



“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 foot-ball, 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



Coaching “Cues”

“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



Planks

Stabilize trunk (be a plank)
align shoulders hips and ankles

90-90 lunge



Front view

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



Side view

Front view

Toe-touch (back of thigh)

Shift hips back as
Reach for toes
Bring belly-button to pelvis
Motion at hip not spine

Down-dog ankles



Knee: straight bent

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



Frogs

Squat with knees out to sides
Push out on inside of thighs
with elbows, keep trunk stable

Basics: Joint by joint

Shoulders and Trunk

“abs on” arm circles

Coaching “Cues”



“abs on” arm circles

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

“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

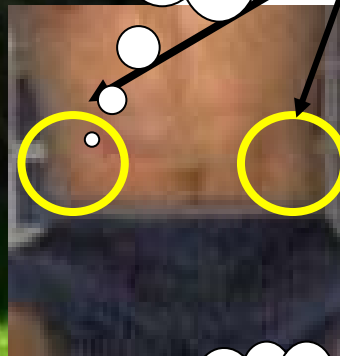
Are they on?

If abs on, muscle feels hard
If abs are off, area feels mushy

Feel the difference in arm and leg speed when abdominals 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

Trunk

Coaching “Cues”

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

Strengthen muscles controlling
shoulder and shoulder girdle

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

Side Plank



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

Keep elbow under shoulder



Basics: Joint by joint

Hips and Knees: Front

90-90 lunge

“abs on”



90-90 Lunge

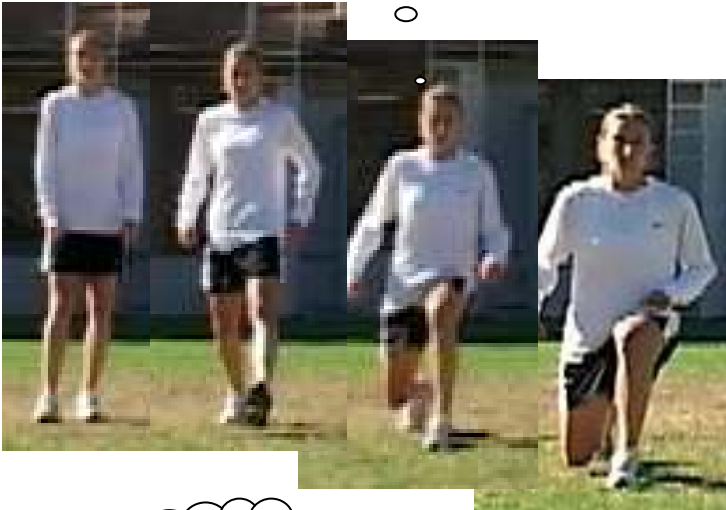
Stabilize trunk (“abs on”)

Back leg: knee 90 degrees
thigh vertical

Front leg: knee 90 degrees
thigh horizontal

*Keep knees aligned with ankle
and hips*

stand step drop push



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)

“abs on”

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

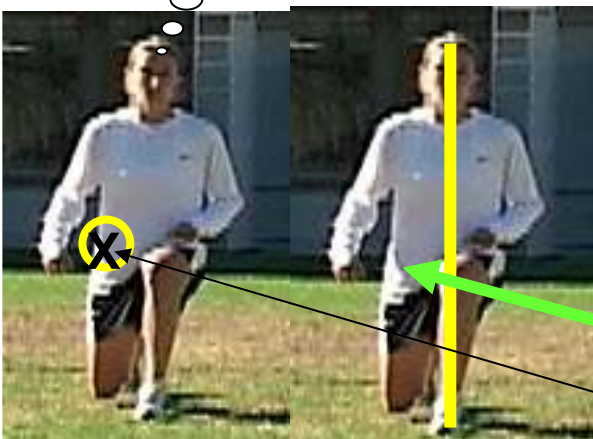
Modifications:

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

Coaching “Cues”

Toe-touch

Variations: no X, X-leg



Side view



Front view

Toe-touch (back of thigh)

Shift hips back as

Reach for 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

Coaching "Cues"

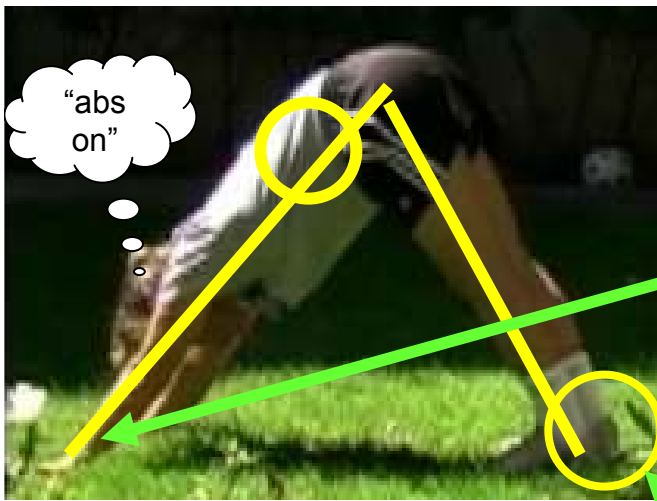
Down-dog ankles



Knee: straight bent

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,



Down dog ankle stretch

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

Frogs

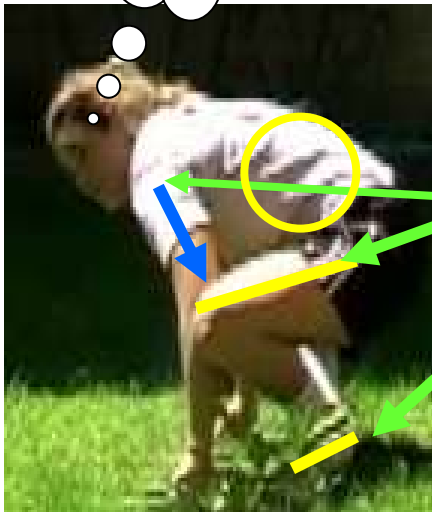


Coaching “Cues”

Frogs

- Squat with knees out to sides
- Pull thighs outward with hip muscles
- Push out on inside of thighs with elbows, keep trunk stable
- Hold position by keeping hip muscles on

“abs on?”



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



Abs
On?

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)



Abs
On?

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



Abs
On?

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

Increase challenge by:

- Look over right shoulder then switch to left shoulder
- Run faster
- Slow down and speed up



Swivel hips

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)

Increase challenge by

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



Sprint

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



Stop

Shuffle back



Hop forward,

Goal: generate speed forward (not upward)

Increase challenge:

- hop on one foot 5x
- Repeat on other foot 5x

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 horizontal distance
- Increase speed

- If can maintain technique Increase hop number to 8 x



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

Examples

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?”



Stance leg:

Foot points toward target

Foot placed near ball

Arms are used to balance body by counteracting swing leg motion

Swing leg:

Hip rotates outward

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

“abs on?”



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

Pass with inside of foot

What if?



