Warm-up (10)

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

Encourage activation of abdominals before initiating movement

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

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 zig-zag backwards

Ladder run through (basic footwork/trunk leg coordination)

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

Coach:
1. Set up game situations where players can develop ball control skills while having fun.
2. Game rules in < 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.).
b) Play fun games (solve problems and find success, “what if” my partner moves into the space? etc.)

Challenge
- The goal is to keep the players engaged in the Process of learning.
- Initially one game is provided with lots of variations
- Gradually two-three Games are provided.
- The coach can decide during practice whether to shift gears or stick with a particular game
- Set age/skill appropriate challenges
- Divide skills into parts, then put parts together
- 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.

Field length: # on offense X 10 yds
Field Width:
- Advantage to offense, increase width
- Advantage to defense, decrease width

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

Increase pressure (decrease field area)
- Game scenarios (offensive advantage, transitions)
- team with ball +2 players more than opposing team
- 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

Direct parents’ attention to “what to look for” in game

Min: 0-10: set up field
Min: 10-40: Water break
Min: 40-55: Water break
Min: 55-60:

Review: Goal of game day is to try out new skills

Movement Skills:
- Look up while running
- Change directions
- Stop and start under control

Soccer Skills:
- head up, keep possession
- Use right (R) and left (L) feet
- Move body behind the ball
Welcome Back Game Review Skills Learned

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

Joint-by-Joint (2.5 minutes) to target joints often used in soccer

- Arm circles on 1 leg shoulders
- X-leg
- Down Dog
- Planks/Bugs
- 90-90 lunge
- Frogs
- Back of calf
- Fish
- Front of thigh
- Fish
- Trunk
- Fish
- Hips
- Arm circles on 1 leg shoulders
- X-leg
- Down Dog
- Planks/Bugs
- 90-90 lunge
- Frogs
- Back of calf
- Fish
- Front of thigh
- Fish
- Trunk
- Fish
- Hips

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

Joint-by-Joint (2.5 minutes) to target joints often used in soccer

- Arm circles on 1 leg shoulders
- X-leg
- Down Dog
- Planks/Bugs
- 90-90 lunge
- Frogs
- Back of calf
- Fish
- Front of thigh
- Fish
- Trunk
- Fish
- Hips

Welcome Back Game Review Skills Learned

Ball Control /Games (30) Make friends with ball. Rules encourage accuracy, speed, possession.

Min: 10-40 + Water break

Challenge

Play Games: with rules that
- accuracy,
- speed,
- grace under pressure from opposition.

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

Field Set-up Key

- grids
- ball
- cone
- Path of ball
- Path of player
- Player on team with ball
- Player on team without ball

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

Min: 40-55 + Water break

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

Incorporate teaching of restarts as part of game
- Throw-in
- Free Kick/Goal Kick
- Corner
- Kick-off
- Direct/Indirect kicks

Challenge

- Emphasize accuracy, then speed.
- Decrease time and space
- Progressively increase challenge by adding passive, annoying and then game-like opposition

Cool Down (5) Repeat Joint-by-Joint

Min: 55-60:

Direct parents’ attention to “what to look for” in game

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

**Passing (video clips)**

- Inside L Foot
- Inside R Foot
- Outside L Foot
- Outside R Foot
- Volley L Foot
- Volley R Foot
- Head upward
- Head downward

**Receiving: Basics (Video clips)**

**Progression:**
- Body stationary
- Then move body to ball or into space ("check in")

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

**Website:** Electronic Versions and video clips

http://www.usc.edu/dept/LAS/kinesiology/biomech/AAF%20project/projgoals.html
U6 Practice Plans

