



**“FUNdamentals”**  
*Soccer Skill Acquisition*  
*Tools For Coaches*

*Draft: August 1, 2006*

**Website:** Electronic Versions and video clips

<http://www.usc.edu/dept/LAS/kinesiology/biomech/AAF%20project/projgoals.html>

**Web search:** go to [www.usc.edu](http://www.usc.edu), search for and select **Biomechanics Research Lab**

Select **Gallery**, Select [Multimedia Source Website for Soccer](#)

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This project was funded in part  
by the Amateur Athletic Foundation  
Los Angeles, CA

- 10-0 :  
set up  
field

**U\_ : Week: \_**

**Teach:** \_\_\_\_\_

**Review:** \_\_\_\_\_

**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

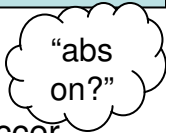
Move body behind the ball

**Warm-up (10)**

**Prepare muscles and nervous system for practice**

Min: 0-10

**Encourage activation of abdominals before initiating movement**



**Welcome back game**

Review skills from last week

*Tissues warm up, Players interact*

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

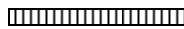
**Body Coordination:** coordinate movements between body parts

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.**

Min: 10-40 + Water break

**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.).
- a) Play fun games (solve problems and find success, "what if" my partner moves into the space? etc.)

*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*

**Challenge**

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.**

Min: 40-55 + water break

**Field length:** # on offense X 10 yds

**Field Width:**

Advantage to offense, increase width

Advantage to defense, decrease width

**Restarts**

- 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

**Challenge**

Emphasize accuracy, then speed. then both

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

**Cool Down (5)**

Repeat Joint-by-Joint

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

Min: 55-60:

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



## 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”)  
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

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<http://www.usc.edu/dept/LAS/kinesiology/biomech/AAF%20project/projgoals.html>

# U8 Practice Plans

## U 8: Practice 1

Teach: Dribble  
"Freeze" = stop & listen

D: Find the coach!  
D: Red Light, Green Light, Zoom!

## U 8 : Practice 5

Teach: pass & go  
Review: pass accurately

P: Circle follow pass  
P: Edge of world

## U 8 : Practice 2

Teach: Dribble, pass to target  
Review: Dribble, stop

D: Go-to-goal!  
D: Gates Game

## U 8 : Practice 6

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

P: Lane Passing  
P: Lane Passing & Go

## U 8 : Practice 3

Teach: Dribble, shield, shadow  
Review: Dribble/pass to target

D/P: Moving goal  
D: Peter pan shadow  
D: Sharks and minnows

## U 8 : Practice 7

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

D/P: Gates Game  
P: Retrieve the ball

## U 8 : Practice 4

Teach: Pass accurately  
Review: pass to target

P: P: Holy Grail  
P: Tunnel Passing

## U 8 : Practice 8

Teach: pass & go, receive  
Review: dribbling possession

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

Coach's choice

## U 8 : Practice 9

Teach:  
Review:

## U 8 : Practice 10

Teach:  
Review:

Set-up:  
20 x 20  
yd.  
square

# U 8: Practice 1

Teach: Dribble  
"Freeze" = stop & listen

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

**Soccer Skills:**  
Dribble R and L  
Multiple foot surfaces  
Keep ball close

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

Min: 0-10

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

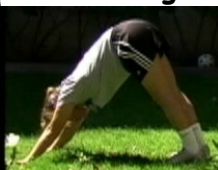


Arm circles

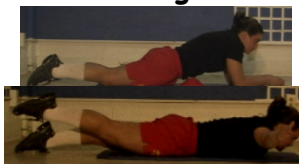
Toe-touch



Down dog



Planks/Bugs/Fish

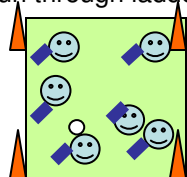
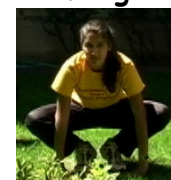