Stance
foot
close
to ball

Stance
leg:

Foot points toward target

Foot placed near ball

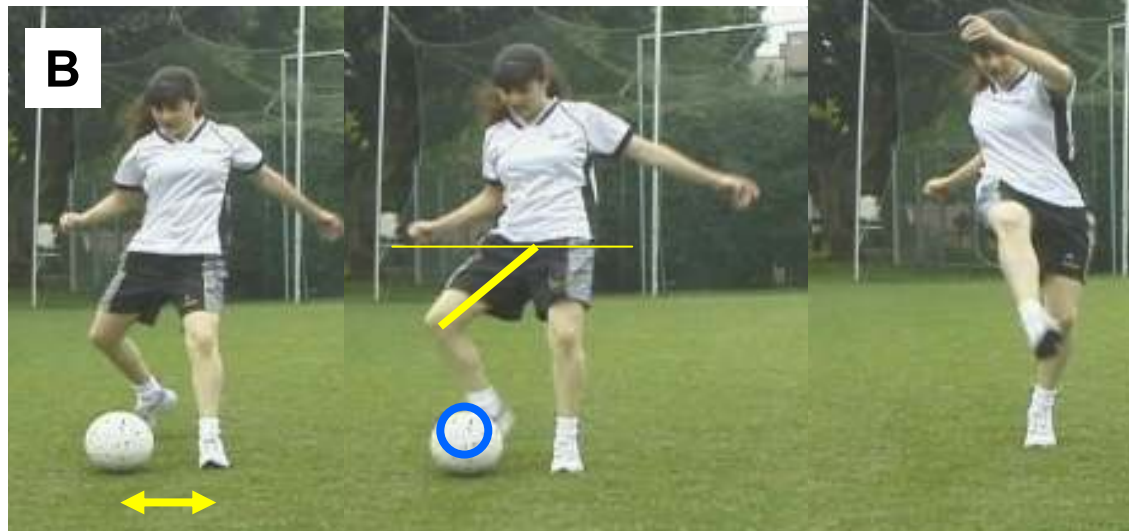
Arms are used to balance body by counter acting swing leg motion

Swing
leg:

Hip rotates outward

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

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

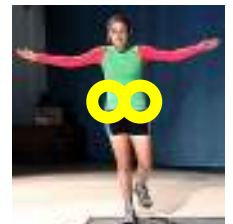
Balance on 1-leg, trunk control, leg-arm motion

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”



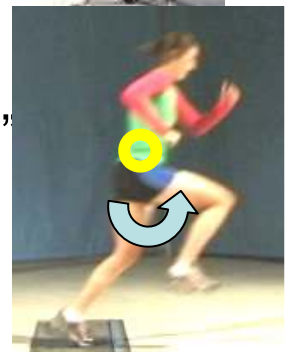
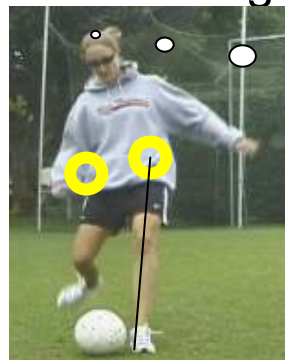
Add whole body movement

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)

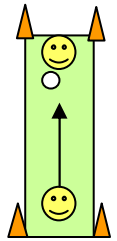
Receiving: Basics (Video clips)

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



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

Coaching cues

To Passer:

“Find “open” feet” before pass

“Head up” Know your options

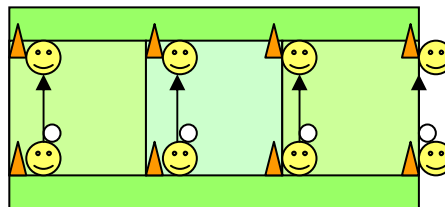
To Receiver:

“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, 10m, 15m)



☺ 2 players
○ 1 ball
▲ player at each cone

Levels 3-5 (receiver moves)

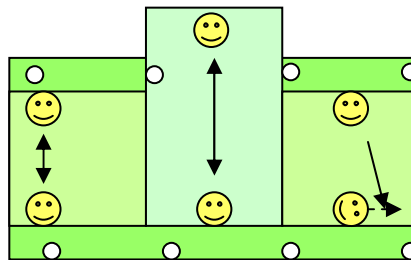
2 touch w/ checking in

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

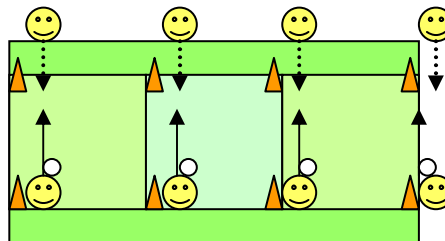
Add checking

Look over shoulder
before receiving ball



15 steps

5 steps (~5 m)



Checking:

Receiver runs to space where they want to receive the 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

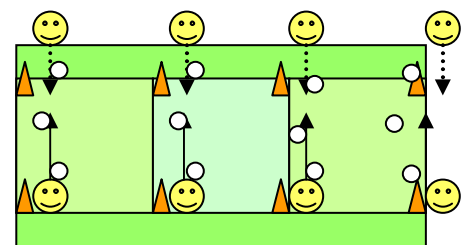
Look over shoulder as checking - before receiving ball

2 touches – trap w/ chest

Add checking

Look over shoulder as checking - before receiving ball

1 touch- head ball upwards, downwards



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

	Dribbling	Passing	Receiving
Movement Basics	<p><i>Trunk control “abs on”</i> 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</p>	<p><i>Trunk control “abs on”</i> Hopping for distance R,L Pass using all foot surfaces: laces, inside, outside Lock foot and ankle (rigid) M: Throw in Dodge Ball</p>	<p><i>Trunk control “abs on”</i> Bellybutton behind ball R,L Receive using inside of foot, matching foot speed with ball speed M: Keep Away</p>
Low Accuracy Then Speed	<p>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>	<p>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</p>	<p>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</p>
Medium Add speed + opposition	<p>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>	<p>P/R: Short, short, long P/R: Ordered Passing P/R: Turn and shoot P/R: Lane Passing P/R: Triangle-pass & move</p>	<p>P/R: Short, short, long P/R: Lane Passing P/R: Ordered Passing P/R: Turn and shoot P/R: Triangle-pass & move</p>
High Game-like	<p>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>	<p>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>	<p>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>

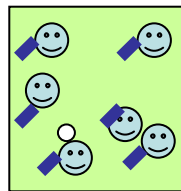
Movement Basics (M)

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.

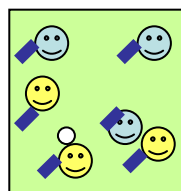
Substitute hops for another task (planks, juggle ball, run the ladder etc.)

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.

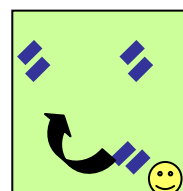
One player is chased by the tag-ER.

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

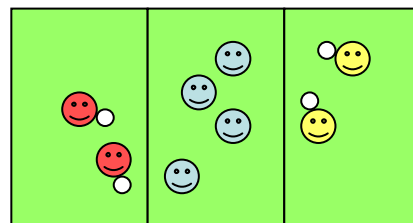
Practice: change directions, throw in, abs on, receive ball

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)

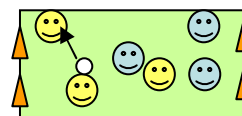
Practice: movement off ball, change directions, teamwork

Pass ball with hands to teammates

without getting tagged by the other team.

