilize trunk by
- Activating side abdominal muscles before circling arms
- Circle arms Back: big to small,
- Repeat: forward, try on one leg

Planks
- Variations: front, side
- Stabilize trunk (be a plank)
- Align shoulders hips and ankles

90-90 lunge
- Stabilize trunk (“abs on”)
- Back leg: knee 90 degrees
  - Thigh vertical
- Front leg: knee 90 degrees
  - Thigh horizontal
- Keep knees aligned with ankle and hips

Toe-touch
- Variations: no X, X-leg
- Shift hips back as
- Reach for toes
- Bring belly-button to pelvis
- Motion at hip not spine

Down-dog ankles
- Push forward and down through hands
- Align wrists, shoulders and pelvis
- Keep feet pointing toward wrists
- Push heels to ground
- Repeat on one leg with knee bent
- Repeat R, L,

Frogs
- Squat with knees out to sides
- Push out on inside of thighs with elbows, keep trunk stable
“abs on” Arm Circles

**Goal:** Stabilize trunk using abdominals to quicken limb motions.

**Progression:**
- Start standing tall
- Activate side stomach muscles “abs on” (pull belly button in and up, keep breathing)
- Circle arms backwards
- First big and slow circles
- Progress to smaller faster circles
- Repeat, circle arms forwards
- Keep breathing throughout motion

**Modifications:**
- Swing leg instead of arms, mimic
  - inside of foot pass
  - thigh trap
  - shoe lace pass

**Compare and Contrast:**
- Check side abdominal muscles on sides above hip bone
- Are they on?
  - If abs on, muscle feels hard
  - If abs are off, area feels mushy
- Feel the difference in arm and leg speed when abdominal are off vs. on
- Check body alignment “standing tall?”
  - Feel spine and pelvis move as a whole rather than a series of parts

**Basics: Joint by joint**

**Shoulders and Trunk**

“abs on” arm circles

Stabilize trunk by activating abdominal muscles on side. A stable trunk quickens limb motion.

Coaching “Cues”

“abs on” arm circles

Abs On?

Abs On?

Abs On?

Abs On?

Abs On?
**Basics: Joint by joint Trunk**

**Front Plank**

**Planks**
- Stabilize trunk (be a plank)
- by using abdominal muscles on side
- align shoulders hips and ankles

**Planks**
- *Goal:* stabilize trunk using abdominal muscles
- align shoulders hips and ankles

**Progression:**
- Start face down with weight on forearms
- Lift body off ground into plank position
  - (avoid sagging in the middle)
- push forward into ground with forearms
- allow shoulder blade to move around ribs

**Modifications:**
- *Side Planks* one forearm
- Lift hips off ground
- Align shoulder, hip, and ankles
- side: maintain shoulder blade position
- avoid hunching shoulders toward head

**Compare and Contrast:**
- Align ankle, knee, hip, shoulder, ear
- Watch sagging of waist area

- Check side abdominal muscles
  - on sides above hip bone
  - Are they on?
  - If abs on, muscle feels hard
  - If abs are off, area feels mushy

- Feel the difference in arm and leg speed
  - when abdominals are off vs. on

**Side Plank**

**Coaching “Cues”**

Abs On?
**90-90 Lunge**

**Goal:** Stabilize trunk while stretching muscles crossing the front of the back hip (hip flexors)

**Progression:**
- Start **standing** “abs on”
- Step forward one thigh length
- Drop back knee down (don’t touch ground)
- Keep knee aligned with shoulder
- Other leg (thigh horizontal, calf vertical)

Lengthen the muscle crossing the front of the hip by **pushing** the back-leg hip forward
Hold for 20s (ideally 30s)

**Modifications:**
- Drop back knee down onto top of ball

**Compare and contrast:**
- What happens when abs are not on?
  - Back arches, front thigh muscle not stretched
- When “abs are on”
  - Feel stretch of muscle in front of back hip
  - Observe neutral spine (no arching)
  - Check for “abs on”, feel muscle above hip
**Basics:** Joint by joint

**Hips and Knees: Back**

### Toe-touch

**Goal:** stretch hamstrings on Inside (medial) and outside (lateral) (back of thigh)

**Progression:**
- Start standing cross legs
- Shift hip backwards
- Touch toes
- Bring belly-button to pelvis
- **Motion at hip not spine**

### X-leg Toe-Touch

**Goal:** stretch hamstrings on Inside (medial) and outside (lateral) (back of thigh)

**Progression:**
- Start standing cross legs
- Shift hip backwards
- Touch toes
- Bring belly-button to pelvis
- Hold for 30 s
- Repeat with other leg crossed in front

**Modifications:**
- role ankles (soles in) to stretch muscles on outside of ankles (peroneals)

**Compare and Contrast:**
- Motion occurs in hip not spine
- Humps in spine should be symmetrical on each side of vertebrae
- **If not show parents? Scoliosis?**

Feel stretch in back of thigh and calf
**Basics: Joint by joint**

**Ankles**

**Down-dog ankles**
- Push forward and down through hands
- Align wrists, shoulders and pelvis
- Keep feet pointing toward wrists
- Push heels to ground
- Repeat on one leg with knee bent
- Repeat R, L,

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**Coaching “Cues”**

**Down-dog ankles**
- Goal: stretch muscles in back of calves
- Align trunk (hips, shoulders, wrists)

**Progression:**
- Create upside down V:
  - Align ankle to hips and hips to ankles
  - Push into ground with hands
  - so that shoulders are stretched (full shoulder flexion)
  - and heels are down (ankle dorsiflexion)
- Keep knees over toes
- Push heels to ground (stretch muscle in back of calf)
- Keep knees slightly bent (gastrocnemius stretch)
- Repeat with knees bent (soleus stretch)

**Modification:**
- Stretch one ankle at a time (lift other leg up to increase stretch)
- Hold for 30s

**Compare and Contrast:**

*What happens when bend knee?*
- Feel muscle stretching more toward foot (soleus)

*What happens when knee is straight?*
- Feel muscle stretching more toward knee (gastrocnemius)
**Basics: Joint by joint**

**Hips: Inside**

**Frog 3D hip adductor stretch**

*Goal:* stretch muscles on inside of hips (adductors), strengthen hip muscles (abductors, external rotators)

**Progression:**
- Start by squatting with knees over toes, arms on inside of legs
- Pull thighs outward with hip muscles
- Arms push knees apart
- Hold position by keeping hip muscles on
- Hold for 30s

**Modifications:**
- Repeat, keep trunk vertical

**Compare and Contrast:**
- Feel an increase in stretch when
- Push harder on inside of the thighs
Basics: Body Coordination

**Jumping Jacks**
*Goal:* Coordinate arm and leg motions

**Progression:**
First activate stomach muscles “abs on” simultaneously, hop and move arms and feet sideways away from midline of body

**Forward Jacks:**
Move arms and feet forward and backward away from midline of body

**SkierJacks:** Hop and twist body side to side
Like slalom skier

**Increase Challenge by:**
- Hop faster
- Add a hop-kick right
- Clap hands under right leg
- Repeat, hop-kick left
- Clap hands under right leg
- Count to 5 in a foreign language
- Say the alphabet backwards while jumping