90-90 Lunge



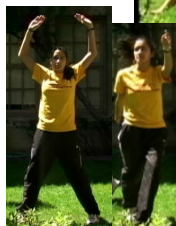
Joint-by-joint

Frogs



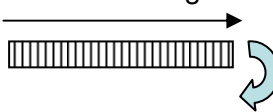
Ladder run through

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



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

↑ **Challenge**

### D: Find the coach! ( individual)

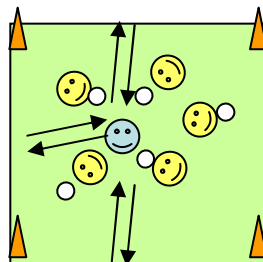
Practice: dribbling, head up

Dribble toward coach

head up, keep ball close

Coach picks up ball and throws It

Retrieve ball, and dribble back to coach



"Freeze!"

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

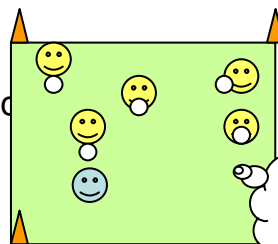
### D: Red Light, Green Light, Zoom!

"Start engines" move ball with sole of foot

"Green light": Dribble, keep ball close

"Red light": Stop with ball under foot

"Zoom!": increase speed with ball



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

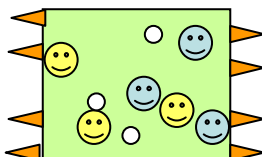
## Soccer Game (15) Use ball control skills in a game. Emphasize the positive.

Min: 40-55 + Water break

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

4 goals, add balls to increase touches

Use R and L feet, head up, abs on, "zoom"



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

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

Min: 55-60: "keep ball close"

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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 2

Teach: Dribble to target  
Review: Dribble, stop

**Movement Skills:**  
Head up, R&L  
Change speed

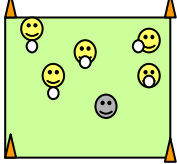
**Soccer Skills:**  
Dribble, inside/outside foot  
R&L, to target (goal)

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

Min: 0-10

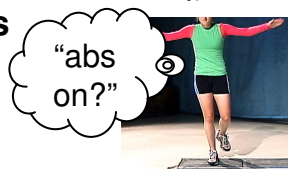
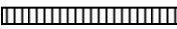
### D: Musical Balls

On "go", switch balls



on "freeze", do a warm-up movement

Ladder run through



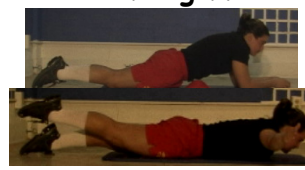
Arm circles



Toe-touch



Down dog



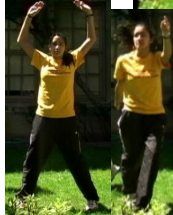
Planks/Bugs/Fish

90-90 Lunge



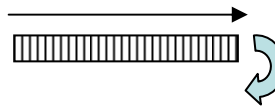
Joint-by-joint

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

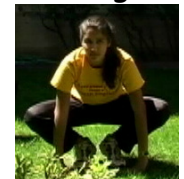


Jacks

Ladder run through



Run through ladder 10 times  
then water break



Frogs

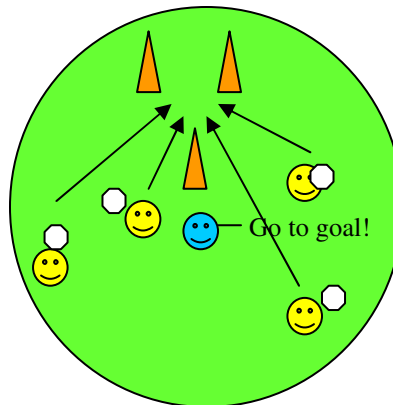
## Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

### Challenge

### D: Go-to-goal! (individual)

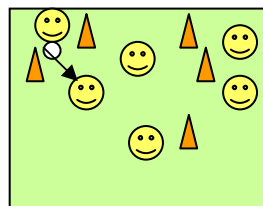
Practice: maneuver, change speed  
Everyone inside circle dribbles a ball.  
Coach yells "go to goal"  
Players dribble to safety zone.  
repeat.