**U 6: Practice 1**
Teach: Dribble “ball close”
“Freeze” = stop & listen

P: Treasure Hunt
P: Tunnel Passing
P/R: Lane Pass & Go

**U 6: Practice 5**
Teach: pass & GO!
Review: find target

P: Tunnel Passing
P/R: Lane Pass & Go

**U 6: Practice 2**
Teach: Dribble Head up
Review: Dribble: L & R, stop

P: Circle follow pass
P: Edge of world

**U 6: Practice 6**
Teach: pass & go
Review: find target

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

**U 6: Practice 3**
Teach: Dribble, shield, shadow
Review: Dribble, head up

D/P: Gates Game
P: Retrieve the ball

**U 6: Practice 7**
Teach: pass & go with partner
Review: pass & go with partner

P/R: 4 corner relay
P: Tunnel Passing

**U 6: Practice 8**
Teach: pass & go, receive
Review: possession: dribble or pass?

Coach’s choice

**U 6: Practice 4**
Teach: pass, find target
Review: protect ball

P: Treasure Hunt
P: Tunnel Passing

**U 8: Practice 9**
Teach:
Review:

**U 8: Practice 10**
Teach:
Review:
Warm-up  Game (5) Joint/coordination (5)  
Min: 0-10  
Tails: use pinnie as tail grab anyone’s tail, protecting your own. If lose tail, run through ladder, Re-join game  

“ab on?”  
Arm circles Toe-touch  
Down dog  
Planks/Bugs/Fish  
90-90 Lunge  
Jacks  
Frogs  

During Game, Coach says “freeze” Players stops  
Warm-up a joint (30s)  

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 in the center head up, keep ball close  
Coach kicks or throw ball away  
Player retrieves ball & dribble back to coach. Repeat.  

Coaching cues:  
“ab on?” turn on abdominal muscles above hips  
“start engines” stand, move ball with sole of foot  
“go” dribble; “zoom” go fast as you can!  
“head up” hold up hand, change # of fingers  
players shout out number  
“stop” stop ball with sole of foot  
“freeze” stop and listen  
(coach demonstrates new challenge)  
Repeat “ab on” “start engines”  

“traffic” dribble anywhere in the box  

Modify: Dribble anywhere  
Replace coach with goals  
Coach or player provides opposition  
obstruct dribbler  
shadow dribbler  
steal balls  
act like crabs  
kick balls away toward corner cones  

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  
Min: 55-60  
“R&L, keep ball close”  
Direct parents’ and players’ attention to “what to look for” in game
U 6 : Practice 2

**Teach:** Dribble Head up

**Review:** Dribble: L & R

---

### Warm-up

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

**Min:** 0-10

**Tails:** use pinnie as tail grab anyone’s tail, protecting your own. If lose tail, run through ladder, Re-join game

---

**Set-up:**

- 20 x 20 yd. square

---

**Prepare muscles and nervous system for practice**

**Min:** 0-10

**Hands:** arm circles, toe-touch

---

**Down dog**

**Planks/Bugs/Fish**

**90-90 Lunge**

---

### Ball Control /Games (30)

**Experiment with ball. Encourage accuracy, speed, possession.**

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

**D: Find the Moving coach! (individual)**

**Practice:** dribbling, head up

Dribble toward coach in the center

- head up, keep ball close
- Coach kicks or throw ball away
- Player retrieves ball & dribble back to coach.
- Repeat. **Coach moves.**

---

### Coaching cues:

- **“abs on?”** turn on abdominal muscles above hips
- **“start engines”** stand, move ball with sole of foot
- **“go”** dribble; **“zoom”** go fast as you can!
- **“head up”** hold up hand, change # of fingers
- players shout out number
- **“stop”** stop ball with sole of foot
- **“freeze”** stop and listen
  - (coach demonstrates new challenge)
- Repeat **“abs on” “start engines”**

- **“traffic”** dribble anywhere in the box
  - Points for each time you dribble through gate

---

### 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: planks, down dog, frogs**

**Min:** 55-60:  **“Head up”**

Direct parents’ and players’ attention to “what to look for” in game
U 6 : Practice 3