**Run on one leg**
*Goal:* Maintain balance by coordinating motion of opposite arms and legs

**Progression:**
Stand on one leg “abs on”
Swing opposite thigh as if running
Swing arms in opposition to help maintain balance

**Increase Challenge by:**
- Increase speed of swing leg
- Extend leg and swing (instep pass)
- Swing leg diagonally (shoe lace kick)
- Bend support leg (maintain balance)

**Compass Hopping (N-S-E-W)**
*Goal:* Coordinate activation of muscles responsible for generating force on ground in multiple directions (360)

“abs on:
- Hop North (Forward)
- Hop South (Backward)
- Hop East (Right)
- Hop West (Left)

Repeat NE, SW, NW, SE

**Increase Difficulty by:**
- Hopping on one leg
- Hopping on other leg
- Hopping with arms folded across chest
Basics: Body Coordination

**Jog forward**
looking over shoulder
*Goal:* coordinate head motion with Whole body motion

**Progression:**
- Swing thigh through quickly
- Jog forward, look over right shoulder
- Jog forward, look over left shoulder

**Swivel hips, sprint, stop, zig-zag back**
*Goal:* coordinate hip rotation with arms, Transition into sprint from cross over moves Reduce momentum (stop) with weight evenly distributed on both feet Move backwards in low position as if defending (slowing down player with ball)

**Progression:**
- Face perpendicular to direction of travel
- Swivel hips and alter foot placement
- In front and back
- At halfway point, transition to sprint
- At cone, stop with knees bent over toes, Weight evenly distributed between legs

- Low shuffle backwards in diagonal direction
- Keep head at same level (avoid hopping)
- Alternate, L shuffle, R shuffle

**Increase challenge by:**
- Moving faster
- Get lower by bending knee (not hips)

**Hop forward,**
*Goal:* generate speed forward (not upward)

**Progression:**
- Translate forward 3 hops R, 3 hops L
- Maintain hopping frequency (rhythm)
- Use arms to help control leg motion
- Keep knees aligned with ankle and hip
- Maximize speed and horizontal distance of hop

**Increase challenge:**
- hop on one foot 5x
- Repeat on other foot 5x

- Increase horizontal distance
- Increase speed

- If can maintain technique
- Increase hop number to 8x

**Increase challenge by:**
- Look over right shoulder then switch to left shoulder
- Run faster
- Slow down and speed up

**Abs On?**
Dribbling (video clips)
basics
skill progression
Dribbling: skill progression
(video clips)

1. Dribbling (ball on ground)
   - Shoe laces (top of foot)
   - Inside of foot (big toe side)
   - Outside of foot (little toe side)
   - Inside and outside of feet (mix and match)

2. Turns and cuts (ball on ground)
   - Cut R with outside of R foot
   - Cut L with outside of L foot
   - Cut R with inside of L foot
   - Cut L with inside of R foot
   - Sole pull 180 degree turn
   - Sole pull 135 degree turn (V)
   - Sole pull move laterally

3. Juggling (ball in air)
   - thigh
   - foot
   - head
Juggling Progression

**Thigh:**

- **Bounce** ball on thigh (parallel to ground)
  - **catch** ball with your hands

- **Bounce** ball on thigh (parallel to ground)
  - **bounce** ball again on thigh
  - **catch** ball with your hands

- **Bounce** ball on thigh (parallel to ground)
  - **bounce** ball on *other* thigh
  - **catch** ball with your hands

**Foot:**

- **Bounce** ball on ground
  - contact ball with top of *foot* (parallel to ground)

- **Bounce** ball on ground
  - contact ball with top of *foot* (parallel to ground)
  - **catch** ball with your hands

- **Bounce** ball on ground
  - contact ball with top of *foot* (parallel to ground)
  - allow ball to **bounce** on ground
  - contact ball with top of *foot* (parallel to ground)
  - **catch** ball with your hands

- **Bounce** ball on ground
  - contact ball with top of *foot* (parallel to ground)
  - allow ball to **bounce** on ground
  - contact ball with top of *other foot* (parallel to ground)
  - **catch** ball with your hands
Juggling Progression  (cont’d)

Examples

Drop ball onto top of foot (parallel to ground)
   catch ball with your hands

Drop ball onto top of foot (parallel to ground)
   allow ball to bounce on ground
   catch ball with your hands

Drop ball onto top of foot (parallel to ground)
   allow ball to bounce on ground
   contact ball with top of foot (parallel to ground)
   catch ball with your hands

Drop ball onto top of foot (parallel to ground)
   allow ball to bounce on ground
   contact ball with top of other foot (parallel to ground)
   catch ball with your hands

Continue with rhythm:

Bounce-foot-foot-bounce-foot-foot-catch
Bounce-foot-foot-bounce-foot-foot-catch, then alternate feet
Bounce-foot-foot-foot-catch
Drop Foot-foot-catch, then alternate feet
Foot-foot-foot…. max number allowing bounces when needed
Foot-foot-foot….max number without bounces

Determine personal best ( # ___)
Work to improve Personal Best
Passing (video clips)
basics
skill progression
including illustrations showing how practice planning materials can facilitate skill acquisition
Passing Basics: Pass with inside of foot

How to?

“abs on?”

Arms are used to balance body by counteracting swing leg motion.

Observe! What may happen when the stance foot is farther away from ball (A vs. B)?

**Stance leg:**
- Foot points toward target

**Swing leg:**
- Hip rotates outward
- Middle of foot contacts ball
- Lock ankle and foot (make rigid to “club” the ball)

**Foot placed near ball**

Foot points toward target

“abs on?”

A vs. B
Pass with inside of foot

What if?

Stance foot close to ball

Stance leg: Foot points toward target

Swing leg: Hip rotates outward

Foot placed near ball

Middle of foot contacts ball

Lock ankle and foot (make rigid to “club” the ball)

Arms are used to balance body by counter acting swing leg motion

Stance foot far from the ball

Observe! What may happen when….

the stance foot is farther away from ball (A vs. B)?

- motion of hip and knee of swing leg adjusts
- foot-ball contact area is smaller
- path of swing leg and arm motion is altered
Relate Basic Movement Patterns* to Passing Performance

**Stationary**
- No Movement
  - **Observe:** Hip outward rotation available?

**Stationary**
- Simplified Movement
  - **Observe:** Coordination between arms and legs?

**Stationary**
- Realistic movement
  - **Observe:** Can player **comfortably** control body? balance? swing leg motion?

**Improve control through practice**
- Balance on 1-leg, trunk control, leg-arm motion
  - Remind player: “abs on” before swing leg
  - Review single leg hopping (R and L legs)
  - Remind player: “bring back thigh through quickly”
  - “use arms to counteract swing leg motion”

**Add whole body movement**
- Step into movement
- Use improvements in control
  - Remind player: “abs on” “toes, knees and hip inline”

*Expect differences in joint motion and balance between players*
Passing Progressions (video clips)

1. Inside L Foot
2. Inside R Foot
3. Outside L Foot
4. Outside R Foot
5. Volley L Foot
6. Volley R Foot
7. Head upward
8. Head downward
Receiving (video clips)
basics
skill progression
Receiving Basics: Overview
(check points)

• Watch ball to foot

• Ankle and foot locked

• Use inside of foot

• Keep foot horizontal or toes pointed upward

• Cushion ball, to slow speed
  – To cushion: match foot velocity with ball velocity as ball approaches body

