



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Soccer Practice Plan

U6/U8 – Week 2

- 1) Team Huddle/Jog Around Field – 5-7 Minutes – Go over names; sit and talk about rules for the game Saturday. Take a jog around the actual game field to familiarize the kids with the field. Point out the corner kick spots, as well as the goalie box and the goal kick spot. Also show them the center of the field and make sure they know about kickoff and that the ball goes to the middle after every goal. This will get them thinking about the rules and hopefully help for the games Saturday. Talk to the players about “Respect”!
- 2) Warm Up Activity – 5-10 Minutes – Follow the leader (Dribbling/Change of Direction) – Have each kid get a partner with one ball between the two. One of the partners starts with the ball. They are the leader. The other will follow behind the leader. The leader will dribble all around while their partner will try to keep up with them and follow what they do. Try to get the player dribbling to keep the ball close to them as well as changing directions. This will be a fun way for the kids to work on their dribbling skills!
- 3) First Activity – 5-10 Minutes – Freeze Tag (Dribbling) – All the kids should have a ball except for one or two who are the freeze monsters! The freeze monsters run around trying to tag the others who are dribbling around trying to get away! When the players get tagged they must sit on their ball, until everyone is tagged. Then you can start over with different people being the freeze monsters. This will work on field awareness, speed dribbling, and control with the ball. (Variation 2: Players can unfreeze each other by tagging them. Variation 3: Players can unfreeze each other by kicking the ball through their legs)
- 4) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 5) Second Activity – 5-10 Minutes – Relay Races (Dribbling/Control) – Set up two start cones that are even with each other. Then about 30 yards out put two more cones that are even with the start cones. Split the kids into two different teams; get them lined up on the start cones. The first race will be without the balls, running one at a time they will race against each other to run around the far cone and back. Do this several times then add the ball to it. COACHING POINT: They must keep the ball close and dribble as fast as they can around the cone and back. Encourage them to use any part of the foot but to keep the ball within a step or so of their bodies. Do this several times until they get the hang of it. Competition will make this a more energetic game.
- 6) Third Activity – 10 Minutes – 1 vs. 1 (Offense/Defense/Shooting) – Split up the kids into two groups. Have half of the kid’s line up on one goal post, and the other half on the other. You stand with the balls in the goal. The first kid in line on both sides must be touching the post, you will then roll a ball out in the middle of the two players. As soon as you roll the ball both players can run after it. They will then have to turn it around and compete with each other to score. This will simulate game situations for Saturday.
- 7) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities
- 8) Fourth Activity – 10 Minutes – Goalie Training- Show the kids the goalie box and go over the rules for the goalies. Have each kid practice playing goalie while you take a few shots on them. Also have them practice taking goal kicks as well as throwing the ball out. Remind them that when they are goalie they can only use their hands when they are in the box!
- 9) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play for the rest of practice. You can use a parent or two as passers if you need more players.
- 10) Parent Meeting – 5-10 Minutes – Get any new parents to fill out the snack list, and confirm their contact information. Pass out schedules and remind parents of the game time for Saturday. Also, take note of anyone not at practice and contact them about Saturday’s game.

JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

P 336 712 2000 www.jerrylongymca.org A United Way Agency

Our Mission: “Helping people reach their God-given potential in spirit, mind and body.”