Use non-preferred foot only.  
Make circle smaller.  
Make target farther  
Use R and L feet  
Try turns, inside of foot  
Turns with outside of foot

### D: Gates Game (partners) Gates: two cones

Practice: Accuracy  
Points for each time you  
Dribble through gate



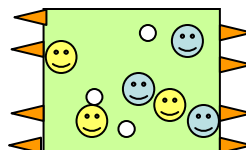
try inside of one foot, L, R  
try outside of one foot, L, R  
try alternating between L and R  
try alternating between inside/outside  
try stopping with sole and going  
try speeding up, turning, making circles

## 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



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:

"R and L foot!"

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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 3

Teach: Dribble, shield, shadow  
Review: Dribble/pass to target

## Movement Skills:

Head up, shield  
Force mistakes

## Soccer Skills:

Keep possession  
Dribble, pass to target

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

Min: 0-10

**Tails:** use pinnie as tail  
grab anyone's tail,  
protecting your own.  
If lose tail, hop R 5x, L5x  
Re-join game.



Arm circles

Toe-touch



Down dog



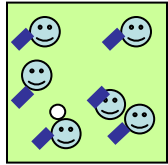
Planks/Bugs/Fish



90-90 Lunge

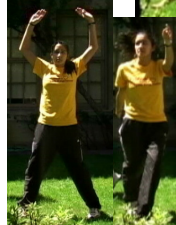


Joint-by-joint



Ladder run through

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

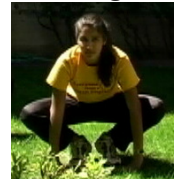


Jacks

Ladder run through



Run through ladder 10 times  
then water break



Frogs

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

Min: 10-40 + Water break

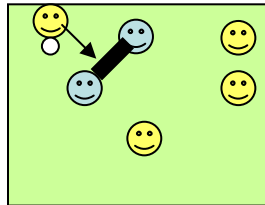
**D/P: Moving goal** (individual)

Goal: pinnie held between two players

Practice: head up, Accuracy

Points for each time you

Pass through goal



#### Challenge

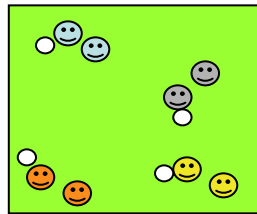
try inside of one foot, L, R  
try outside of one foot, L, R  
try alternating between L and R  
try alternating between inside/outside  
try stopping with sole and going  
try speeding up, turning, making circles

**D: Peter pan shadow** (partners)

Practice: shielding

One leads one follows. Follower shadows.

Leader tries to lose the follower.



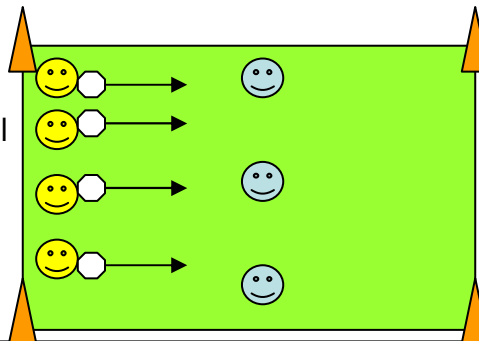
try inside of one foot, L, R  
try outside of one foot, L, R  
try alternating between L and R  
try alternating between inside/outside  
try stopping with sole and going  
try speeding up, turning, making circles

**D: Sharks and minnows** (1v.1)

Practice: head up, shield, turns with ball

Minnows with balls line up on one side  
and face sharks at midfield

The minnows dribble the ball across  
the "sea" without losing ball to sharks.



When minnows lose their balls,  
they become sharks  
Continue until 2 minnows left.

### Soccer Game (15)

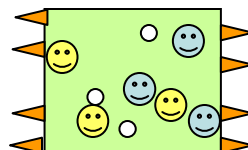
Use ball control skills in a game. Emphasize the *positive*.