• Trap so ball can be played quickly, not under body (~1 ft circle)
Receiving: Basics (Video clips)

Progression: body stationary
then move body to ball or into space ("check in")
begin with ball on ground, then air

1. Inside L Foot
2. Inside R Foot
3. L Thigh receive from air
4. R Thigh receive from air
5. Chest receive from air
6. Outside L Foot
7. Outside R Foot
8. Sole of L Foot receive from air (lead up for wedge)
9. Sole of R Foot receive from air (lead up for wedge)
10. Wedge with inside of R Foot receive from air
11. Wedge with inside of R Foot receive from air
Skill Progressions: Passing & Receiving
Adding Challenge: P/R: Lane Passing

Coaching cues

To Passer:
“Find “open” feet” before pass
“Head up” Know your options

To Receiver:
“Check in”: Show teammate where you want the ball with your body
move toward player with ball
angle body showing team mate
to where you want the body

Levels 1-2 (stationary)
2 touch (increase pass length)
1 touch (5 m, 10 m, 15 m)

Levels 3-5 (receiver moves)
2 touch w/ checking in
1 touch w/ checking in
2 touches w/ trap away from body at angle
trap outside R, pass w/ R foot
trap inside R, pass w/ L foot
Add checking
Look over shoulder
before receiving ball

Levels 5-12 (out of air)
2 touches – trap out of air (sole of foot, wedge)
Add checking
Look over shoulder as checking - before receiving ball

2 touches – trap w/ thigh
Add checking
Look over shoulder as checking - before receiving ball

2 touches – trap w/ chest
Add checking
Look over shoulder as checking - before receiving ball

1 touch- head ball upwards, downwards

P/R: Lane Passing
(partners) 10 yrds. apart
Practice: accuracy, control ball speed

Checking:
Receiver runs to space where they want to receive the ball
Advanced progressions (video clips)

skill break down example: receive and turn

Advanced
Receive pass on ground by turning with first touch
  Use Inside of foot (R and L)
  Use outside of foot (R and L)
  Step to ball, pivot on plant leg
  Keep turn tight, keep ball close
  Take extra 2 steps after turn with ball (beginning to dribble)

Toss ball to self and trap out of air (wedge)
  Use Inside of foot (R and L)
  Use outside of foot (R and L)
  Trap and dribble

Receive ball out of air from partner (begin to dribble after turn)
  Use Inside of foot (R and L)
  Use outside of foot (R and L)

Challenge
Add checking (move into space toward player with ball)
Look over shoulder as checking
Add opposition (passive, annoying, game-like)
# Games to reinforce skills

## Overview

<table>
<thead>
<tr>
<th>Movement Basics</th>
<th>Dribbling</th>
<th>Passing</th>
<th>Receiving</th>
</tr>
</thead>
</table>
| Trunk control “abs on”  
Ladders  
R,L Dribble and turn using all foot surfaces: sole, laces, inside, outside  
Stop using sole of foot  
M: Tails  
M: Circle Tag  
M: Three Cones  
M: Railroad tag | Trunk control “abs on”  
Hopping for distance  
R,L Pass using all foot surfaces: laces, inside, outside  
Lock foot and ankle (rigid)  
M: Throw in Dodge Ball | Trunk control “abs on”  
Bellybutton behind ball  
R,L Receive using inside of foot, matching foot speed with ball speed  
M: Keep Away |

### Low Accuracy Then Speed

<table>
<thead>
<tr>
<th>D</th>
<th>P</th>
<th>R</th>
</tr>
</thead>
</table>
| D: Find the coach!  
D: Passing ships  
D: Red Light, Green Light  
D: Musical Balls  
D: Freeze Tag  
D: Snake  
D: Traffic  
D: Oranges and lemons  
D: Relay Races  
D: Explode  
D: Gates no opposition | P: Cone Hunt  
P: Tunnel Passing  
D/P: Moving goal  
P: Pass and go  
P: Kick ball  
P: Frantic  
P: Relay races  
P/R: Retrieve the ball  
P/R: Lane Pass & Go | R: Behind the ball  
R: Tossed Salad  
R: Give ‘n Go  
R: SPUD  
R: Pass &go, receive  
R: Kick ball  
R: Passing Lanes  
R: Relay races  
P/R: Retrieve the ball  
P/R: Lane Pass & Follow |

### Medium Add speed + opposition

<table>
<thead>
<tr>
<th>D</th>
<th>P</th>
<th>R</th>
</tr>
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</table>
| D: There and back  
D: Crabs  
D: Gauntlet  
D: Pirates  
D: Hospital tag  
D: Bases  
D: Peter pan shadow  
D: Cops and robbers  
D: King of square | P/R: Short, short, long  
P/R: Ordered Passing  
P/R: Turn and shoot  
P/R: Lane Passing  
P/R: Triangle-pass & move | P/R: Short, short, long  
P/R: Lane Passing  
P/R: Ordered Passing  
P/R: Turn and shoot  
P/R: Triangle-pass & move |

### High Game-like

<table>
<thead>
<tr>
<th>D</th>
<th>P</th>
<th>P/R:</th>
</tr>
</thead>
</table>
| D: 1 v. 1  
D: Defend the cone  
D: Circle game  
D/P: Gates Game  
D/P: Dribble-to-score  
D/P/R: 4 goal game  
D/P/R: Gate keepers | P/R: 4 Corners 3 v 1  
P/R: 3 v 1, 3 v 2  
P/R: Possession  
D/P/R: Steal the bacon  
D/P/R: 4 goal game  
D/P/R: Gate keepers | P/R: 4 Corners 3 v 1  
P/R: 3 v 1, 3 v 2  
P/R: Possession  
D/P/R: Steal the bacon  
D/P/R: 4 goal game  
D/P/R: Gate keepers |
**Movement Basics (M)**

**M: Tails-Last Person Standing** (individual or teams)
- Tuck pinnie in back of shorts as a tail.
- *Practice*: changing directions
- Try to grab anyone’s tail, protecting your own.

If you lose your tail,
- hop on your R foot 3 times, then your L foot 3 times.
- Re-join the game. Count your hops.
Substitute hops for another task (planks, juggle ball, run the ladder etc.)

**M: Tails by Team** (team)
- *Practice*: changing directions
- divide colors evenly and play as a team
- (only pull other teams tails)

**M: Circle Tag** (tag-ER vs. teams of 4)
- *Practice*: changing directions, team support
- The tag-ER tries to tag the tag-EE.
- The other players and the tag-EE hold hands and move in a circle to protect the tag-EE.

**M: Railroad tag** (individual)
- *Practice*: up/down movement, change directions
- Players lay face down next to a partner.
- One player is chased by the tag-ER.
- The tag-EE lays down next to a pair.
- The person on the other side is now the tag-EE.
- (Show them.)
- Continue until tag-ER tags some one. Restart.