Score by volleying ball through goal.

No Keepers.



Stop play to show
Players behind
defender is NOT open

Movement Basics (M)

↑ Challenge

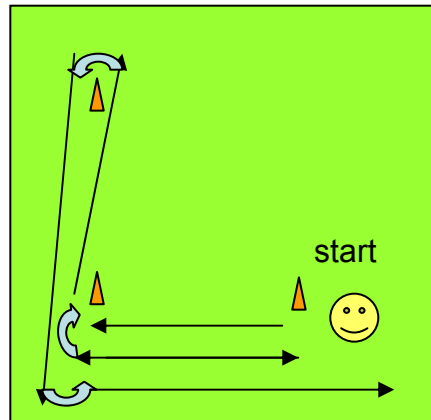
M: Three Cones (individual/team relay)

Practice: speed, turns

Up and back

Figure 8 and back to start

Repeat with ball (dribble)



Work toward maintaining speed through the turns

“Abs on”

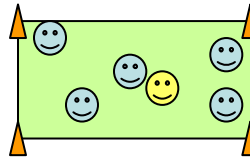
Coordinate arms and legs

Modify run: get low, shuffle
Skip, try backwards

M: Freeze Tag (individual)

Practice: speed, turns

If tagged, stand on or hop on one leg until freed by teammate.



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

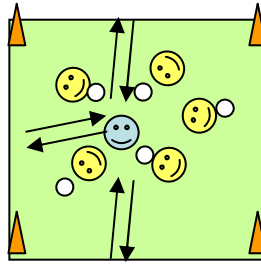
Jump in place (like jumping rope)

Dribbling (D)

↑ Challenge

D: Find the coach! (individual)

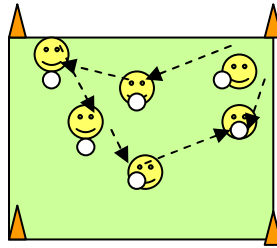
Practice: head up, all foot surfaces
Dribble toward coach
head up, keep ball close
Coach picks up ball and throws it
Retrieve ball, and dribble back to coach



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

D: Snake (individual/team)

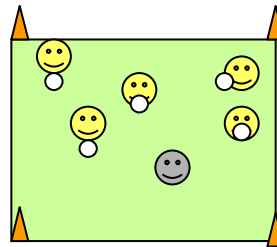
Practice: head-up, turns, team movement
Dribble following person in front of you
Try what they are doing.
“switch” leader (head) dribbles to tail



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

D: Musical Balls (individual)

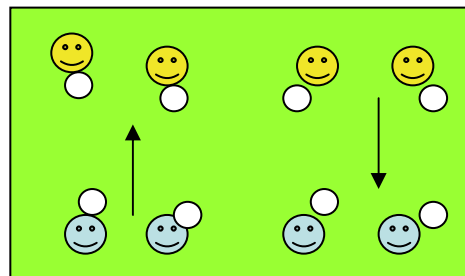
Practice: head up, stop, change directions
On “switch” stop your ball, find another ball.
Remove one ball. If can't find a ball
Hop on R 3x, Hop on L 3x until next “switch”



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

D: Passing Ships (team)

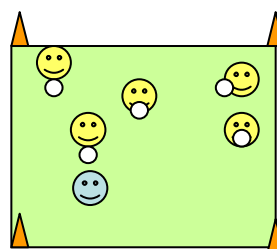
Practice: head up, stop, speed
Each team dribbles to opposite line
First team to stop all balls on
opposite line earns a point



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

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



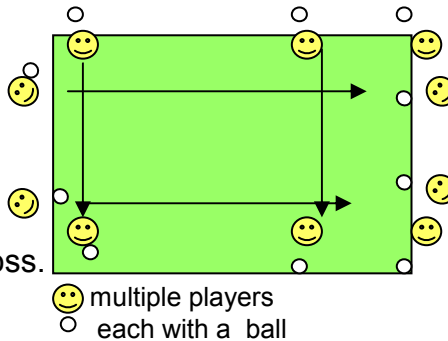
+ opposition that obstruct drbblor
☺ opposition that shadows
opposition that steal balls
opposition that act like crabs
and kick balls out of space

Dribbling (D)

↑ Challenge

D: Traffic without Passing (individual)

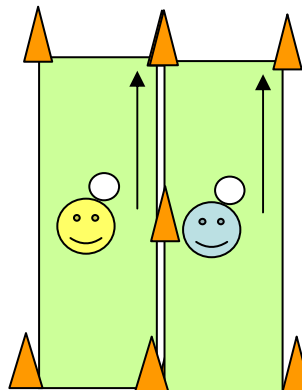
Practice: head up, stop on line
 Players on adjacent sides
 dribble across, avoiding each other.
 Then players on other side dribble across.



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

D: There and back (partners)

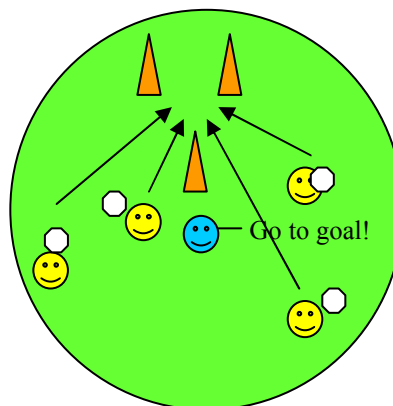
Practice: dribble for speed
 Dribble to cones and back to center
 Stopping ball in center as fast as possible. Repeat R & L



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

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.

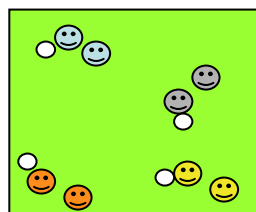


Challenge

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

D: Peter pan shadow (partners)

Practice: shielding
 One leads one follows. Follower shadows.
 Leader tries to lose the follower.

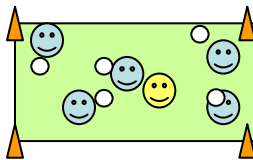


try inside of one foot, L, R
 try outside of one foot, L, R
 try alternating between L and R
 try alternating between inside/outside
 try stopping with sole and going
 try speeding up, turning, making circles

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.

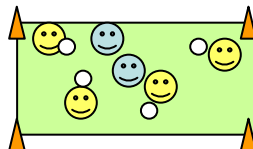


Challenge

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)

D: Crabs (individual) 2-3 players start as crabs.

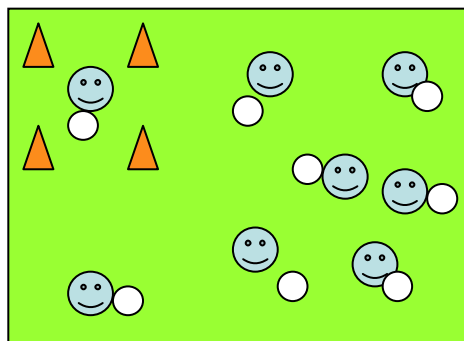
Practice: head up, possession, shielding
Players dribble.
When ball kicked out by crab join them.
Repeat until all players are crabs.