Min: 40-55 + Water break

**D/P/R: 4 goal game**

Teams defend two goals, no keepers

Keep head up, find open goal



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: "head up"

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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 4

Teach: pass accurately  
Review: pass to target

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

**Soccer Skills:**  
Pass accurately  
consistently  
Receive behind ball

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

Min: 0-10

### Circle tag:

Team protects tag-ee  
From tag-er, by  
Surrounding tag-ee-



Ladder run through



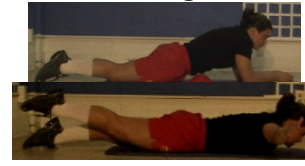
Arm circles



Toe-touch



Down dog



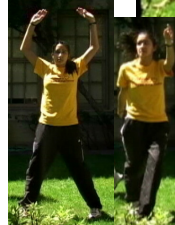
Planks/Bugs/Fish

90-90 Lunge



Joint-by-joint

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

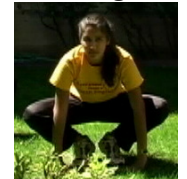


Jacks

Ladder run through



Run through ladder 10 times  
then water break



Frogs

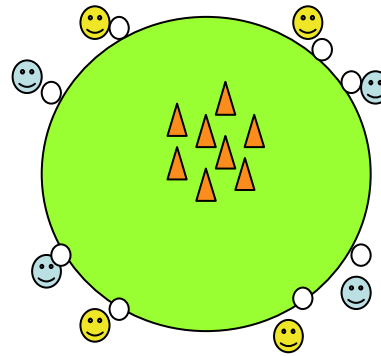
## Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

### P: Holy Grail (individual)

Practice: accuracy, consistency  
Both teams around circle

"go" all balls are passed toward cones  
Knocking down the last cone + "Holy Grail"

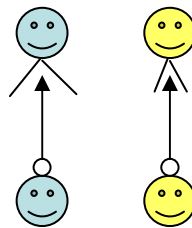


### Challenge

Make circle bigger  
R and L feet  
Aim first, Close eyes?

### P: Tunnel Passing (partners)

Practice: accuracy  
2 players, 10 yds apart  
Player with ball passes  
Through legs of partner  
Award 1 pt: successful passes in a  
row



Partner narrows width of feet  
R and L feet  
Increase passing distance  
Increase speed of pass

Pass ball to left and right of partner  
Have partner move behind ball

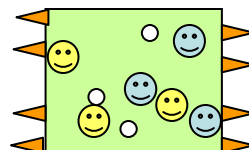
## Soccer Game (15)

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



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: "behind the ball"

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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 5

Teach: pass & go  
Review: pass accurately

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

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

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

Min: 0-10

### Freeze tag:

If tagged, hop  
R 5X, L 5X until  
Teammate melts you



Arm circles

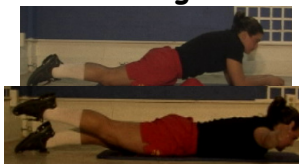
Toe-touch



Down dog



Planks/Bugs/Fish

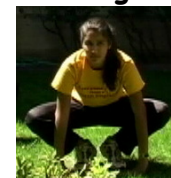


90-90 Lunge

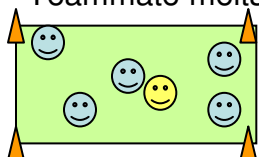


Joint-by-joint

Frogs

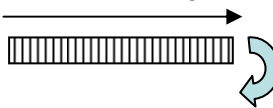


During Game,  
Coach says "freeze"  
Players stops  
Warm-up a joint (30s)

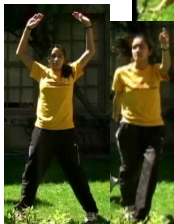


Ladder run through

Ladder run through



Run through ladder 10 times  
then water break



Jacks

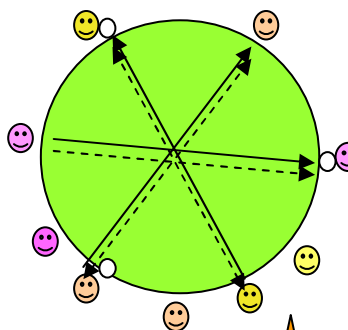
## Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