**M: Throw in Dodge/Receive Ball** (3 teams)
- 3 grids equal size
- *Practice*: change directions, throw in, abs on, receive ball
- Teams on outside:
  - For Dodge ball: throw in and try to hit players in middle
  - Players in the middle, dodge or catch the ball.
- For Receive ball: players in middle receive ball and pass back to thrower

**M: Keep Away** (2 teams)
- *Practice*: movement off ball, change directions, teamwork
- Pass ball with hands to teammates without getting tagged by the other team.
- Score by volleying ball through goal.
- No Keepers.
**Movement Basics (M)**

**M: Three Cones** (individual/team relay)
*Practice: speed, turns*
Up and back
Figure 8 and back to start
Repeat with ball (dribble)

![Three Cones Diagram]

**Challenge**
- Work toward maintaining speed through the turns
- “Abs on”
- Coordinate arms and legs
- Modify run: get low, shuffle
- Skip, try backwards
- Decrease the space
- More than one tagger
- Add a ball
- Stand on one leg with eyes closed
- Stand on one leg with head back
- Run in place on one leg
- Jump in place (like jumping rope)

**M: Freeze Tag** (individual)
*Practice: speed, turns*
If tagged, stand on or hop on one leg until freed by teammate.

![Freeze Tag Diagram]
D: Find the coach! (individual)
*Practice*: head up, all foot surfaces
Dribble toward coach
  - head up, keep ball close
Coach picks up ball and throws it
Retrieve ball, and dribble back to coach

D: Snake (individual/team)
*Practice*: head-up, turns, team movement
Dribble following person in front of you
Try what they are doing.
“switch” leader (head) dribbles to tail

D: Musical Balls (individual)
*Practice*: head up, stop, change directions
On “switch” stop your ball, find another ball.
Remove one ball. If can’t find a ball
Hop on R 3x, Hop on L 3x until next “switch”

D: Passing Ships (team)
*Practice*: head up, stop, speed
Each team dribbles to opposite line
First team to stop all balls on opposite line earns a point

D: Red Light, Green Light (individual)
*Practice*: stop, speed
“Start engines” move ball with sole of foot
“Green light”: Dribble, keep ball close
“Red light”: Stop with ball under foot
“Zoom!”: increase speed with ball

Challenge
- try inside of one foot, L, R
- try outside of one foot, L, R
- try alternating between L and R
- try alternating between inside/outside
- try stopping with sole and going
- try speeding up, turning, making circles

+ opposition that obstruct dribbler
+ opposition that shadows
+ opposition that steal balls
+ opposition that act like crabs and kick balls out of space
**Dribbling (D)**

**D: Traffic** without Passing (individual)
*Practice:* head up, stop on line
Players on adjacent sides dribble across, avoiding each other.
Then players on other side dribble across.

**D: There and back** (partners)
*Practice:* dribble for speed
Dribble to cones and back to center
Stopping ball in center as fast as possible. Repeat R & L

**D: Go-to-goal!** (individual)
*Practice:* dribbling (in small space)
Everyone inside circle dribbles a ball.
Coach yells “go to goal”
Players dribble to safety zone. repeat.

**D: Peter pan shadow** (partners)
*Practice:* shielding
One leads one follows. Follower shadows.
Leader tries to lose the follower.

**Challenge**
- try inside of one foot, L, R
- try outside of one foot, L, R
- try alternating between L and R
- try alternating between inside/outside
- try stopping with sole and going
- try speeding up, turning, making circles

**Challenge**
- Use non-preferred foot only.
- Make circle smaller.
- Make target farther
- Use R and L feet
- Try turns.

**Challenge**
- try inside of one foot, L, R
- try outside of one foot, L, R
- try alternating between L and R
- try alternating between inside/outside
- try stopping with sole and going
- try speeding up, turning, making circles
Dribbling (D)

D: Freeze Tag with ball (individual)
Practice: head up, speed, turns, shielding
If tagged, stand on or hop on one leg until freed by teammate.

D: Crabs (individual) 2-3 players start as crabs.
Practice: head up, possession, shielding
Players dribble.
When ball kicked out by crab join them.
Repeat until all players are crabs.

D: Hospital Tag (individual) defined area and hospital
Practice: head up, speed, change directions
Dribble around in the main space and try to tag other players while controlling the ball.
If tagged, hold the part of the body that was tagged.
After tagged for the third time, go to the hospital.
In the hospital, juggle 5x or “punishment.”
Player resumes with a fresh start.

D: King of the Square (individual)
Practice: head up, shielding, possession, tackling
All players dribble with ball in square
try not to get ball knocked out by other players
Use turns to avoid defenders
If lose ball, retrieve and practice juggling
Play until there is only one player left! The King!

D: Pirates (individual)
Practice: head up, shielding, possession, tackling
Everyone inside circle with a ball except for Pirate.
Pirate tries to steal ball and pass it out of circle
If lose ball, player joins the pirates

Challenge
Decrease the space
More than one tagger.
Add a ball
Stand on one leg with eyes closed
Stand on one leg with head back
Run in place on one leg
Jump in place (like jumping rope)

Try:
- Inside of one foot, L, R
- Outside of one foot, L, R
- Alternating between L and R
- Alternating between inside/outside
- Stopping with sole and going
- Speeding up, turning, making circles
Dribbling (D)

D: Cops and Robbers (1v.1)  
*Practice:* head up, shield, turns with ball  
Robbers with balls are lined up on one side of field.  
The cops are lined up half way across field from them.  
The robbers dribble the ball across the field without it getting stolen by the cops.  
When robbers lose their balls, they perform consequence  
The robbers must continue to escape the cops until there are only two robbers left.

D: Gauntlet (2 teams) 30X30 yards  
*Practice:* head up, change directions  
Try to dribble through cones.  
Other team tries to defend cones.  
1 point for each goal.

D: Circle Game (2 teams) 20x40 yard grid,  
*Practice:* speed, change directions, herding  
Coach calls out a team color.  
That team will dribble toward center for 10 seconds.  
The other team will leave their balls and defend trying to get their opponents out of the grid  
1 point for a goal.  
1 point for each player out of bounds.  
The first team to 10 wins!
Dribbling (D)

**D: Bases** (individual) tag-ERs carry pinnies

*Practice:* head up, changing direction, possession

Players dribble ball.
If tagged, they exchange places (pinnies and ball) with the tag-ER.
Players are safe in any one of the 4 bases.
Only one player allowed in a base at one time.

If a new players enters a base, the old player must leave.

**D: Defend the Goal** (individual) rectangle

*Practice:* change direction, defending

Each player starts with a ball and a cone.
Defend own cone while kicking over other cones.
If cone is kicked perform “consequence” (e.g. hop)
Resume playing.
*When defending, try to block attackers by keeping your ball and body between the cone and the attacker.
*On attack, try to go around defenders while controlling your ball to get a clear kick at their cone.

**D: Oranges and Lemons** (team)
yellow and orange discs in middle.

*Practice:* turns, possession, defending

Yellow players defend “fruit” while blue players dribble to middle and try to steal “fruit” without getting tagged.

Increase defenders
Decrease # of oranges and lemons
Force players to keep foot on ball while they try to get “fruit”
Dribbling/Passing

**D/P: Gates Game** (partners) Gates: two cones
*Practice: Dribbling Passing Accuracy*
Points for each time you
Pass to a teammate through a gate

**D/P: Moving goal** (individual)
Goal: pinnie held between two players
*Practice: Dribbling Passing Accuracy*
Points for each time you
Pass through goal

**D/P: Relay Races** (two teams)
*Practice: Dribbling speed, turns*
Dribble to the cone, turn,
dribble or pass ball to your teammate.
Run to the back of the line.
First team done wins.