Teach: Dribble, shield, shadow

Review: Dribble, head up

Warm-up

Game (5) Joint/coordination (5)

Min: 0-10

D: Musical Balls

On “go”, switch balls

“abs on?”

on “freeze”, do a warm-up move

Arm circles

Dribble, shield, shadow

Down dog

Players stops

Warm-up a joint (30s)

During Game,
Coach says “freeze”

Planks/Bugs/Fish

90-90 Lunge

Joint-by-joint

Ball Control /Games (30)

Min: 10-40 + Water break

D: Pirates! (partners)

Practice: head up, shielding, turns

Everyone with a ball and a “pirate”
Pirates shadow dribbler
Dribbler tries to lose pirate

Pirates become annoying (obstruct)
Pirates try to steal ball
and pass ball into treasure chest
(hit cones on corners)

Line up on one side of “sea”
and face the pirate
Dribble the ball across the “sea”
without losing ball to pirates

If you lose ball to a pirate,
you become a pirate!

Modify: Try to cross the sea!
progressively increase
the number of pirates

Challenge

Shield your body between pirate and ball

Dribble: 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 L
try stopping with sole and going
try speeding up, turning, making circles

D/P/R: 4 goal game

Teams defend two goals, no keepers
Keep head up, find open goal

Soccer Game (15)

Min: 40-55 + Water break

D/P/R: 4 goal game

Teams defend two goals, no keepers
Keep head up, find open goal

Abs on

Head up

Use R and L feet to
Dribble and score

Cool Down (5)

Repeat: Joint-by-Joint

Review: Look what I can do!

Min: 55-60:

“protect the ball”

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

Soccer Skills:

Keep possession
Dribble, pass to target

Movement Skills:

Head up, shield
Force mistakes
U 6 : Practice 4
Teach: pass, find target
Review: protect ball

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

Min: 40-55 + Water break
D/P/R: 4 goal game
Teams defend two goals, no keepers
Keep head up, find open goal

Min: 55-60: “find target”
Direct parents’ and players’ attention to “what to look for” in game
U 6 : Practice 5

**Warm-up** Game (5) Joint/coordination (5)

- Min: 0-10
- **Circle tag:** Team protects taggee. From tag-er, by.
  - Surrounding taggee-
  - “abs on?”

- During Game, Coach says “freeze” Players stops
  - Warm-up a joint (30s)

- **Set-up:** Each player takes two cones and places them on R and L side
  - 2 players, 1 ball

- **P:** Tunnel Passing (partners)
  - Practice: accuracy
  - 2 players, 10 yrs apart
  - Player with ball passes
  - Through legs of partner
  - Points for accurate passes

- **P/R:** Lane Pass & Go (partners) 10 yds. apart
  - Practice: accuracy, control ball speed
  - Pass the ball to your teammate.
  - After pass GO touch a cone
  - If the pass goes out the trapper gets a point.
  - And if the trap goes out the passer gets a point.

**Soccer Game** (15)

- Min: 40-55 + Water break
- **D/P/R:** Steal the Bacon (2 teams)
  - Assign numbers.
  - when number called, join play

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

**Cool Down** (5)

- Min: 55-60:
  - “pass & GO!”
- Repeat: Joint-by-Joint
- Review: Look what I can do!

---

**Movement Skills:**
- Head up, R& L feet
- Balance, swing leg +arms

**Soccer Skills:**
- Pass & go
- Receive behind ball

**Ball Control /Games** (30)

- Experiment with ball. Encourage accuracy, speed, possession.

- Min: 10-40 + Water break

  - **Set-up:** Each player takes two cones and places them on R and L side
    - 2 players, 1 ball

  - **P:** Tunnel Passing (partners)
    - Practice: accuracy
    - 2 players, 10 yrs apart
    - Player with ball passes
    - Through legs of partner
    - Points for accurate passes

  - **P/R:** Lane Pass & Go (partners) 10 yrds. apart
    - Practice: accuracy, control ball speed
    - Pass the ball to your teammate.
    - After pass GO touch a cone
    - If the pass goes out the trapper gets a point.
    - And if the trap goes out the passer gets a point.