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

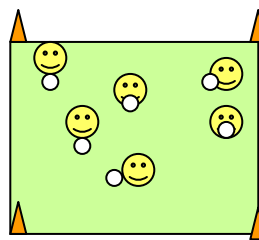
D: Hospital Tag (individual) defined area and hospital

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.



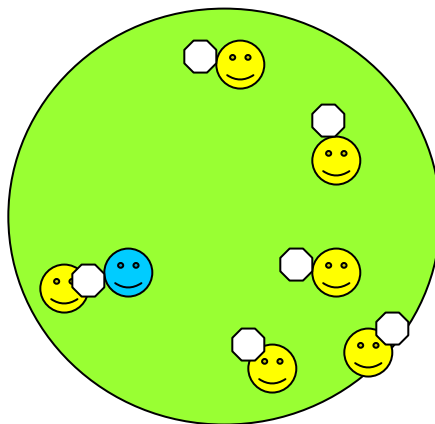
D; King of the Square (individual)

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



Protect your ball by keeping your body between pirate and ball
Use non-preferred foot only
Make circle smaller

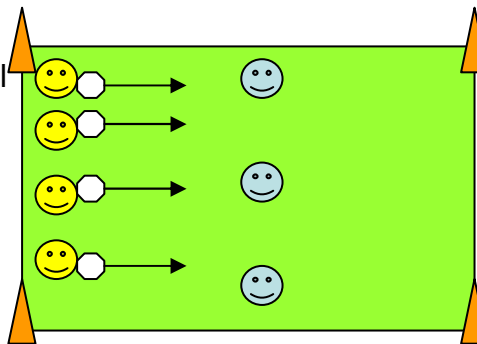
Dribbling (D)

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.



↑ Challenge

When robbers lose their balls, they perform consequence
The robbers must continue to escape the cops until there are only two robbers left.

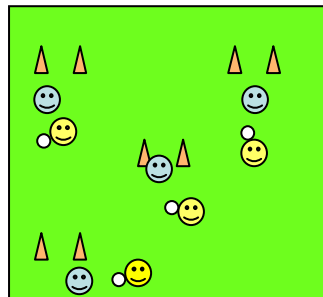
D: Gauntlet (2 teams) 30X30 yards

Practice: head up, change directions

Try to dribble through cones.

Other team tries to defend cones.

1 point for each goal.



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

D: Circle Game (2 teams) 20x40 yard grid,

Practice: speed, change directions, herding

Coach calls out a team color.

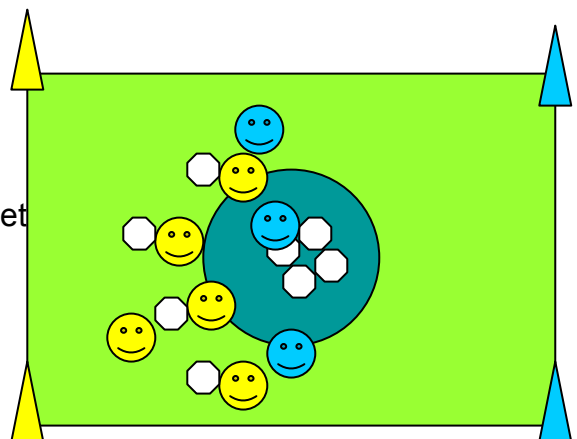
That team will dribble toward center for 10 seconds.

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

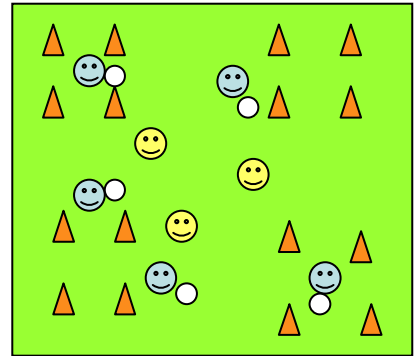
Players dribble ball.

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 player 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.

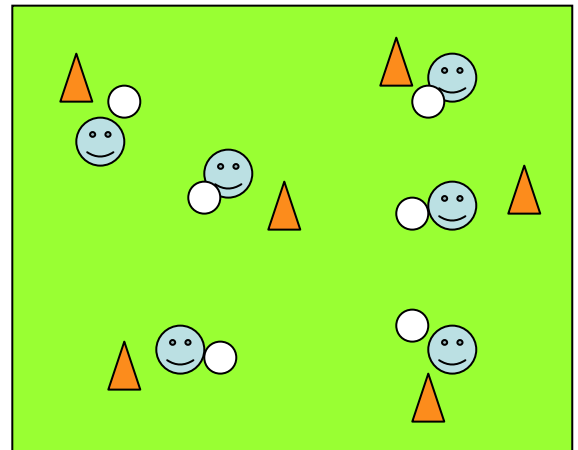
Defend own cone while kicking over other cones.

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)

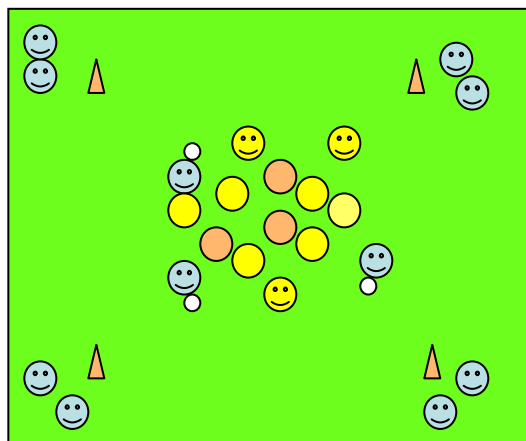
yellow and orange discs in middle.

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"

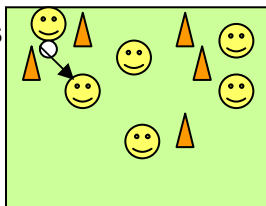
Dribbling/Passing

D/P: Gates Game (partners) Gates: two cones

Practice: Dribbling Passing Accuracy

Points for each time you

Pass to a teammate through a gate



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

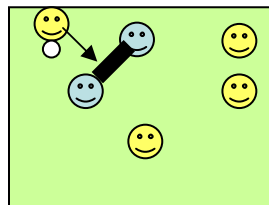
D/P: Moving goal (individual)

Goal: pinnie held between two players

Practice: Dribbling Passing Accuracy

Points for each time you

Pass through goal



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

D/P: Relay Races (two teams)

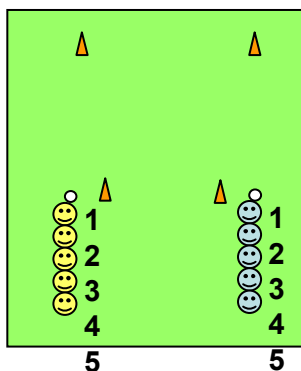
Practice: Dribbling speed, turns

Dribble to the cone, turn,

dribble or pass ball to your teammate.

Run to the back of the line.

First team done wins.



