

## Preferred Practice Plan Format



<b>Coach:</b> U4, U5, U6 Academy	<b>Team:</b> U4, U5, U6	<b>Date:</b>
<b>Topic:</b> Academy Practice #11		

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<b>TECHNICAL WARM-UP</b> (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> <li>- See attachment for diagram</li> <li>- 2 lines of cones 10 yards apart</li> <li>- Kids lined up at 1 end</li> </ul>	<ul style="list-style-type: none"> <li>- Coach shouts "Cannon Ball"</li> <li>- Kids run straight through cones</li> <li>- Coaches pass soccer balls back and forth</li> <li>- Kids dodge them, repeat</li> </ul>	<ul style="list-style-type: none"> <li>- Warm the kids up</li> <li>- Get them excited, have fun</li> <li>- Pass on ground and in the air</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>SMALL-SIDED ACTIVITY (Main Point)</b> (10 Minutes) "Coach Says"	<ul style="list-style-type: none"> <li>- See attached diagram</li> <li>- Keep alternating between Step 1 &amp; 2.</li> <li>- Kids divided</li> <li>- Toe touches after rounds</li> </ul>	<ul style="list-style-type: none"> <li>- Make the kids do basic technical dribbles by saying "Coach Says"</li> <li>- Try to make sure kids do the skills correctly</li> </ul>	<ul style="list-style-type: none"> <li>- Use the correct parts of the foot (inside, outside, laces, bottom)</li> <li>- Keep the ball close</li> <li>- NO TOE!</li> </ul>
<b>MATCH</b> (10 Minutes)	<b>10 Per Half Field - 3 v 3</b>		

# Cannonball Run

Coach

Coach

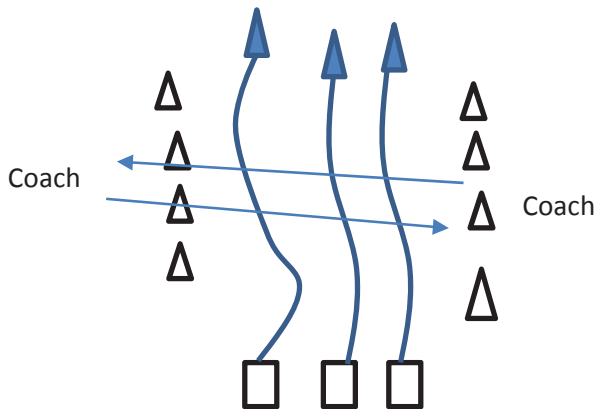


Coach



- 2 lines of cones setup 10 yards apart
- A coach on each side with soccer balls
- Kids line up on one end

## Step 2



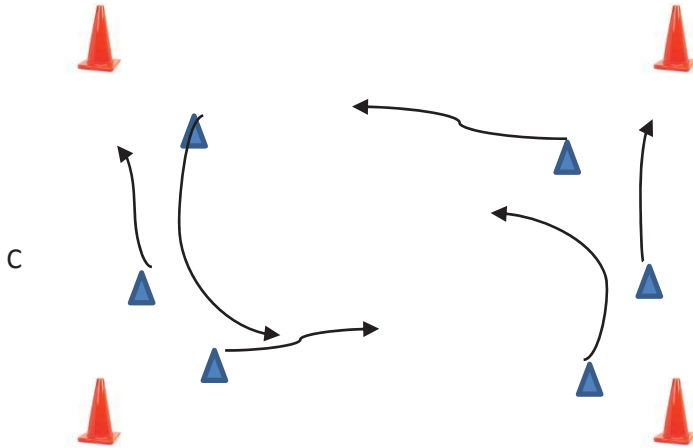
- Coach says "Cannonball!"
- Kids run straight through in between the cones
- Coaches pass soccer balls and forth and kids try to dodge them
- Repeat

### Coaching Points:

- Warm the Kids up
- Have fun

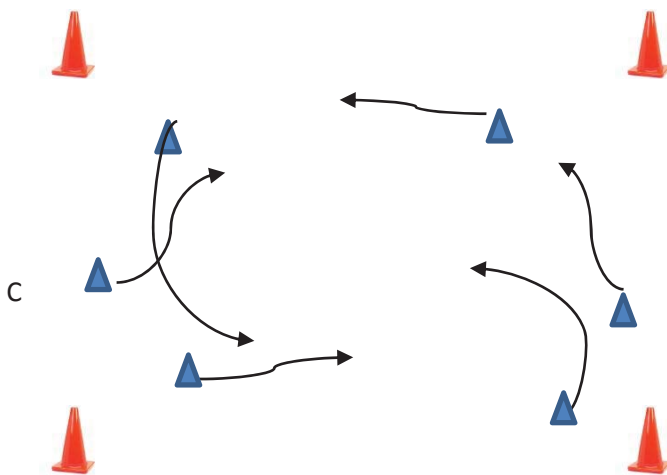
# Coach Says (aka "Simon Says")

## Step 1



- Mark off an area about 20 x 20 yards with four cones/markers.
- All players in the area have their own ball.
- Coach stands just outside the area (C).
- Players dribbling freely in the area.

## Step 2



- While players are dribbling, coach has them do wild/various things by saying "Coach says..."
  - Example – "Coach says fall on the ground and get back up."
  - Example – "Coach says dribble in a circle."
- Run them through several scenarios, try to catch them by NOT saying "Coach says".
- At some point say/shout "Coach says dribble for your lives!" At that time, enter the area and try to take the ball for 10-20 seconds. Stop by telling them, "Coach says relax."

## 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.

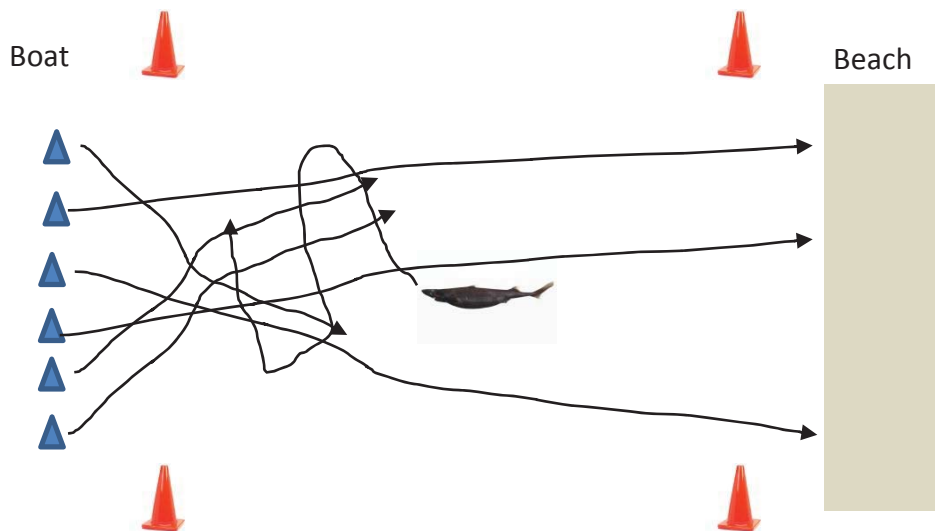
# Shark Attack (aka Sharks and Minnows)

## 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.