**D/P: Dribble-to-score**
*Practice: dribbling vs opposition*
Defenders: stay in zone
and try to intercept and clear ball
Dribblers (3 at a time): Try to
dribble through zones
then shoot on goal
Next set of dribblers start as first
Group passes through first zone

Vary opposition
passive
annoying
game-like
Steal ball and clear
To sides through cones
Passing (P)

P: Cone Hunt (teams)
*Practice:* accuracy
Teams take turns trying to knock other sides cones down (big triangle cones), using correct passing technique.

P: Tunnel Passing (partners)
*Practice:* accuracy
2 players, 10 yds apart
Player with ball passes through legs of partner
Award 1 pt: successful pass

**Challenge:**
- Increase distance between teams
- Increase distance between cones
- Partner narrows width of feet
- Only non-preferred foot
- Increase passing distance
- Increase speed of pass
- Pass ball to left and right of partner
- Have partner move behind ball

P: SPUD (individual)
*Practice:* accuracy
When the ball is thrown up everyone scatters.
If your name is called, retrieve the ball.
Call SPUD. Everyone freezes in place.
Try to hit one of the standing players with the ball.
Repeat.

P: Triangle-pass & move (individual) triangle 1yard sides
*Practice:* pass & go
Player A passes the ball to player B.
Player B receives the ball at position 2.
B then touches the ball to the side and returns it to A making sure the ball does not travel through the side of the triangle which it came from.
The diagram shows 2 options for the return pass.
Continue for as long as possible without mistakes.
Passing (P)

P: Holy Grail (two teams)
*Practice*: accuracy, consistency
Both teams spread, intermixed, around the circle with a ball.
When signal is given, players strike the balls at the cones.
Team that knocks down last cone, the "Holy Grail", wins.

P: Edge of the World (individual)
*Practice*: ball speed, accuracy
Stands on one sideline with a ball.
Pass ball as close to the other sideline as possible.
If the ball goes past the sideline it falls off the edge of the world.
Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.

P: Retrieve the ball (partners)
*Practice*: accuracy, pass & go
Coach picks up ball and throws it
Tell players how retrieve and return ball ex: dribble + 2 passes, 3 passes touch 3 body parts, 8 passes, etc

P: Diamond passing (partners)
*Practice*: accuracy, pass & go
Pass to next cone
Collect ball with back foot (foot farthest away from ball; ball should cross body)
follow your pass to next cone

Challenge

Players play ball with laces, inside of foot, etc.
make an end zone to stop ball in.
Chase ball and see if can reach line before ball

Use both feet
limit touches
Include a back pass etc.

Skip line, go to 2nd cone
Go both directions
See how fast your square can complete all passes?
How many times without an error?
Challenge another square.
P: Circle follow pass (partners)

Practice: accuracy, pass& go
Pass to player on opposite side, sprint across circle behind receiver
Repeat:

Challenge
- R & L feet
- 1-touch
- 2-touch
- Add balls
- Dribble
- Alternate
- Pass-dribble
- Make 2 circles
- count successes
**Passing/Receiving (P/R)**

**P/R: Behind the ball** (partners)
*Practice:* movement toward ball
A passes to the cone beside B.
B moves behind the ball
And receives the ball before it reaches the cone.
Go back to original position and pass back to A’s cone.
Repeat.

**P/R: 4 corner relay** (2 squares)
*Practice:* accuracy, receiving
Pass ball around square
Receiving ball with foot farthest from ball
Complete passes to all 4 corners faster than other square. Repeat, opposite direction

**P/R: Kick Ball** (2 teams)
*Practice:* accuracy, receiving
Trap ball and pass to bases.
Beat runner around bases by passing.

**P/R: Ordered Passing** (groups 3-7)
*Practice:* head up, accuracy, talking, movement off ball
Assign the players numbers.
Move around the grid while passing the ball in the assigned numbered order.
After pass, follow ball.

**P/R: 4 Corners Keep Away** (4 vs.1) 5m2 grid
*Practice:* accuracy, decisions
Keep the ball away from the chaser and keep it in the square.

**Challenge**
- 2-touch
- 1-touch
- Both R & Decrease distance
- Make square Smaller/bigger
- Make square smaller
- Make square Smaller/bigger
- Make square bigger/smaller
Passing/Receiving (P/R)

P/R: Lane Passing (partners) 10 yrs. apart

*Practice: accuracy, control ball speed
Pass the ball to your teammate.
If the pass goes out the trapper gets a point.
And if the trap goes out the passer gets a point.

P/R: Lane Pass & Go (3 players) 10 yrs. apart

*Practice: passing accuracy
Pass the ball to your teammate, then follow
Repeat: R & L, 2-touch, 1-touch, fast as possible

P/R: Turn and Shoot (partner)

*Practice: receive, turn, shoot
post-up player (back to goal) 1
turn and shot on goal 2
limit touches

P/R: Short-Short-Long (groups of 3)

*Practice: head up, accuracy, ball speed
Players perform passing in the pattern of short-short-long.
Rotate player in the middle every so often.
See which group can go the longest without a mistake.

P/R: Pass and Split (groups of 3) triangle

Player 1 passes to player 2 (solid arrow) and runs between (splits) players 2 & 3 (dotted arrow).
Player 3 runs to where 1 was when he made the pass (dotted arrow)
*Repeat: 2 passes to 3, as 2 splits players 1 & 3
and Player 1 runs to where 2 was when made pass

*(#) location players move to after passing

Challenge

Add distance Between players
“check in and out”
Move away
“touch cone” △
Then toward ball

Add distance
Between players

Look away, then receive
“check in and out” △

Move away
“touch cone”
Then toward ball

Put all groups in a large area.
Continue passing, while avoiding the other players and balls.
Receiving (R)

**R: Tossed Salad** (partners)
*Practice:* Receiving all surfaces
Passers: 2 players on opposite sides of square
Receivers: 2 players inside square
Passers: pass to receiver that calls their name
Receivers: receive ball and pass back, then check-in with player on other side of square

**Challenge**
- add players on outside and inside
- add volleys (thigh, chest and head)
- *Passer:* throws ball in air
- *Receiver:* returns ball choosing the most appropriate body part (foot, thigh, chest, head)
- *Relay:* Group that complete 5 of each type of pass first

**R: Keep Away** (2 teams)
*Practice:* movement off ball, shield
Pass ball to teammates
Maintain possession

*Stop play to show that a player behind a defender is NOT open*
Dribbling, Passing, Receiving (D/P/R)

**D/P/R: Steal the Bacon** (2 teams)
*Practice:* dribbling, defending, speed
Assign numbers.
When a player’s number is called he/she runs out to get the ball and tries to score.