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

D/P: Dribble-to-score

Practice: dribbling vs opposition

Defenders: stay in zone

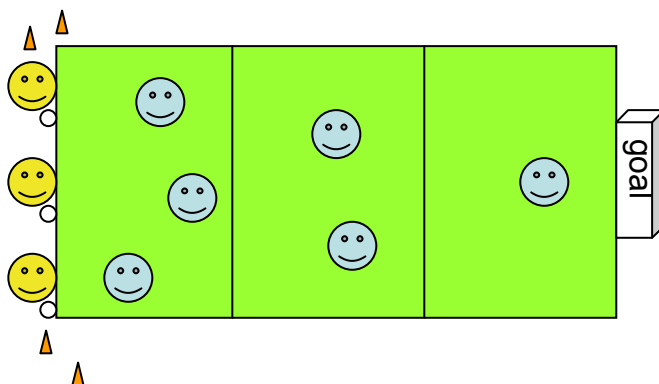
and try to intercept and clear ball

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

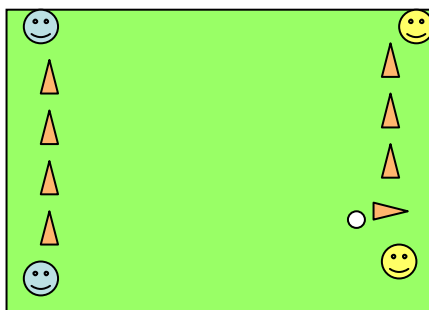


Vary opposition
 passive
 annoying
 game-like
 Steal ball and clear
 To sides through
 cones ▲ ▲

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



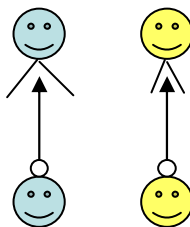
Challenge:

Increase distance between teams

Increase distance between cones

P: Tunnel Passing (partners)

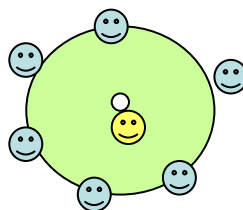
Practice: accuracy
2 players, 10 yds apart
Player with ball passes through legs of partner
Award 1 pt: successful pass



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

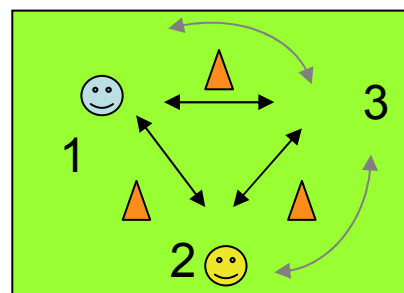
P: SPUD (individual)

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)

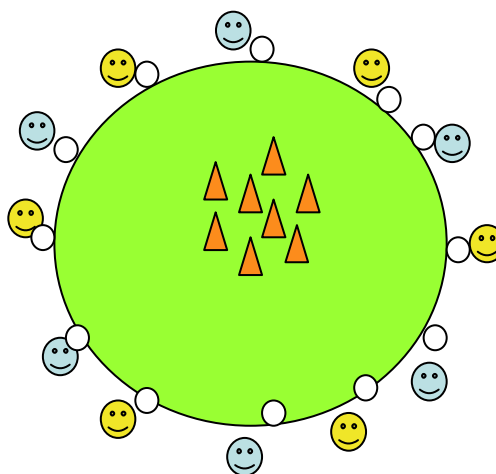
P: Holy Grail (two teams)

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)

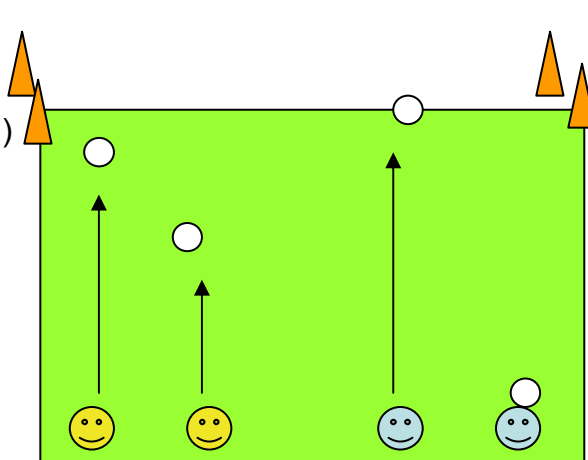
Practice: ball speed, accuracy

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 get points for getting their ball within one yard (distance depends upon ability) of the line without going over.



Challenge

Players play ball with laces, inside of foot, etc.

make an end zone to stop ball in.

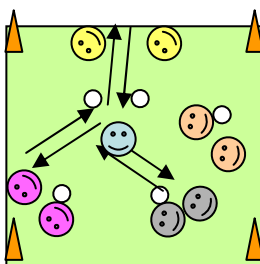
Chase ball and see if can reach line before ball

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



Use both feet

limit touches

Include a back pass etc.

P: Diamond passing (partners)

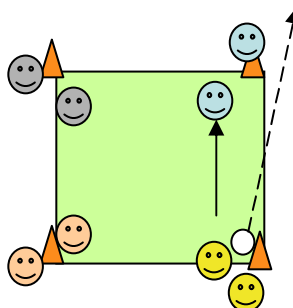
Practice: accuracy, pass & go

pass to next cone

Collect ball with back foot

(foot farthest away from ball;
ball should cross body)

follow your pass to next cone



Skip line, go to 2nd cone

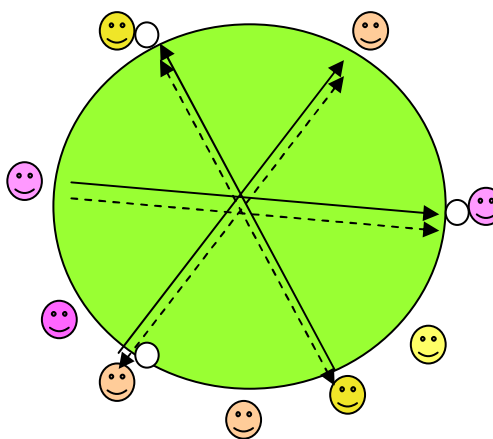
Go both directions

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

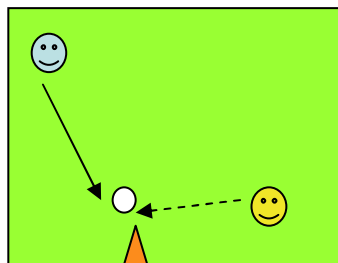
- R & L feet
- 1-touch
- 2-touch
- Add balls
- Dribble
- Alternate
- Pass-dribble
- Make 2 circles
- count successes

Passing/Receiving (P/R)

↑ Challenge

P/R: Behind the ball (partners)

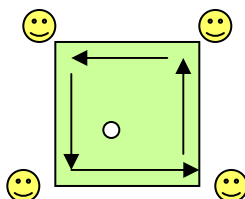
Practice: movement toward ball
 A passes to the cone beside B.
 B moves behind the ball
 And receives the ball before it reaches the cone.
 Go back to original position and pass back to A's cone.
 Repeat.



