

## Preferred Practice Plan Format

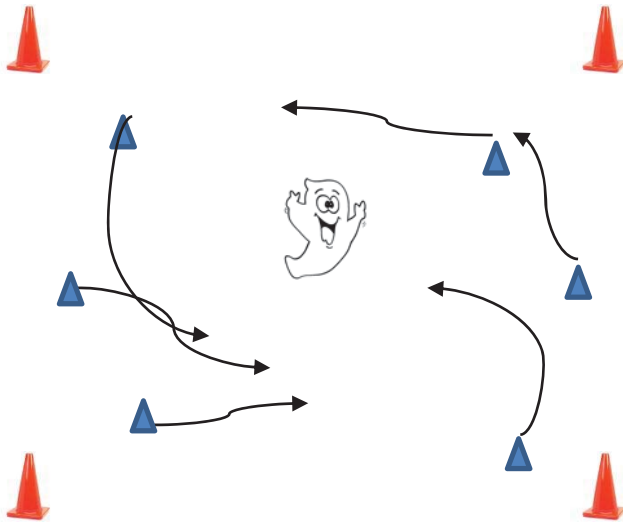


<b>Coach:</b> U4, U5, U6 Academy	<b>Team:</b> U4, U5, U6
<b>Topic:</b> Academy Practice #5	
<b>Date:</b>	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<b>TECHNICAL WARM-UP</b> (5 Minutes) "High Five"	<ul style="list-style-type: none"> <li>- See attached diagram for layout</li> <li>- All kids on same field</li> <li>- Soccer ball at their feet</li> <li>- Coaches scattered</li> </ul>	<ul style="list-style-type: none"> <li>- Coach says go</li> <li>- Kids must run to each coach and high five them, then return to starting spot</li> <li>- Cycle through each round on the diagram</li> </ul>	<ul style="list-style-type: none"> <li>- Warm the kids up</li> <li>- Introduce soccer ball/dribbling</li> <li>- Keep the ball close to feet</li> <li>- Have fun</li> </ul>
<b>SMALL-SIDED ACTIVITY (Main Point)</b> (10 Minutes) "Ghosts in the Graveyard"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- All kids on same field</li> <li>- Coaches laying on ground as "Ghosts"</li> <li>- Player dribble freely around</li> </ul>	<ul style="list-style-type: none"> <li>- Coordinator shouts "Ghost!"</li> <li>- Ghosts get up and try to take the ball from the kids</li> <li>- Players avoid ghost as best as they can</li> <li>- Players who lose ball must do 10 toe touches</li> </ul>	<ul style="list-style-type: none"> <li>- Keep the ball close</li> <li>- Use the correct parts of the foot (inside, outside, laces, bottom)</li> </ul>
<b>SMALL-SIDED ACTIVITY (Main Point)</b> (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- All kids have a ball on same side</li> <li>- Coaches in middle as "sharks".</li> </ul>	<ul style="list-style-type: none"> <li>- Kids try to get from the ocean back to the beat.</li> <li>- Kids must dribble the ball past the sharks to get there.</li> </ul>	<ul style="list-style-type: none"> <li>- Use the correct parts of the foot (inside, outside, laces, bottom)</li> <li>- No toe</li> <li>- Keep the ball close</li> </ul>
<b>MATCH</b> (10 Minutes)	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h3 style="margin: 0;">10 Per Half Field - 3 v 3</h3> </div>		

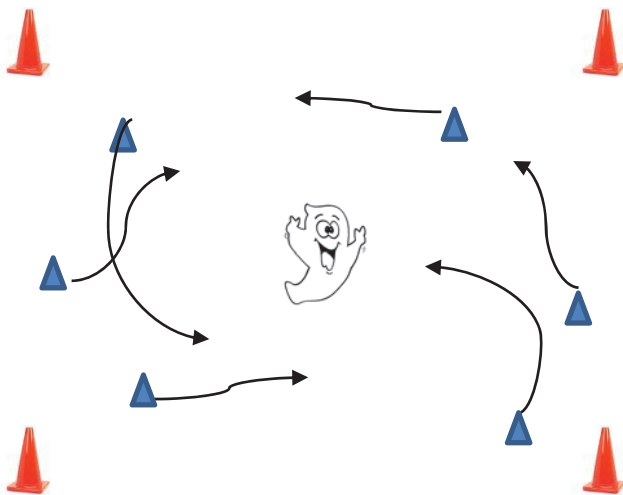
# Ghosts in the Graveyard

## Step 1



- Mark off an area about 20 x 20 yards with four cones/markers.
- All players in the area each with their own ball.
- Coach lying down in the middle as a “ghost in his grave”.
- Variance - change name to ghostbuster, make the kids dribbling the ghosts, and coach is kid in bed.

## Step 2



- Players dribble around freely in area awaiting ghost.
- Coach leaves the “grave” by getting up and trying to take the ball; player is out once ball is lost or leaves the area.
- Play continues until ghost gets all of the balls out of the area.

## Coaching Points

- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to “attack”.
- Encourage creativity with the ball.

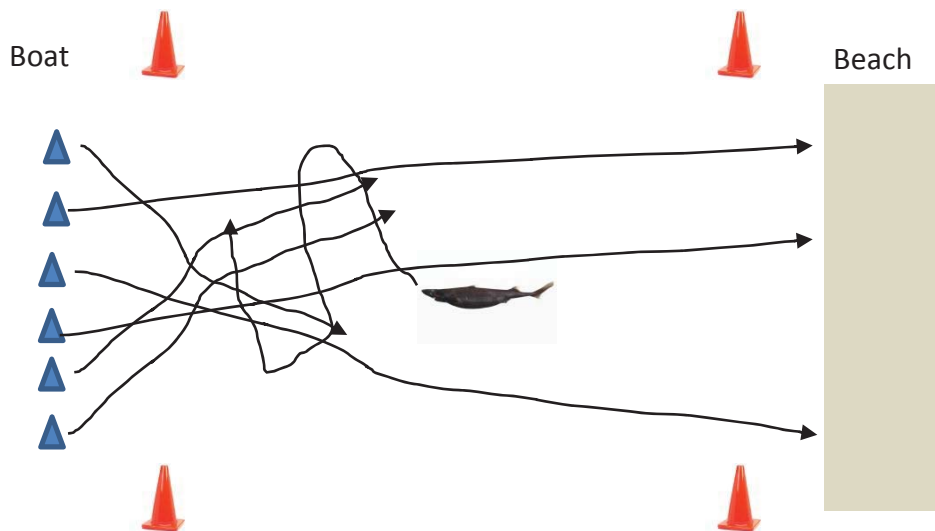
# Shark Attack (aka Sharks and Minnows)

## Step 1



- Mark of an area about 15 yards x 15 yards with 4 cones/markers
- Place all of the players on one side (the boat) and leave one side empty (the beach)
- For first round, place coach or parent volunteer (round 2) in the middle (shark). Add more shark parents for greater difficulty (start with 1)

## Step 2



- When coach says go, players try to make it from the Boat to the Beach.
- Any player that doesn't make it and loses their ball must retrieve it and go back to the boat (Rounds 1-4). After each round, go back to the boat.
- After 4 tries, change the rules so a player that doesn't make it becomes a shark with the coach and play until one player is left.

## Coaching Points

- Dribble the ball with the correct part of the foot (no toe).
- Keep the ball close, look for kids kicking it well in front of them to "attack".
- Encourage creativity with the ball.
- After each round, have the kids do 5-10 step-ups/toe touches.