“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, 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
**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

### Warm-up (10)

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

**Prepare muscles and nervous system for practice**

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

- **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.**

- **Field length:** # on offense X 10 yds
- **Field Width:** Advantage to offense, increase width, Advantage to defense, decrease width
- **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**
  - Direct parents’ attention to “what to look for” in game
**Warm-up**

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

<table>
<thead>
<tr>
<th>Min: 0-10</th>
<th><strong>Joint-by-Joint</strong> (2.5 minutes) to target joints often used in soccer</th>
</tr>
</thead>
</table>

- Welcome Back
- Game Review
- Skills Learned

- Welcome Back
- Game Review
- Skills Learned

**Body Coordination (2.5 minutes)** to coordinate movements between body parts

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

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

**Field Set-up Key**

<table>
<thead>
<tr>
<th>grids</th>
<th>cone</th>
<th>ball</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Challenge**

- Emphasize accuracy, then speed.
- Decrease time and space
- 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.

**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

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

**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”)
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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**U8 Practice Plans**

**U8: Practice 1**
Teach: Dribble
"Freeze" = stop & listen

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

**U8: Practice 2**
Teach: Dribble, pass to target
Review: Dribble, stop

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

**U8: Practice 3**
Teach: Dribble, shield, shadow
Review: Dribble/pass to target

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

**U8: Practice 4**
Teach: Pass accurately
Review: pass to target

P: P: Holy Grail
P: Tunnel Passing

**U8: Practice 5**
Teach: pass & go
Review: pass accurately

P: Circle follow pass
P: Edge of world

**U8: Practice 6**
Teach: pass & go with partner
Review: pass & go

P: Lane Passing
P: Lane Passing & Go

**U8: Practice 7**
Teach: pass & go with partner
Review: pass & go with partner

D/P: Gates Game
P: Retrieve the ball

**U8: Practice 8**
Teach: pass & go, receive
Review: dribbling possession

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

**U8: Practice 9**
Teach:
Review:

**U8: Practice 10**
Teach:
Review:
**U 8: Practice 1**

**Teach:** Dribble

“Freeze” = stop & listen

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

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

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

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**Warm-up**

Game (5) Joint/coordination (5)

Prepare muscles and nervous system for practice

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>Game (5) Joint/coordination (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Min: 0-10</td>
<td><strong>Tails:</strong> use pinnie as tail grab anyone’s tail, protecting your own. If lose tail, run through ladder, Re-join game.</td>
</tr>
<tr>
<td><strong>Arm circles</strong></td>
<td><strong>Toe-touch</strong></td>
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<tr>
<td><strong>Down dog</strong></td>
<td><strong>Planks/Bugs/Fish</strong></td>
</tr>
<tr>
<td><strong>Jacks</strong></td>
<td><strong>90-90 Lunge</strong></td>
</tr>
<tr>
<td><strong>Frogs</strong></td>
<td><strong>Joint-by-Joint</strong></td>
</tr>
</tbody>
</table>

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

Ladder run through

Run through ladder 10 times then water break

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**Ball Control /Games (30)**

Experiment with ball. Encourage accuracy, speed, possession.

<table>
<thead>
<tr>
<th>Min: 10-40 + Water break</th>
<th>Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>D: Find the coach!</strong> (individual)</td>
<td>try inside of one foot, L, R</td>
</tr>
<tr>
<td><strong>Practice:</strong> dribbling, head up</td>
<td>try outside of one foot, L, R</td>
</tr>
<tr>
<td>Dribble toward coach</td>
<td>try alternating between L and R</td>
</tr>
<tr>
<td>head up, keep ball close</td>
<td>try alternating between inside/outside</td>
</tr>
<tr>
<td>Coach picks up ball and throws It</td>
<td>try stopping with sole and going</td>
</tr>
<tr>
<td>Retrieve ball, and dribble back to coach</td>
<td>try speeding up, turning, making circles</td>
</tr>
</tbody>
</table>

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

“Start engines” move ball with sole of foot + opposition that obstruct dribbler

“Green light”: Dribble, keep ball close + opposition that shadows

“Red light”: Stop with ball under foot + opposition that steal balls

“Zoom!”: increase speed with ball + opposition that act like crabs

and kick balls out of space

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**Soccer Game (15)**

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

<table>
<thead>
<tr>
<th>Min: 40-55 + Water break</th>
<th><strong>Use ball control skills in a game. Emphasize the positive.</strong></th>
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<tbody>
<tr>
<td>4-Goal Game: 3 v 3 in 20 yd square</td>
<td>If ball goes over side-line</td>
</tr>
<tr>
<td>4 goals, add balls to increase touches</td>
<td>Restart with a throw-in</td>
</tr>
<tr>
<td>Use R and L feet, head up, abs on, “zoom”</td>
<td>“Arms over head, feet on the ground”</td>
</tr>
</tbody>
</table>

**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
U 8 : Practice 2
Teach: Dribble to target
Review: Dribble, stop

Soccer Skills:
- Head up, R&L
- Change speed
- 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
“abs on?”
During Game,
Coach says “freeze”
Players stops
Warm-up a joint (30s)

D: Musical Balls
On “freeze”, do a warm-up movem
Ladder run through

Challenge

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

Min: 10-40 + Water break

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.