2-touch
 1-touch
 Both R &
 Decrease distance

P/R: 4 corner relay (2 squares)

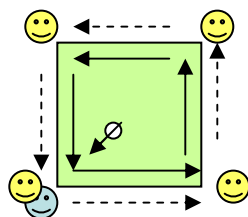
Practice: accuracy, receiving
 Pass ball around square
 Receiving ball with foot farthest from ball
 Complete passes to all 4 corners faster than other square. Repeat, opposite direction



Make square
 Smaller/bigger

P/R: Kick Ball (2 teams)

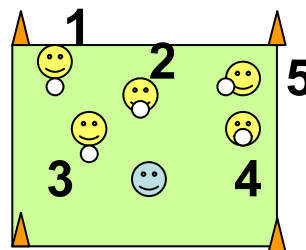
Practice: accuracy, receiving
 Trap ball and pass to bases.
 Beat runner around bases by passing.



Make square
 smaller

P/R: Ordered Passing (groups 3-7)

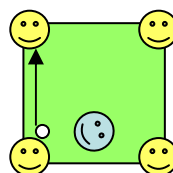
Practice: head up, accuracy, talking, movement off ball
 Assign the players numbers.
 Move around the grid while passing the ball in the assigned numbered order.
 After pass, follow ball.



Make square
 Smaller/bigger

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.



Make square
 bigger/smaller

Passing/Receiving (P/R)

↑ Challenge

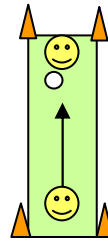
P/R: Lane Passing (partners) 10 yds. apart

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.



Add distance
Between players

“check in and out”

Move away

“touch cone” ▲

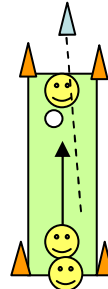
Then toward ball

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

Practice: passing accuracy

Pass the ball to your teammate, then follow

Repeat: R & L, 2-touch, 1-touch, fast as possible



Add distance
Between players

Look away, then receive

“check in and out”



Move away

“touch cone”

Then toward ball

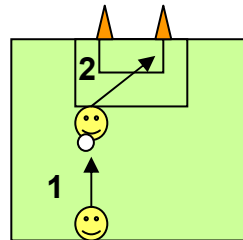
P/R: Turn and Shoot (partner)

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)

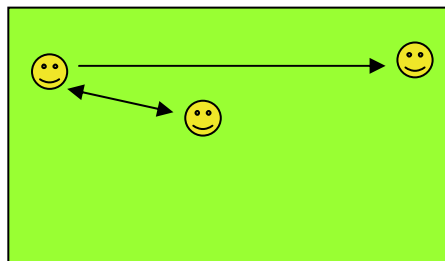
Practice: head up, accuracy, ball speed

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.



Put all groups in a large area.

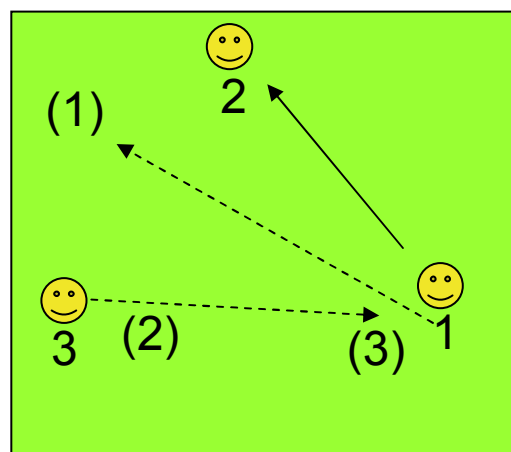
Continue passing, while avoiding the other players and balls.

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



2-touch
1-touch
Both R & L

*(#) location players move to after passing

Receiving (R)

R: Tossed Salad (partners)

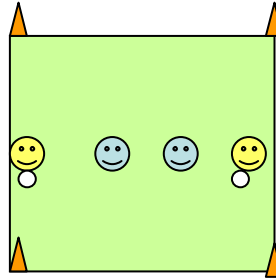
Practice: Receiving all surfaces

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)

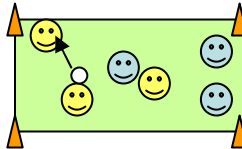
Relay: Group that complete
5 of each type of pass first

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)

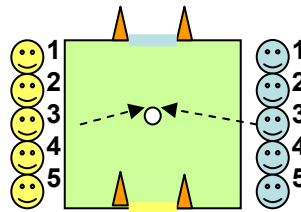
↑ Challenge

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



Limit touches

Call more numbers

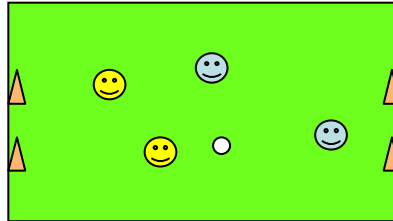
Decrease space

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.



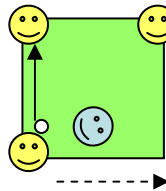
D/P/R: Keep-a-way 3 v. 1

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

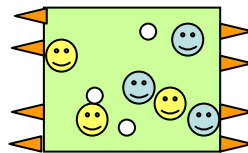
Must be aware of other groups

as well as own

D/P/R: 4 goal game

Teams defend two goals, no keepers

Keep head up, find open goal

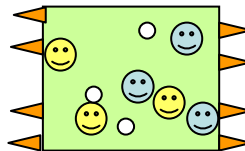


D/P/R: Gatekeepers

Teams defend two goals with keepers

Coaches call out keepers (leave goal)

Keep head up, find open goal

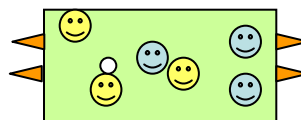


P/R: Small Sided Game (2 teams)

Practice: Passing

Try to score a goal.

Only 2 touches.

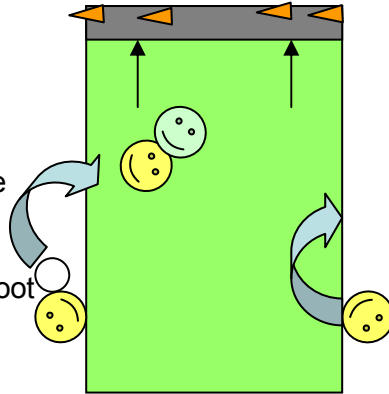


Game-like Scenarios

(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.