---

**Prepare muscles and nervous system for practice**

- **Arm circles**
- **Toe-touch**
- **Down dog**
- **90-90 Lunge**
- **Joint-by-joint**

- **Run through ladder 10 times then water break**

- **30s) Run through ladder 10 times then water break**

- **Abs on?**

---

**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!

- **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.

- Arm circles
- Toe-touch
- Down dog
- Planks/Bugs/Fish
- 90-90 Lunge
- Jacks
- Frogs
- Joint-by-Joint

**Ball Control /Games (30)**

Experiment with ball. Encourage accuracy, speed, and possession.

- Ladder run through
- Run through ladder 10 times then water break

**Soccer Skills:**

- Pass & go
- Receive behind ball

**Soccer Game (15)**

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

- Abs on
- Head up
- Use R and L feet to dribble and score

**Cool Down (5)**

Repeat: Joint-by-Joint

Review: Look what I can do!

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

**U 6: Practice 6**

Teach: pass & go

Review: find target

- Set-up: 20 x 20 yd. square

- During Game, coach says “freeze”
- Players stop
- Warm-up a joint (30s)
- Run through ladder 10 times then water break
- Planks/Bugs/Fish
- Toe-touch
- 90-90 Lunge
- Arm circles
- Ladder run through

**P: Circle follow pass**

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

**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 in zone

**Soccer Game**

- D/P/R: 4 goal game
- Teams defend two goals, no keepers
- Keep head up, find open goal
**Warm-up**  
Game (5) Joint/coordination (5)  
Prepare muscles and nervous system for practice

- Arm circles
- Toe-touch
- Down dog
- Planks/Bugs/Fish
- 90-90 Lunge
- Frogs
- Jacks

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

**Challenge**

**Set-up:**  
20 x 20 yd. square

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

- Practice: head up, Accuracy
- Points for each time you pass to a teammate through a gate

**P: Retrieve the ball** (partners)

- Practice: accuracy, pass & go
- Coach picks up ball and throws it
- Tell players how to retrieve and return ball
- ex: dribble + 2 passes, 3 passes touch 3 body parts, 8 passes, etc

**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!

**Soccer Skills:**
- Pass & go
- Receive behind ball

**Movement Skills:**
- Head up, R & L feet
- Balance, swing leg + arms

**Select Practice 7**

- Teach: pass & go with partner
- Review: pass & go with partner

- “abs on?”
- During Game, Coach says “freeze” Players stop Warm-up a joint (30s)

- Ladder run through
- Run through ladder 10 times then water break

**Ball-control**

- 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

Use both feet

- Limit touches
- Include a back pass etc.

**Direct parents’ and players’ attention to “what to look for” in game**
**Warm-up** (Game 5) Joint/coordination (5)

- **Min:** 0-10
- **Keep-a-way:**
  - Pass ball with hands
  - Score with 1-touch
  - 
  - “abs on?”

- **During Game, Coach says “freeze” Players stops Warm-up a joint (30s)”

- **Arm circles**
- **Toe-touch**
- **Down dog**
- **Planks/Bugs/Fish**
- **90-90 Lunge**
- **Frogs**
- **Jacks**

- **Ladder run through**
  - Run through ladder 10 times then water break

**Ball Control /Games (30)**

- **Experiment with ball. Encourage accuracy, speed, possession.**

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

- **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

- **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

**Soccer Game (15)**

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

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

- **P/R: Small Sided Game** (2 teams)
  - **Practice:** Pass or dribble? Make decisions
  - Try to score a goal.
  - Only 2 touches. “Freeze” to make coaching points