D: Gates Game (partners) Gates: two cones
Practice: Accuracy
Points for each time you
Dribble through gate

D: Musical Balls
On “go”, switch balls
“abs on?”
During Game,
Coach says “freeze”
Players stops
Warm-up a joint (30s)

D: Musical Balls
On “freeze”, do a warm-up movem
Ladder run through

Go to goal!

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

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
U 8: Practice 3
Teach: Dribble, shield, shadow
Review: 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, L 5x
Re-join game.

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

Ladder run through
“abs on?”

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.

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

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

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

Soccer Skills:
Keep possession
Dribble, pass to target

Movement Skills:
Head up, shield
Force mistakes

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
**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

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

- **Min: 0-10**
  - Arm circles
  - Toe-touch
  - Down dog
  - Planks/Bugs/Fish
  - Ladder run through

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

- **Min: 10-40 + Water break**
  **Circle tag:**
  Team protects tag-ee
  From tag-er, by surrounding taggee-

  **Ladder run through**
  **“abs on?”**

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### 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"

- **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**

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### 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
**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 Teemmate melts you

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

**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: 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** (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

**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
**Warm-up**

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

Prepare muscles and nervous system for practice

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
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<tr>
<td>Toe-touch</td>
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<tr>
<td>90-90 Lunge</td>
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<tr>
<td>Frogs</td>
<td></td>
</tr>
<tr>
<td>Ladder run through</td>
<td></td>
</tr>
<tr>
<td>Run through ladder 10 times then water break</td>
<td></td>
</tr>
</tbody>
</table>

**Ball Control /Games (30)**

Experiment with ball. Encourage accuracy, speed, possession.

**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

**Soccer Game** (15)

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

**D/P/R: Steal the Bacon** (2 teams)

Assign numbers.
when number called, join play

**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 8 : Practice 7

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

Relay Races: After complete, do a warm up task

Arm circles Toe-touch Down dog Planks/Bugs/Fish

90-90 Lunge Frogs

Ladder run through

Run through ladder 10 times then water break

Ball Control /Games (30)

Min: 10-40 + Water break

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

Use both feet

limit touches

Include a back pass etc.

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: “behind the ball”

Direct parents’ and players’ attention to “what to look for” in game
U 8: Practice 8
Teach: pass & go, receive
Review: possession: dribble or pass?

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

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
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

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

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

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.

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

Movement Skills:
Abs on, head up
Right and Left

Warm-up
Prepare muscles and nervous system for practice
Minutes spent: _____ Min
Circle responses

<table>
<thead>
<tr>
<th></th>
<th>Did it?</th>
<th>Abs on?</th>
<th>Held for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm circles</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Toe-touch</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Down dog</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Planks/bugs</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Fish</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Lunge</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Frogs</td>
<td>Yes No</td>
<td>Yes No</td>
<td>30s 20s 10s</td>
</tr>
</tbody>
</table>

Ladders: # of times _________

Goals for Next Time:

Ball Control /Games
Experiment with ball. Encourage accuracy, speed, possession.
Minutes spent: _____ Min

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<tr>
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</table>

“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
U 8 : Practice 2
Teach: Dribble to target
Review: Dribble, stop

Movement Skills: Soccer Skills:
- Head up, R&L Dribble, inside/outside foot
- Change speed 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

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
U 8 : Practice 3

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

Soccer Skills:
Head up, shield
Force mistakes

Movement Skills:
Keep possession
Dribble, pass to target

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

“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
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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?”

Goals for Next Time: # of goals __________

Activity
Challenge level: too easy just right too hard

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

# players _____ vs. _____ # of goals __________

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

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

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

Review: Look what I can do!

Repeated joint-by-joint: Yes No
U 8 : Practice 4
Teach: pass accurately
Review: pass to target

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

<table>
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<tr>
<th>Activity</th>
<th>30s</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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Coach:
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Reinforced Teaching point Yes No

Players
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Understood goal of game Yes No

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

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# 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!

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

Repeated joint-by-joint: Yes No
Warm-up

Prepare muscles and nervous system for practice

Minutes spent: _____ Min

Circle responses

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“abs on?”

Ladders: # of times __________

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Ball Control /Games

Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: _____ Min

Goals for Next Time:

# games played: __________

“abs on?”

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

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

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

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Players

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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 8: Practice 6
Teach: pass & go with partner
Review: pass & go

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
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- # of goals _________

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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 _______

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Coach:

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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

Minutes spent: _____ Min

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Ladders: # of times _________

Goals for Next Time:

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Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: _____ Min

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Coach:

Game rules in < 8 seconds Yes No
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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

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

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

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

| High Game-like | D: Circle game
  D: Bases
  D: Defend the cone
  D: Oranges and lemons
  D/P/R: 4 goal game
  D/P/R: Gate keepers | D/P/R: Steal the bacon
  P/R: Possession
  P/R: 4 Corners 3 v 1
  D/P/R: 4 goal game
  D/P/R: Gate keepers
  D/P/R: Small sided game | D/P/R: Steal the bacon
  P/R: Possession
  P/R: 4 Corners 3 v 1
  D/P/R: 4 goal game
  D/P/R: Gate keepers
  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)