### Challenge

### P: Circle follow pass (partners)

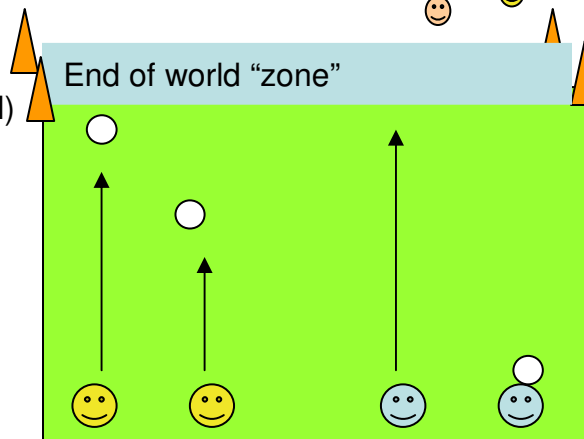
Practice: accuracy, pass & go  
Pass to player on opposite side,  
sprint across circle behind receiver  
Repeat:



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

### P: Edge of the World (individual)

Practice: ball speed, accuracy  
Stands on one sideline with a ball.  
Pass ball as close to the other  
sideline as possible.  
If the ball goes past the sideline it  
falls off the edge of the world.  
Players gets points for getting their  
ball in zone.



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**

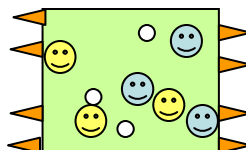
## Soccer Game (15)

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



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: "behind the ball"

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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 6

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

## Movement Skills:

Head up, R& L feet  
Balance, swing leg +arms

## Soccer Skills:

Pass & go  
Receive behind ball

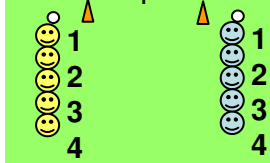
### Warm-up Game (5) Joint/coordination (5)

Prepare muscles and nervous system for practice

Min: 0-10

#### Relay Races:

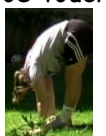
After complete, do a warm up task



Ladder run through



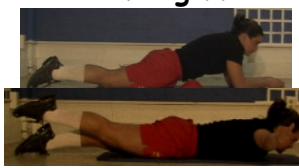
Arm circles



Toe-touch



Down dog

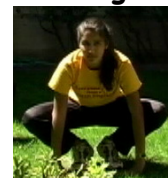


Planks/Bugs/Fish

90-90 Lunge

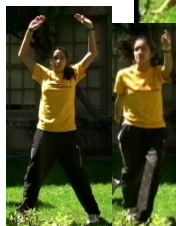


Frogs



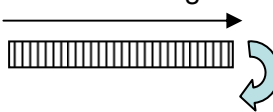
Joint-by-joint

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



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

#### 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.

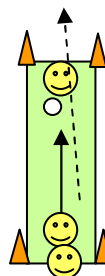
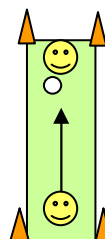
And if the trap goes out the passer gets a point.

#### 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



L & R, alternate  
Add distance  
Between players

"check in and out"  
Move away ▲  
"touch cone"  
Then toward ball

Add distance  
Between players

Look away, then receive  
"check in and out"  
▲

Move away  
"touch cone"  
Then toward ball

Award points for  
Number or successes, in a row

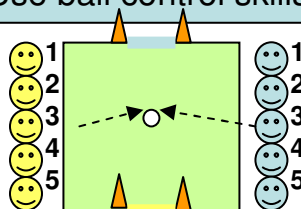
### Soccer Game (15)

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

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) 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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 7