- **Abs on**
  - Head up
  - Use R and L feet to
  - Dribble/pass and score

**Cool Down (5)**

- Repeat: Joint-by-Joint

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

- **Min:** 55-60:
  - “behind the ball”

- Direct parents’ and players’ attention to “what to look for” in game
Journal
Team name

---

**U 6: Practice 1**

**Teach:** Dribble “ball close”
“Freeze” = stop & listen

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>Prepare muscles and nervous system for practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minutes spent: _____ Min</td>
<td></td>
</tr>
<tr>
<td>Circle responses</td>
<td></td>
</tr>
<tr>
<td>Did it?</td>
<td>Abs on?</td>
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<tr>
<td>Arm circles</td>
<td>Yes No</td>
</tr>
<tr>
<td>Toe-touch</td>
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<td>Down dog</td>
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<td>Planks/bugs</td>
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<td>Frogs</td>
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**Ball Control /Games**

Experiment with ball. Encourage accuracy, speed, possession.

<table>
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<tr>
<th>Minutes spent: _____ Min</th>
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<tr>
<td># games played: _________</td>
</tr>
</tbody>
</table>

**Coach:**

Game rules in < 8 seconds | Yes No |
Reinforced Teaching point | Yes No |

**Players**

Had Fun | Yes No |
Experimented with the ball | Yes No |
Understood goal of game | Yes No |

**Activity**

Challenge level: too easy just right too hard

**Soccer Game**

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

| # players _____ vs. ______ | # balls _____ | # of goals _________ |

**Coach:**

Game rules in < 8 seconds | Yes No |
Rewarded use of new skills | Yes No |

**Players**

Had fun? | Yes No |
Tried new skills? | Yes No |

**Cool Down (5)**

Repeat: Joint-by-Joint

Review: Look what I can do!

Direct parents’ to “what to look for” in game | Yes No |

Repeated joint-by-joint: Yes No
U 6 : Practice 2
Teach: Dribble Head up
Review: Dribble: L & R

Movement Skills:
Head up, R & L
Change speed

Soccer Skills:
Dribble, in/outside foot
R & L, to target (goal)

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

“abs on?”

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<th>Held for</th>
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<td>No</td>
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<td>Down dog</td>
<td>Yes</td>
<td>No</td>
<td>10s</td>
</tr>
<tr>
<td>Planks/bugs</td>
<td>Yes</td>
<td>No</td>
<td>30s</td>
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<td>Fish</td>
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<td>Yes</td>
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Ladders: # of times __________

Goals for Next Time:

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

Minutes spent: _____ Min

“abs on?”

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<tr>
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<td>Yes</td>
<td>No</td>
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</table>

Ladders: # of times __________

Goals for Next Time:

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

# players _____ vs. ______
# games played: __________

“abs on?”

<table>
<thead>
<tr>
<th>Activity</th>
<th>Did it?</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Leg circles</td>
<td>Yes</td>
<td>No</td>
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</table>

Ladders: # of times __________

Goals for Next Time:

Coach:
Game rules in < 8 seconds Yes No
Rewarded use of new skills Yes No

Players
Had Fun? Yes No
Tried new skills? Yes No

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

Repeated joint-by-joint: Yes No

Direct parents' to “what to look for” in game Yes No
U 6 : Practice 3
Teach: Dribble, shield, shadow
Review: Dribble, head up

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

Did it?  Abs on?  Held for
Arm circles  Yes  No  Yes  No  30s  20s  10s
Toe-touch  Yes  No  Yes  No  30s  20s  10s
Down dog  Yes  No  Yes  No  30s  20s  10s
Planks/bugs  Yes  No  Yes  No  30s  20s  10s
Fish  Yes  No  Yes  No  30s  20s  10s
Lunge  Yes  No  Yes  No  30s  20s  10s
Frogs  Yes  No  Yes  No  30s  20s  10s

Ladders: # of times _________

Goals for Next Time:

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

Minutes spent: _____ Min

# games played: _________

“abs on?”