**Challenge**
- Limit touches
- Call more numbers
- Decrease space
- Perform sprints (cone-to-cone) before enter field

**D/P/R: Possession** (2 teams)
*Practice:* dribbling, passing, receiving
Keep the ball away from the other team.

**D/P/R: Keep-a-way 3 v. 1**
3 try to keep it away from 1
After pass, move to free corner
If defender wins it, player that turned it over is defender

Play in larger area and have all groups in area
Must be aware of other groups as well as own

**D/P/R: 4 goal game**
Teams defend two goals, no keepers
Keep head up, find open goal

**D/P/R: Gatekeepers**
Teams defend two goals with keepers
Coaches call out keepers (leave goal)
Keep head up, find open goal

**P/R: Small Sided Game** (2 teams)
*Practice:* Passing
Try to score a goal.
Only 2 touches.
Game-like Scenarios (restarts)

**Throw in (example)**
- Feet on the ground
- Arms over head, tummy tight
  - Throw to teammate down the line
  - Teammate shields ball by facing sideline
  - Dribble to goal as fast as possible
  - Look up at goal
  - Shoot at corners of goal using inside of foot
- Repeat on both sidelines switching feet.

**Kick off (example)**
- Talk to team mates about plan
  - Move ball forward one revolution
  - Pass back to outside back (1) and run forward down line
  - Chip ball down sideline to forward (2)

**Corner Kick (example)**
- Talk to team mates about plan
  - Kick ball toward goal (in air)
  - Team mates shield opponents
  - 1 touch or 2 touch into goal

**Challenge**
- Add passive opposition (practice shielding back to opponent)
- Opponent tries to steal ball on throw in
- Opponent challenges all the way to goal
- Opponent steals ball and heads to opposite goal
- Add passive opponent in front of goal

**Challenge**
- Opponent tries to annoy
- Opponent tries to steal ball
- Opponent steals ball and clears ball down the sideline

**Challenge**
- Opponent tries to steal ball
Game-like Scenarios

( restarts)

**Free Kick near goal (defend)**
- Talk to team mates about plan
- Kick ball toward team mate
- Along sideline
- Team mate shield opponents
- Choose dribble or pass

**Challenge**
- Add passive opposition
- (practice shielding back to opponent)
- Opponent tries to steal ball
- Add more players
- Repeat on both sides

**Free Kick (attack)**
- Defense form wall quickly
- Determine if Direct or Indirect kick
- Decide to kick up and over or around wall
- Teammates move for openings
- Prepare for rebounds

**Challenge**
- Add Goal Keeper
- Add more players
- Repeat on both sides of field
- Take kick quickly

**Free Kick (example)**
- Talk to team mates about plan
- Kick ball toward team mate
- Along sideline
- Team mate shield opponents
- Choose dribble or pass

**Challenge**
- Add passive opposition
- (practice shielding back to opponent)
- Opponent tries to steal ball
- Add more players
- Repeat on both sides
Exemplar Practice Plans
**Warm-up**  Game (5) Joint/coordination (5) “abs on”  Prepare muscles and nervous system for practice

Min: 0-10

**Joint-by-Joint:** target hips, trunk, shoulders, ankles as used in soccer

- Welcome back game
- Review skills from last week
- Tissues warm up, Players interact

Arm circles on 1 leg shoulders  Planks trunk  90-90 lunge Front of thigh  Down Dog ankles Back of calf  X-leg Toe-touch Back of thigh  Frogs Inside thigh

**Body Coordination:** coordinate movements between body parts

- Upper/lower halves
- R & L sides (arms oppose leg motion in stationary/cuts/hopping)
- swivel hips, stop, defensive shuffle laterally backwards

Ladder run through (basic footwork)

---

**Ball Control /Games (30)**  Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

**Coach:**
1. Set up game situations where players can develop ball control skills while having fun.
2. Say less (< 8 seconds) and let the players do more.

**Players** develop ball control skills by
a) Experiment with the ball, partners (try the inside of foot, try other foot, try stopping and starting, turning etc.).

a) Play fun games
   (slove problems and find success, “what if” my partner moves into the space? etc.)

---

**Soccer Game (15)**  Use ball control skills in a game. Emphasize the positive.

Min: 40-55 + water break

**Challenge**
Emphasize accuracy, then speed. then both

Progressively increase challenge by adding passive, annoying and then game-like opposition

---

**Cool Down (5)**  Repeat Joint-by-Joint  Review: Goal of game day is to try out new skills

Min: 55-60:

Direct parents’ attention to “what to look for” in game
Set-up: 20 x 20 yd. square  

U 6: Practice 1  
Teach: Dribble

Movement Skills:  
Abs on, head up  
Right and Left

Soccer Skills:  
Dribble R and L  
Multiple foot surfaces

Warm-up  
Game (5) Joint/Coordination (5)  
Prepare muscles and nervous system for practice

Min: 0-10  
D: Musical Balls  
On “go”, switch balls  
on “freeze”, do a warm-up movement  
Ladder run through

Min: 10-40 + Water break  
D: Find the coach! (individual)  
Practice: dribbling, head up  
Dribble toward coach  
head up, keep ball close  
Coach picks up ball and throws it  
Retrieve ball, and dribble back to coach

D: Traffic without Passing (individual)  
Practice: dribbling (head up), stop on line  
Players on adjacent sides dribble across the field,  
avoiding each other. When get to the other side, players  
on that side dribble through the middle.

D: Red Light, Green Light, Zoom!  
“Start engines” move ball with sole of foot  
“Green light”: Dribble, keep ball close  
“Red light”: Stop with ball under foot  
“Zoom!” : increase speed with ball  
+ opposition that obstruct dribbler  
+ opposition that shadows  
+ opposition that steal balls  
+ opposition that act like crabs  
and kick balls out of space

Ball Control /Games (30)  
Experiment with ball. Encourage accuracy, speed, possession.

Min: 40-55 + Water break  
4-Goal Game: 3 v 3 in 20 yd square
4 goals, add balls to increase touches  
Use R and L feet, head up, abs on, “zoom”  
If ball goes over side-line  
Restart with a throw-in  
“Arms over head, feet on the ground”  
“down the line toward goal”

Cool Down (5)  
Repeat: Joint-by-Joint  
Review: Look what I can do!

Min: 55-60:  
Direct parents’ and players’ attention to “what to look for” in game
Review: Look what I can do!

Cool Down

Min: 55-60:

Direct parents’ attention to “what to look for” in game
**U 6: Practice 1**

**Teach:** Dribble

**Movement Skills:**
- Abs on, head up
- Right and Left

**Soccer Skills:**
- Dribble R and L
- Multiple foot surfaces

---

**Warm-up**

**Game (5) Joint/coordination (5)**

Prepare muscles and nervous system for practice

- **Min: 0-10**
  - Arm circles
  - Planks
  - Lunge
  - Down dog
  - Toe-Touch
  - Frogs

**D: Musical Balls**

On “go”, switch balls

- on “freeze”, do a warm-up movement

Ladder run through

- Jacks
- Run 1-leg
- Compass hops
- Jog & look
- Swivel, sprint, shuffle
- Distance hops

---

**Ball Control /Games (30)**

Experiment with ball. Encourage accuracy, speed, possession.

- **Min: 10-40 + Water break**

**D: Find the coach!**

(Individual)

*Practice:* dribbling, head up

- Dribble toward coach
  - head up, keep ball close

Coach picks up ball and throws it

Retrieve ball, and dribble back to coach

**D: Traffic without Passing**

(individual)

*Practice:* dribbling (head up), stop on line

Players on adjacent sides dribble across the field, avoiding each other. When get to the other side, players on that side dribble through the middle.