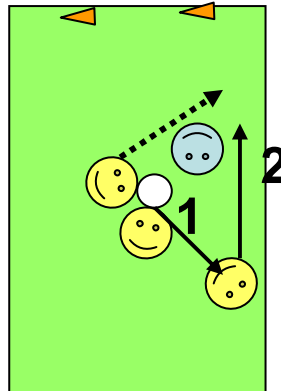


Challenge

- 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

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)

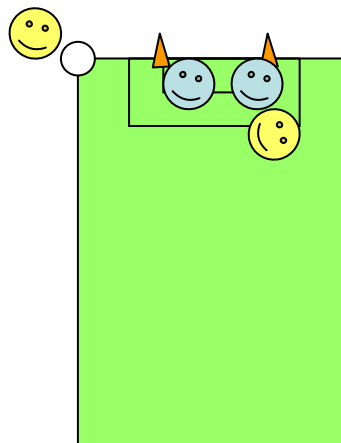


Challenge

- Add passive opposition
- (practice shielding back to opponent)
- Opponent tries to steal ball
- Opponent challenges every pass
- Opponent steals ball and heads to opposite goal

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

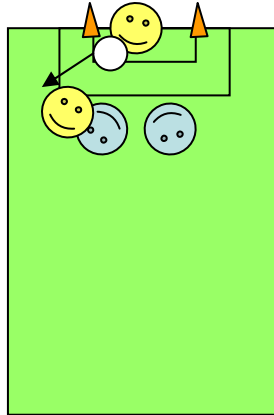
- Add passive person-to-person oppositor
- (practice shielding back to opponent)
- Opponent tries to annoy
- Opponent tries to steal ball
- Opponent steals ball and clears ball down the sideline

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

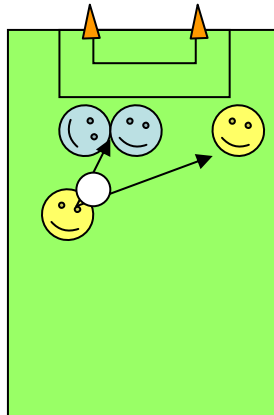


↑ Challenge

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

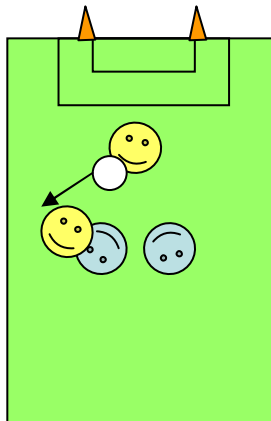


↑ Challenge

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

- 10-0 :
set up
field

U_ : Week: _

Teach: _____

Review: _____

Movement Skills:
Look up while running
Run different directions
Stop and start under control

Soccer Skills:
Move body and ball with head up
Use right (R) and left (L) feet
Use inside and outside of foot

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

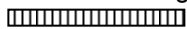
Body Coordination: coordinate movements between body parts

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

↑ **Challenge**

Coach:

1. Set up game situations where players can develop ball control skills while having fun.

Set age appropriate challenges

2. Say less (< 8 seconds) and let the players do more.

Divide skills into parts, then put parts together

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 (solve problems and find success, "what if" my partner moves into the space? etc.)

Emphasize accuracy, then speed.

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

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

Min: 40-55 + water break

↑ **Challenge**

Game scenarios (offensive advantage, transitions)
team with ball +2 players more than opposing team

Emphasize accuracy, then speed. then both

- Restarts
- Throw-in
- Free Kick/Goal Kick
- Corner
- Kick-off
- Direct/Indirect kicks

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:

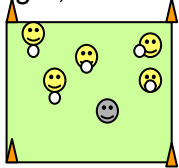
Dribble R and L
Multiple foot surfaces

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

Arm circles 	Planks 	Lunge 	Down dog 	Toe-Touch 	Frogs
Jacks 	Run 1-leg 	Compass hops 	Jog & look 	Swivel, sprint, shuffle 	Distance hops

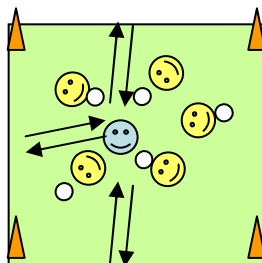
Joint-by-joint

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

Min: 10-40 + Water break

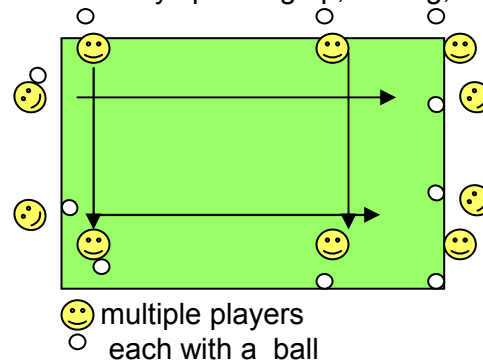
D: Find the coach! (individual)

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



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

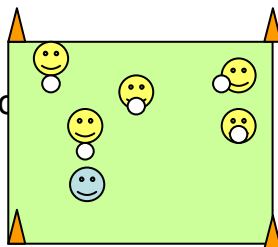


D: Traffic without Passing (individual)

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

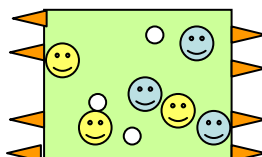


+ opposition that obstruct dribble
☺ opposition that shadows
opposition that steal balls
opposition that act like crabs and kick balls out of space

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

Set-up:
20 x 20
yd.
square

U 6: Practice 1

Teach: Dribble

Movement Skills:

Abs on, head up
Right and Left

Soccer Skills:

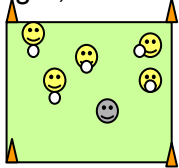
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Multiple foot surfaces

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Min: 0-10

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Ladder run through

Arm circles 	Planks 	Lunge 	Down dog 	Toe-Touch 	Frogs
Jacks 	Run 1-leg 	Compass hops 	Jog & look 	Swivel, sprint, shuffle 	Distance hops

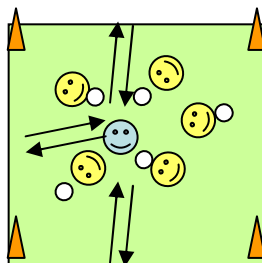
Joint-by-joint

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

Min: 10-40 + Water break

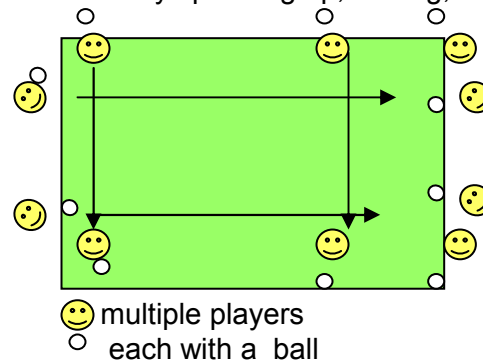
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Practice: dribbling, head up
Dribble toward coach
head up, keep ball close
Coach picks up ball and throws It
Retrieve ball, and dribble back to coach



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

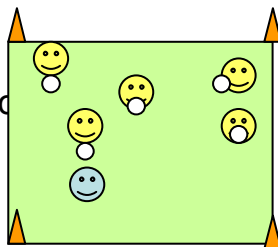


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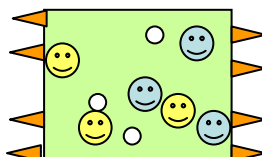


+ opposition that obstruct dribble
😊 opposition that shadows
opposition that steal balls
opposition that act like crabs and kick balls out of space

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

Set-up:
20 x 20
yd.
square

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



Joint-by-joint



Jacks



Run 1-leg



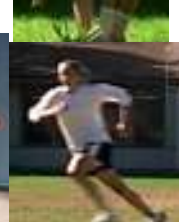
Compass hops



Jog & look



Swivel, sprint, shuffle distance hops



Ladder run through

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

Min: 10-40 + Water break

Challenge

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

Min: 40-55 + Water break

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Min: 0-10

Arm circles



Planks



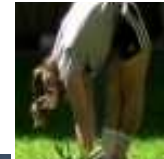
Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