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

## Movement Skills:

Head up, R& L feet  
Balance, swing leg +arms

## Soccer Skills:

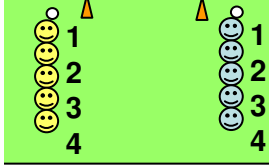
Pass & go  
Receive behind ball

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

Min: 0-10

#### Relay Races:

After complete, do a warm up task



Ladder run through



Arm circles



Toe-touch



Down dog

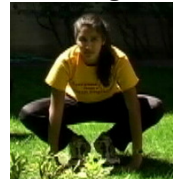


Planks/Bugs/Fish

90-90 Lunge

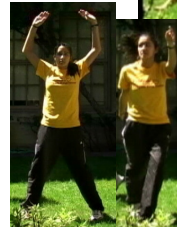


Frogs



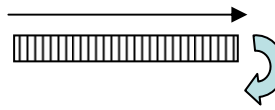
Joint-by-joint

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



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

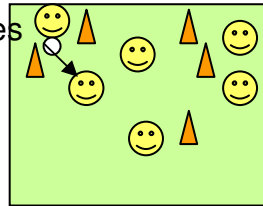
↑ **Challenge**

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

Practice: head up, 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

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

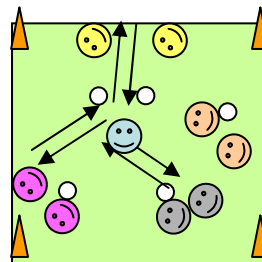
Practice: accuracy, pass & go

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.

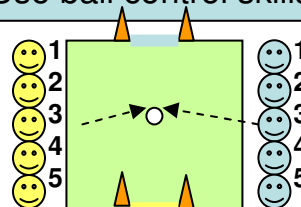
### Soccer Game (15)

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

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) 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

Set-up:  
20 x 20  
yd.  
square

# U 8 : Practice 8

Teach: pass & go, receive  
Review: possession: dribble or pass?

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

**Soccer Skills:**  
Pass & go, dribbling  
Receive behind ball

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

Min: 0-10

**Keep-a-way:**  
Pass ball with hands  
Score with 1-touch



Arm circles

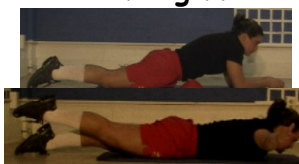
Toe-touch



Down dog



Planks/Bugs/Fish

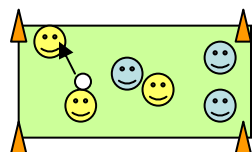


90-90 Lunge

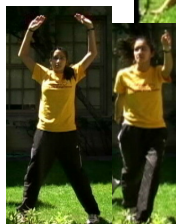


Joint-by-joint

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

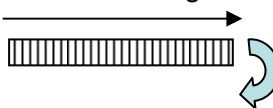


Ladder run through

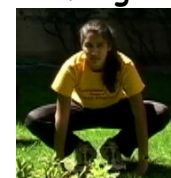


Jacks

Ladder run through



Run through ladder 10 times  
then water break



Frogs

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

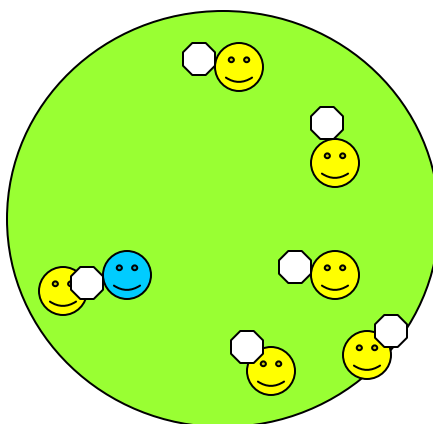
Min: 10-40 + Water break

### Challenge

#### 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

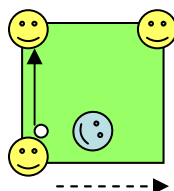


Protect your ball by keeping your body between pirate and ball

Use non-preferred foot only  
Make circle smaller

#### 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



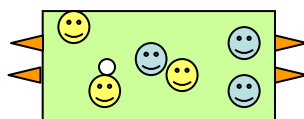
Play in larger area and have all groups in area  
Must be aware of other groups as well as own