**D: Red Light, Green Light, Zoom!**

“Start engines” move ball with sole of foot

- “Green light”: Dribble, keep ball close

- “Red light”: Stop with ball under foot

- “Zoom!” : increase speed with ball

+ opposition that obstruct dribbler

- opposition that shadows

- opposition that steal balls

- opposition that act like crabs and kick balls out of space

**Soccer Game (15)**

Use ball control skills in a game. Emphasize the *positive.*

- **Min: 40-55 + Water break**

**4-Goal Game:** 3 v 3 in 20 yd square

4 goals, add balls to increase touches

Use R and L feet, head up, abs on, “zoom”

- If ball goes over side-line
  - Restart with a throw-in
  - “Arms over head, feet on the ground”
  - “down the line toward goal”

---

**Cool Down (5)**

Repeat: Joint-by-Joint

**Review:** Look what I can do!

- **Min: 55-60:**

Direct parents’ and players’ attention to “what to look for” in game
U6 Practice Plans
<table>
<thead>
<tr>
<th>Warm-up</th>
<th>Game (5) Joint/co-ordination (5)</th>
<th>Prepare muscles and nervous system for practice</th>
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U : Practice
Teach:
Review:

Movement Skills:

Soccer Skills:

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Prepare muscles and nervous system for practice
Min: 0-10
Arm circles Planks Lunge Down dog Toe-Touch Frogs

Min: 10-40 + Water break
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Use ball control skills in a game. Emphasize the positive.

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**Cool Down (5)**

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U : Practice
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Soccer Skills:

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Set-up: 20 x 20 yd. square

Warm-up Game (5) Joint/coordination (5) Prepare muscles and nervous system for practice
Min: 0-10

Arms circles Planks Lunge Down dog Toe-Touch Frogs

Arm circles Planks Lunge Down dog Toe-Touch Frogs

Joint-by-Joint

Ladder run through

Jacks Run 1-leg Compass hops Jog & look Swivel, sprint, shuffle distance hops

Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.
Min: 10-40 + Water break

Soccer Game (15) Use ball control skills in a game. Emphasize the positive.
Min: 40-55 + Water break

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</tbody>
</table>

Ladder run through  
Jacks  
Run 1-leg  
Compass hops  
Jog & look  
Swivel, sprint, shuffle  
Distance hops

**Ball Control /Games (30)**  
Experiment with ball. Encourage accuracy, speed, possession.

<table>
<thead>
<tr>
<th>Min: 10-40 + Water break</th>
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</table>

**Soccer Game (15)**  
Use ball control skills in a game. Emphasize the *positive.*

<table>
<thead>
<tr>
<th>Min: 40-55 + Water break</th>
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</thead>
</table>

**Cool Down (5)**  
Repeat: Joint-by-Joint  
Review: Look what I can do!

<table>
<thead>
<tr>
<th>Min: 55-60:</th>
</tr>
</thead>
</table>

Direct parents' and players' attention to “what to look for” in game.
U : Practice
Teach:
Review:

**Warm-up**

Game (5) Joint/coordination (5)

Min: 0-10
Arm circles
Planks
Lunge
Down dog
Toe-Touch
Frogs

Min: 10-40 + Water break
Ladder run through
Jacks
Run 1-leg
Compass hops
Jog & look
Swivel, sprint, shuffle
Distance hops

**Ball Control/Games (30)**

Experiment with ball. Encourage accuracy, speed, possession.

Min: 40-55 + Water break

**Soccer Game (15)**

Use ball control skills in a game. Emphasize the positive.

Min: 50-55 + Water break

**Cool Down (5)**

Repeat: Joint-by-Joint
Review: Look what I can do!

Min: 55-60:

Direct parents’ and players’ attention to “what to look for” in game
### Soccer Skills:

- Movement Skills:

- Soccer Skills:

### Warm-up

- Game (5) Joint/coordination (5)

<table>
<thead>
<tr>
<th>Min: 0-10</th>
<th>Arm circles</th>
<th>Planks</th>
<th>Lunge</th>
<th>Down dog</th>
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</table>

- Ladder run through

- Teach:

- Review:

### Ball Control /Games (30)

Experiment with ball. Encourage accuracy, speed, possession.

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<tr>
<th>Min: 10-40 + Water break</th>
<th>Challenge</th>
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- Direct parents’ and players’ attention to “what to look for” in game.

### Soccer Game (15)

Use ball control skills in a game. Emphasize the positive.

<table>
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<tr>
<th>Min: 40-55 + Water break</th>
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</table>

### Cool Down (5)

Repeat: Joint-by-Joint

Review: Look what I can do!

<table>
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<tr>
<th>Min: 55-60:</th>
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</table>

- Direct parents’ and players’ attention to “what to look for” in game.

### Set-up:

- 20 x 20 yd. square
Coach’s choice
practice plan template
for more experienced coaches to incorporate their favorite games and skill progressions within the general practice plan
## Warm-up

**Game (5) Joint/coordination (5)**

Prepared muscles and nervous system for practice

<table>
<thead>
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<th>Min: 0-10</th>
<th>Arm circles</th>
<th>Planks</th>
<th>Lunge</th>
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## Ball Control /Games (30)

Experiment with ball. Encourage accuracy, speed, possession.

| Min: 10-40 + Water break | Planks | Lunge | Down dog | Toe-Touch | Frogs | Planks | Lunge | Down dog | Toe-Touch | Frogs | Planks | Lunge | Down dog | Toe-Touch | Frogs |
|--------------------------|--------|-------|----------|-----------|-------|--------|-------|----------|-----------|-------|--------|-------|----------|-----------|-------|--------|

## Soccer Game (15)

Use ball control skills in a game. Emphasize the positive.

|--------------------------|--------|-------|----------|-----------|-------|--------|-------|----------|-----------|-------|--------|-------|----------|-----------|-------|--------|

## Cool Down (5)

Repeat: Joint-by-Joint

Review: Look what I can do!

| Min: 55-60: | Planks | Lunge | Down dog | Toe-Touch | Frogs | Planks | Lunge | Down dog | Toe-Touch | Frogs | Planks | Lunge | Down dog | Toe-Touch | Frogs |
|-------------|--------|-------|----------|-----------|-------|--------|-------|----------|-----------|-------|--------|-------|----------|-----------|-------|--------|

### Direct parents' and players' attention to “what to look for” in game
**Warm-up**  
Game (5) Joint/coordination (5)  
Prepare muscles and nervous system for practice

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Experiment with ball. Encourage accuracy, speed, possession.

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**Cool Down (5)**  
Joint-by-Joint  
Review: Look what I can do!

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U8  Practice Plans
Warm-up Game (5) Joint/coordination (5)  Prepare muscles and nervous system for practice

Min: 0-10  Arm circles  Planks  Lunge  Down dog  Toe-Touch  Frogs  Joint-by-joint

Ladder run through  Jacks  Run 1-leg  Compass hops  Jog & look  Swivel, sprint, shuffle  Distance hops

Ball Control /Games (30)  Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

Soccer Game (15)  Use ball control skills in a game. Emphasize the positive.

Min: 40-55 + Water break

Cool Down (5)  Repeat: Joint-by-Joint  Review: Look what I can do!

