



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

Soccer Practice Plan

U6/U8 – Week 5

- 1) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk to the kids about the game this past weekend! Ask them if they had fun, and talk to them about the good aspects of the game you saw. Get them involved and ask them what they thought they did well at this weekend. Ask them if they have any questions about soccer or any of the rules. Also be sure to talk about the word of the week which is caring. For warm up have them run in place, do jumping jacks, shake it out, and stretch.
- 2) Warm Up Activity – 5-10 Minutes – Follow the leader (Dribbling) – Have everyone get in a line, you will be the leader. Have them follow you as you jog around the field. If you jump they must jump; if you reach down and touch the ground they must do it. Keep doing this making up other actions the kids can do. Some others include spinning in a circle, hopping on one foot, jumping up for a header, etc. COACHING POINT: You can use the lines on the field as well. These will help you as you change direction at right angles and whatnot.
- 3) First Activity – 5-10 Minutes – Tag (Dribbling/Control) – Every child has a soccer ball and they dribble around in a defined area. While dribbling they should try to tag other players with their hand. Players cannot leave their own ball to tag someone; the ball has to stay close to them. Ask them to keep track of how many people they tag. Play this a couple of times and ask them how many tags they got. COACHING POINT: Encourage them to tag more people than they did the first time. This is a small and attainable goal!
- 4) Second Activity – 5-10 Minutes – Gates (Dribbling/Control) – Set up as many pairs of cones (gates) all around the field as you can. Players each have a ball and must dribble through the gate in order to score. Players must count as many goals as they got. Play this several times, encourage them to keep their heads up to avoid running into anyone. You can vary this drill by asking them to only use their left foot, or just their right foot.
- 5) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 6) Third Activity – 10 Minutes – Tunnel Game (Passing) – Have everyone get a partner with one ball between the two. One player stands with his legs spread apart, the other player has the ball and tries to pass the ball through their partner's legs. They take turns trying to score points passing through each other's legs. Have them practice for a while and then make it a competition to see which group can pass it through 5 times. Play this for a while until they start to get the hang of it. COACH POINT: Encourage them to pass with the inside of their foot.
- 7) Fourth Activity – 10 Minutes – Pass and Shoot – Set up two lines of your players facing the goal and even with the goal posts. One side has all of the balls. The first player up in line passes the ball to the first person in the other line. That person then dribbles the ball towards the goal and shoots. Have them switch lines after they go so that every kid gets to shoot. Have them focus on making good passes to their teammates and also dribbling as fast as they can to score. This will help them understand using teamwork to score a goal. VARIATION: Move the lines back 15-20 feet and require that each pair makes 2-3 passes before scoring. Work on accuracy.
- 8) 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. COACHING POINT: Make sure you use what you learned during practice in the scrimmage. For instance, the Pass and Shoot drill teaches the kids that making the extra pass helps the team score a goal. Have a rule that a team must complete 2 passes before they are allowed to score to encourage the passing behavior!
- 9) Parent Meeting – 3-5 Minutes – Remind parents of the game time for Saturday, encourage them to practice at home, and remind whoever is in charge of snacks for the weekend. Don't forget to send a follow up email on Thursday or Friday!

JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

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

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