# of goals _________

Coach:
Game rules in < 8 seconds  Yes  No
Reinforced Teaching point  Yes  No

Players
Had Fun  Yes  No
Experimented with the ball  Yes  No
Understood goal of game  Yes  No

Activity
Challenge level: too easy  just right  too hard

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

# players _____ vs. ______  # balls______  # of goals _________  Goals for Next Time:

Coach:
Game rules in < 8 seconds  Yes  No
Rewarded use of new skills  Yes  No

Players
Had fun?  Yes  No
Tried new skills?  Yes  No

Cool Down (5)
Repeat: Joint-by-Joint

Direct parents’ to “what to look for” in game  Yes  No
U 6 : Practice 4
Teach: pass, find target
Review: protect ball

Movement Skills:
- Balance, swing leg
- Use arms, R & L feet

Soccer Skills:
- Pass accurately
- Consistently
- Receive behind ball

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

<table>
<thead>
<tr>
<th></th>
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Ladders: # of times _________

Goals for Next Time:

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

Minutes spent: _____ Min

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“abs on?”

Goals for Next Time:

Coach:  
Game rules in < 8 seconds Yes No
Reinforced Teaching point Yes No

Players
Had Fun Yes No
Experimented with the ball Yes No
Understood goal of game Yes No

Activity
Challenge level: too easy just right too hard

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

# players _____ vs. ______ # balls______ # of goals _________

Goals for Next Time:

Coach:
Game rules in < 8 seconds Yes No
Rewarded use of new skills Yes No

Players
Had fun? Yes No
Tried new skills? Yes No

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

Repeated joint-by-joint: Yes No

Direct parents' to "what to look for" in game Yes No
Warm-up

Prepare muscles and nervous system for practice

Minutes spent: _____ Min

Circle responses

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Ball Control /Games

Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: _____ Min

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Soccer Game

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

# players _____ vs. ______ # balls_____ # of goals _________

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Cool Down (5)

Repeat: Joint-by-Joint

Direct parents’ to “what to look for” in game

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</table>
U 6: Practice 6
Teach: pass & go
Review: find target

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

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Ladders: # of times ________

Goals for Next Time:

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

Minutes spent: _____ Min

# games played: __________

Goals for Next Time:

Coach:
Game rules in < 8 seconds Yes No
Reinforced Teaching point Yes No

Players
Had Fun Yes No
Experimented with the ball Yes No
Understood goal of game Yes No

Activity
Challenge level: too easy just right too hard

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

# players _____ vs. ______ # balls_____ # of goals ________

Goals for Next Time:

Coach:
Game rules in < 8 seconds Yes No
Rewarded use of new skills Yes No

Players
Had fun? Yes No
Tried new skills? Yes No

Cool Down (5) Repeat: Joint-by-Joint

Direct parents’ to “what to look for” in game Yes No

: Repeated joint-by-joint: Yes No
U 6 : Practice 7
Teach: pass & go with partner
Review: pass & go with partner

Soccer Skills:
- Head up, R& L feet
- Balance, swing leg + arms
- Receive behind ball

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

Warm-up

Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses
- Arm circles Did it? Abs on? Held for
  - Yes No
- Toe-touch Yes No
- Down dog Yes No
- Planks/bugs Yes No
- Fish Yes No
- Lunge Yes No
- Frogs Yes No

Ladders: # of times ________

Goals for Next Time:

Ball Control / Games

Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: _____ Min
# games played: _______

“abs on?”

Players
Had Fun Yes No
Experimented with the ball Yes No
Understood goal of game Yes No

Activity
Challenge level: too easy just right too hard

Soccer Game

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

# players _____ vs. ______
# balls ______
# of goals ______

Goals for Next Time:

Coach:
- Game rules in < 8 seconds Yes No
- Rewarded use of new skills Yes No

Players
- Had fun? Yes No
- Tried new skills? Yes No

Direct parents' to "what to look for" in game Yes No
**U 6 : Practice 8**  
Teach: pass & go, receive  
Review: possession: dribble or pass?