Min: 55-60: Direct parents’ and players’ attention to “what to look for” in game
U : Practice
Teach:
Review:

Movement Skills:

Soccer Skills:

Warm-up
Game (5) Joint/coordination (5)
Prepare muscles and nervous system for practice

Min: 0-10
Arm circles
Planks

Lunge
Down dog
Toe-Touch
Frogs

Jacks
Run 1-leg
Compass hops
Jog & look
Swivel, sprint, shuffle
Distance hops

Ladder run through

Ball Control /Games (30)
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Min: 10-40 + Water break

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Cool Down (5)
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| Soccer Game (15) | Use ball control skills in a game. Emphasize the positive. |
| Min: 40-55 + Water break | | |

| Cool Down (5) | Repeat: Joint-by-Joint Review: Look what I can do! |
| Min: 55-60: | Direct parents’ and players’ attention to “what to look for” in game |
**U : Practice**

**Teach:**

**Review:**

**Movement Skills:**

**Soccer Skills:**

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**Warm-up**  
**Game (5) Joint/coordination (5)**  
Prepare muscles and nervous system for practice

**Min:** 0-10  
**Arm circles**  
**Planks**  
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**Jacks**  
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**Ball Control /Games (30)**  
Experiment with ball. Encourage accuracy, speed, possession.

**Min:** 10-40 + Water break

**Challenge**

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**Soccer Game (15)**  
Use ball control skills in a game. Emphasize the *positive.*

**Min:** 40-55 + Water break

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**Cool Down (5)**  
Repeat: Joint-by-Joint  
**Review:** Look what I can do!

**Min:** 55-60:

Direct parents’ and players’ attention to “what to look for” in game
### Warm-up

**Game (5) Joint/coordination (5)**  
Prepare muscles and nervous system for practice  
Min: 0-10  
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- Toe-Touch  
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### Ball Control /Games (30)

Experiment with ball. Encourage accuracy, speed, possession.  
Min: 10-40 + Water break  
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- Teach:  
- Review:  
- Movement Skills:  
- Soccer Skills:  
- Challenge

### Soccer Game (15)

Use ball control skills in a game. Emphasize the positive.  
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**Ball Control /Games (30)**

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Challenge

- Min: 0-10
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Movement Skills:

Soccer Skills:

Warm-up

Game (5) Joint/coordination (5)

Prepare muscles and nervous system for practice

Set-up: 20 x 20 yd. square

Min: 0-10

Arm circles

Planks

Lunge

Down dog

Toe-Touch

Frogs

Jacks

Run 1-leg

Compass hops

Jog & look

Swivel, sprint, shuffle

Distance hops

Ladder run through

Challenge

Ball Control /Games (30)

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Repeat: Joint-by-Joint

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Coach’s choice
practice plan template
for more experienced coaches to incorporate their favorite games and skill progressions within the general practice plan
**U : Practice**

**Soccer Skills:**

**Movement Skills:**

**Warm-up**

**Game (5) Joint/coordination (5)**

Prepare muscles and nervous system for practice

- Min: 0-10
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  - Frogs

- Min: 55-60:
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**Ball Control /Games (30)**

Experiment with ball. Encourage accuracy, speed, possession.

- Min: 10-40 + Water break
  - Run 1-leg
  - Compass hops
  - Jog & look
  - Swivel, sprint, shuffle distance hops
  - Ladder run through
  - Jacks
  - Toe-Touch

**Soccer Game (15)**

Use ball control skills in a game. Emphasize the positive.

- Min: 40-55 + Water break

**Cool Down (5)**

Repeat: Joint-by-Joint

- Min: 55-60:
  - Direct parents’ and players’ attention to “what to look for” in game

Review: Look what I can do!
U : Practice
Teach: 
Review: 

Movement Skills:

Soccer Skills:

**Warm-up** Game (5) Joint/coordination (5)
Min: 0-10
Set-up: 20 x 20 yd. square

Prepare muscles and nervous system for practice

Min: 10-40 + Water break

**Ball Control /Games (30)**
Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

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Use ball control skills in a game. Emphasize the positive.

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Repeat: Joint-by-Joint
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Direct parents’ and players’ attention to “what to look for” in game

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U10  Practice Plans
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**Ball Control /Games (30)**  
Experiment with ball. Encourage accuracy, speed, possession.  
**Challenge**

**Soccer Game (15)**  
Use ball control skills in a game. Emphasize the positive.

**Cool Down (5)**  
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Min: 55-60: Direct parents' and players' attention to “what to look for” in game
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Game (5) Joint/coordination (5)
Prepare muscles and nervous system for practice

Min: 0-10
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Ladder run through
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Ball Control /Games (30)
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**U : Practice**
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**Warm-up**
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Prepare muscles and nervous system for practice

**Min: 0-10**
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**Min: 55-60**
- Repeat: Joint-by-Joint

**Challenge**

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**Min: 10-40 + Water break**
- Ladder run through
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Use ball control skills in a game. Emphasize the positive.

**Min: 40-55 + Water break**

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**Cool Down (5)**
- Repeat: Joint-by-Joint
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Game (5) Joint/coodination (5)

Min: 0-10

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Repeat: Joint-by-Joint
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Min: 40-55 + Water break

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Review: Look what I can do!

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Direct parents' and players' attention to "what to look for" in game
Warm-up  Game (5) Joint/co-ordination (5)
Min: 0-10
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- Planks
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Ball Control /Games (30)
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Soccer Skills:

Soccer Game (15)
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Cool Down (5)
Min: 55-60:
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Warm-up Game (5) Joint/coordination (5)
Prepare muscles and nervous system for practice

Min: 0-10
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Min: 40-55 + Water break

Cool Down (5)
Repeat: Joint-by-Joint  Review: Look what I can do!

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<th>Exercise</th>
<th>Min: 0-10</th>
<th>Game (5)</th>
<th>Joint/coordination (5)</th>
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### Ball Control /Games (30)

Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

### Soccer Game (15)

Use ball control skills in a game. Emphasize the positive.

Min: 40-55 + Water break

### Cool Down (5)

Repeat: Joint-by-Joint

Review: Look what I can do!

Min: 55-60:

Direct parents' and players' attention to "what to look for" in game.
**U : Practice**

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<th>Teach:</th>
<th>Review:</th>
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**Warm-up**

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**Soccer Game (15)**

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**Cool Down (5)**

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Game-like Scenarios 3v3, 4v4, 5v5

Help players recognize these three conditions “what do you do if”
1. Your team has possession of ball
2. Opponents have possession of ball
3. Possession is in transition

Your team has possession of ball
- Spread out
- Keep possession by accurately passing and receiving
- Move toward opponent’s goal, pass forward if possible

The opponents have possession of ball
Close in, make playing area small
- Add pressure (move toward ball)
- Delay opponent (give your team time to back you up)
- Herd toward side lines (keep opponent away from goal)
- Be goal-side of opponent: Put your body between opponent and your goal
  - Mark tight when close to ball
  - Mark looser when away from ball

Transition

If regaining possession
Player with ball advances ball toward goal
Players near ball move into position to receive a pass
Players away from ball, spread out

If losing possession
Nearest player pressures the ball
Teammates move behind the ball to take advantage of opponents’ mistakes (garbage collection)