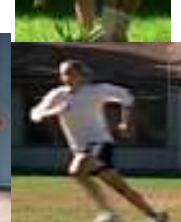
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yd.
square

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Teach:
Review:

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Soccer Skills:

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Min: 0-10

Arm circles



Planks



Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



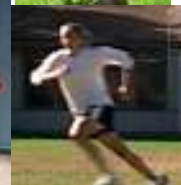
Compass hops



Jog & look



Swivel, sprint, shuffle distance hops



Ladder run through

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Set-up:
20 x 20
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square

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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



Joint-by-joint



Jacks



Run 1-leg



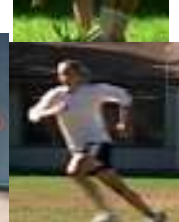
Compass hops



Jog & look



Swivel, sprint, shuffle distance hops



Ladder run through

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Min: 40-55 + Water break

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Min: 55-60:

Direct parents' and players' attention to "what to look for" in game

Set-up:
20 x 20
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square

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



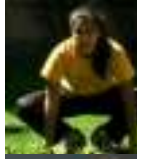
Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



Compass hops



Jog & look



Swivel, sprint, shuffle distance hops



Ladder run through

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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



Joint-by-joint



Jacks



Run 1-leg



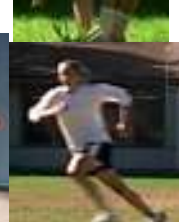
Compass hops



Jog & look



Swivel, sprint, shuffle distance hops



Ladder run through

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

Min: 10-40 + Water break

Challenge

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

Set-up:
20 x 20
yd.
square

U : Practice

Teach:
Review:

Movement 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



Lunge



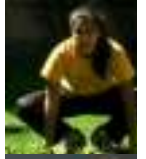
Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



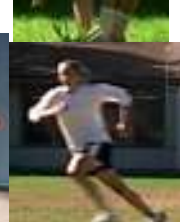
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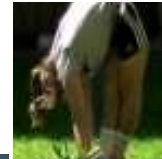
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Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



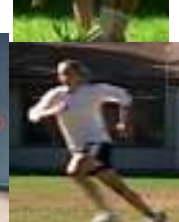
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U8 Practice Plans

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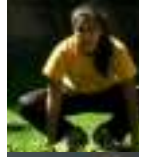
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Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



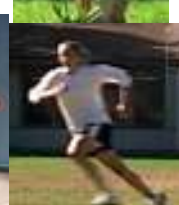
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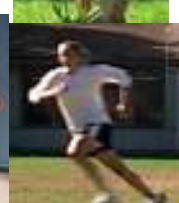
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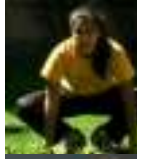
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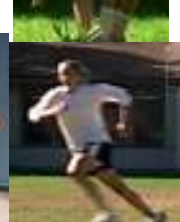
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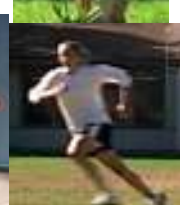
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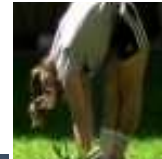
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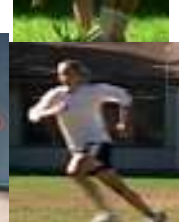
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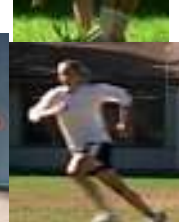
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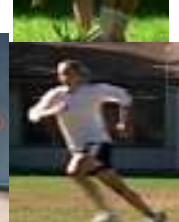
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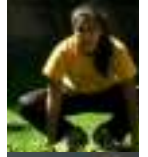
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Frogs



Joint-by-joint



Jacks



Run 1-leg



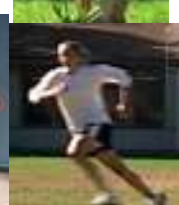
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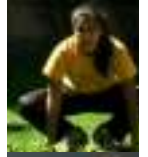
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Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



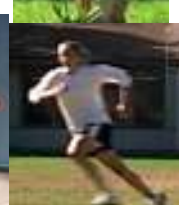
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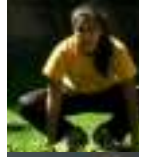
Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



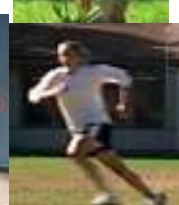
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Toe-Touch



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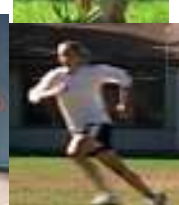
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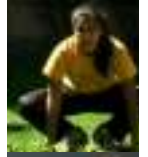
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Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



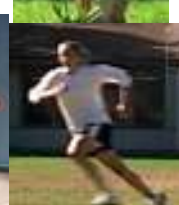
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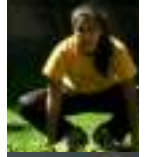
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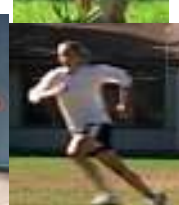
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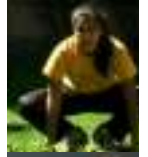
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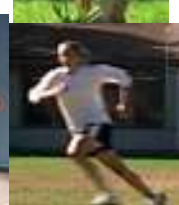
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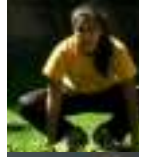
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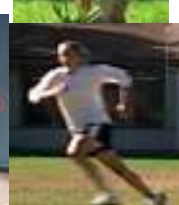
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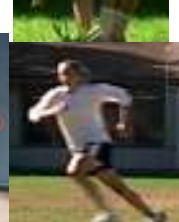
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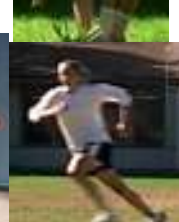
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Soccer Skills:

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

Min: 0-10

Arm circles



Planks



Lunge



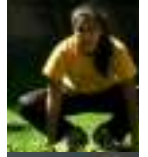
Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



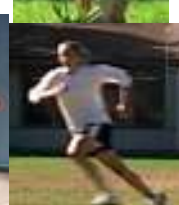
Compass hops



Jog & look



Swivel, sprint, shuffle distance hops



Ladder run through

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

Min: 10-40 + Water break

Challenge

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

Coach's choice practice plan template

for more experienced coaches to incorporate
their favorite games and skill progressions
within the general practice plan

Set-up:
20 x 20
yd.
square

U : Practice

Teach:
Review:

Movement Skills:

Soccer Skills:

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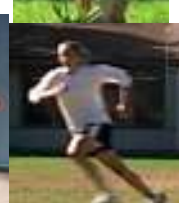
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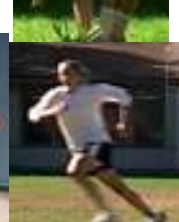
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Game-like Scenarios 3v3, 4v4, 5v5

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)