### Warm-up
Prepare muscles and nervous system for practice

- **Minutes spent:** ______ Min
- **Circle responses**
  - **Arm circles**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s
  - **Toe-touch**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s
  - **Down dog**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s
  - **Planks/bugs**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s
  - **Fish**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s
  - **Lunge**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s
  - **Frogs**: Did it? Yes No, Abs on? Yes No, Held for 30s 20s 10s

### Ball Control /Games
Experiment with ball. Encourage accuracy, speed, possession.

- **Minutes spent:** ______ Min
- **Ladders:** # of times ______

### Goals for Next Time:
- **Ball Control /Games**
- **Soccer Game**
- **Cool Down** (5) Repeat: Joint-by-Joint

**Direct parents’ to “what to look for” in game**: Yes No

### Player Feedback:
- ** Players**
  - Had Fun: Yes No
  - Experimented with the ball: Yes No
  - Understood goal of game: Yes No

### Activity
Challenge level: too easy just right too hard

### Coach:
- Game rules in < 8 seconds: Yes No
- Reinforced Teaching point: Yes No

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

- **# players_____ vs.______**  
- **# balls_____**  
- **# of goals_______**

### Goals for Next Time:
- **Players**
  - Had fun?: Yes No
  - Tried new skills?: Yes No

### Cool Down (5)
Repeat: Joint-by-Joint

- **Repeated joint-by-joint:** Yes No

- **Review:** Look what I can do!
Games to reinforce skills

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

| Low Accuracy Then Speed | D: Find the coach!<br>D: Snakes<br>D: Musical Balls<br>D: Passing ships<br>D: Red Light, Green Light<br>D: Traffic<br>D: There and back<br>D: Go to goal<br>D/P: Gates Game<br>D/P: Relay Races | P: Cone Hunt<br>P: Tunnel Passing<br>P: SPUD<br>D/P: Moving goal<br>P: Holy Grail<br>P: Edge of the world<br>D/P: Relay races<br>P: Circle Follow pass<br>P: Frantic<br>P/R: Retrieve the ball | R: Behind the ball<br>R: 4 corner relay<br>R: Kick ball<br>P/R: Ordered Passing<br>P/R: 4corner keep away<br>P/R: Diamond passing<br>R: Lane passing<br>P/R: Lane Pass & Go<br>P/R: Turn and shoot<br>P/R: Relay races |

| Medium Add speed + opposition | D: Peter pan shadow<br>D: Freeze Tag with ball<br>D: Crabs<br>D: Hospital tag<br>D: King of square<br>D: Pirates<br>D: Sharks and minnows<br>D: Gauntlet<br>D/P: Dribble-to-score<br>D: Gates w/ opposition | P/R: Short, short, long<br>P/R: Retrieve the ball<br>P/R: Triangle-pass & move<br>P/R: Pass & Split | P/R: Short, short, long<br>R: Tossed Salad<br>P/R: Retrieve the ball<br>P/R: Triangle-pass & move<br>P/R: Pass & Split |

| High Game-like | D: Circle game<br>D: Bases<br>D: Defend the cone<br>D: Oranges and lemons<br>D/P/R: 4 goal game<br>D/P/R: Gate keepers | D/P/R: Steal the bacon<br>P/R: Possession<br>P/R: 4 Corners 3 v l<br>D/P/R: 4 goal game<br>D/P/R: Gate keepers<br>D/P/R: Small sided game | D/P/R: Steal the bacon<br>P/R: Possession<br>P/R: 4 Corners 3 v l<br>D/P/R: 4 goal game<br>D/P/R: Gate keepers<br>D/P/R: Small sided game |
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)