## 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: Passing  
Try to score a goal.  
Only 2 touches.



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 8: Practice 1

Teach: Dribble  
"Freeze" = stop & listen

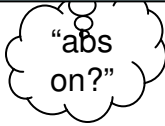
**Movement Skills:**  
Abs on, head up  
Right and Left

**Soccer Skills:**  
Dribble R and L  
Multiple foot surfaces  
Keep ball close

## Warm-up

Prepare muscles and nervous system for practice

Minutes spent: \_\_\_\_\_ Min



Ladders: # of times \_\_\_\_\_

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

**Goals for Next Time:**

## Ball Control /Games

Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: \_\_\_\_\_ Min



**Goals for Next Time:**

# games played: \_\_\_\_\_



**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

Journal  
Team name

# U 8 : Practice 2

Teach: Dribble to target

Review: Dribble, stop

**Movement Skills:**

Head up, R&L

Change speed

**Soccer Skills:**

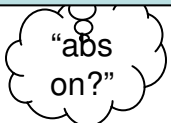
Dribble, inside/outside foot

R&L, to target (goal)

## 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: \_\_\_\_\_



**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

Journal  
Team name \_\_\_\_\_

# U 8 : Practice 3

Teach: Dribble, shield, shadow  
Review: Dribble/pass to target

## Movement Skills:

Head up, shield  
Force mistakes

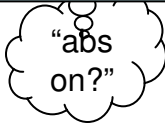
## Soccer Skills:

Keep possession  
Dribble, pass to target

### 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: \_\_\_\_\_



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

Journal  
Team name

# U 8 : Practice 4

Teach: pass accurately

Review: pass to target

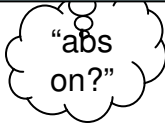
**Movement Skills:**  
Balance, swing leg  
Use arms, R & L feet

**Soccer Skills:**  
Pass accurately  
consistently  
Receive behind ball

## Warm-up

Prepare muscles and nervous system for practice

Minutes spent: \_\_\_\_\_ Min



Circle responses

	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: \_\_\_\_\_



**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

Journal  
Team name

# U 8 : Practice 5

Teach: pass & go  
Review: pass accurately

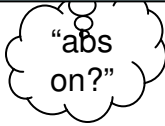
**Movement Skills:**  
Balance, swing leg  
Use arms, R & L feet

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

## 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: \_\_\_\_\_



**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

Journal  
Team name

# U 8 : Practice 6

Teach: pass & go with partner

Review: pass & go

## Movement Skills:

Head up, R& L feet

Balance, swing leg +arms

## Soccer Skills:

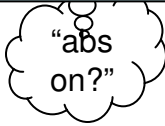
Pass & go

Receive behind ball

## 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: \_\_\_\_\_



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

Journal  
Team name

# U 8 : Practice 7

Teach: pass & go with partner

Review: pass & go with partner

## Movement Skills:

Head up, R& L feet

Balance, swing leg +arms

## Soccer Skills:

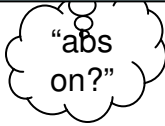
Pass & go

Receive behind ball

## 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: \_\_\_\_\_



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

Journal  
Team name

# U 8 : Practice 8

Teach: pass & go, receive

Review: possession: dribble or pass?

## Movement Skills:

Head up, R& L feet

Balance, swing leg +arms

## Soccer Skills:

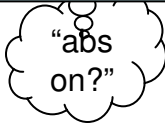
Pass & go, dribbling

Receive behind ball

## Warm-up

Prepare muscles and nervous system for practice

Minutes spent: \_\_\_\_\_ Min



Circle responses

Ladders: # of times \_\_\_\_\_

### Goals for Next Time:

	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

## 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

Review: Look what I can do!

: Repeated joint-by-joint: Yes No

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

# Games to reinforce skills

## Overview

	Dribbling	Passing	Receiving
<b>Movement Basics</b>	<p><i>Trunk control “abs on”</i>  <b>Ladders</b>  <b>R,L Dribble</b> and turn using all foot surfaces: sole, laces, inside, outside                      Stop using sole of foot  <b>M: Tails</b>  <b>M: Circle Tag</b>  <b>M: Railroad tag</b></p>	<p><i>Trunk control “abs on”</i>  <b>Hopping for distance</b>  <b>R,L Pass</b> using all foot surfaces: laces, inside, outside                      Lock foot and ankle (rigid)  <b>M: Throw in Dodge Ball</b>  <b>M: Freeze tag</b></p>	<p><i>Trunk control “abs on”</i>  <b>Bellybutton behind ball</b>  <b>R,L Receive</b> using inside of foot, matching foot speed with ball speed  <b>M: Keep Away</b>  <b>M: Three Cones</b></p>
<b>Low Accuracy Then Speed</b>	<p><b>D: Find the coach!</b>  <b>D: Snakes</b>  <b>D: Musical Balls</b>  <b>D: Passing ships</b>  <b>D: Red Light, Green Light</b>  <b>D: Traffic</b>  <b>D: There and back</b>  <b>D: Go to goal</b>  <b>D/P: Gates Game</b>  <b>D/P: Relay Races</b></p>	<p><b>P: Cone Hunt</b>  <b>P: Tunnel Passing</b>  <b>P: SPUD</b>  <b>D/P: Moving goal</b>  <b>P: Holy Grail</b>  <b>P: Edge of the world</b>  <b>D/P: Relay races</b>  <b>P: Circle Follow pass</b>  <b>P: Frantic</b>  <b>P/R: Retrieve the ball</b></p>	<p><b>R: Behind the ball</b>  <b>R: 4 corner relay</b>  <b>R: Kick ball</b>  <b>P/R: Ordered Passing</b>  <b>P/R: 4corner keep away</b>  <b>P/R: Diamond passing</b>  <b>R: Lane passing</b>  <b>P/R: Lane Pass &amp; Go</b>  <b>P/R: Turn and shoot</b>  <b>P/R: Relay races</b></p>
<b>Medium Add speed + opposition</b>	<p><b>D: Peter pan shadow</b>  <b>D: Freeze Tag with ball</b>  <b>D: Crabs</b>  <b>D: Hospital tag</b>  <b>D: King of square</b>  <b>D: Pirates</b>  <b>D: Sharks and minnows</b>  <b>D: Gauntlet</b>  <b>D/P: Dribble-to-score</b>  <b>D: Gates w/ opposition</b></p>	<p><b>P/R: Short, short, long</b>  <b>P/R: Retrieve the ball</b>  <b>P/R: Triangle-pass &amp; move</b>  <b>P/R: Pass &amp; Split</b></p>	<p><b>P/R: Short, short, long</b>  <b>R: Tossed Salad</b>  <b>P/R: Retrieve the ball</b>  <b>P/R: Triangle-pass &amp; move</b>  <b>P/R: Pass &amp; Split</b></p>
<b>High Game-like</b>	<p><b>D: Circle game</b>  <b>D: Bases</b>  <b>D: Defend the cone</b>  <b>D: Oranges and lemons</b>  <b>D/P/R: 4 goal game</b>  <b>D/P/R: Gate keepers</b></p>	<p><b>D/P/R: Steal the bacon</b>  <b>P/R: Possession</b>  <b>P/R: 4 Corners 3 v 1</b>  <b>D/P/R: 4 goal game</b>  <b>D/P/R: Gate keepers</b>  <b>D/P/R: Small sided game</b></p>	<p><b>D/P/R: Steal the bacon</b>  <b>P/R: Possession</b>  <b>P/R: 4 Corners 3 v 1</b>  <b>D/P/R: 4 goal game</b>  <b>D/P/R: Gate keepers</b>  <b>D/P/R: Small sided game</b></p>

# 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)