

Preferred Practice Plan Format

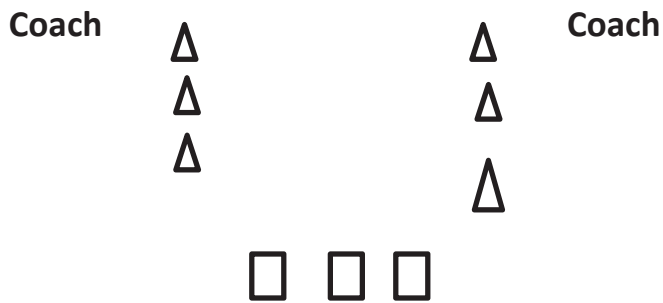


Coach: U4, U5, U6 Academy	Team: U4, U5, U6
Topic: Academy Practice #15	
Date:	

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP (5 Minutes) "Cannon Ball Run"	<ul style="list-style-type: none"> - See attachment for diagram - 2 lines of cones 10 yards apart - Kids lined up at 1 end 	<ul style="list-style-type: none"> - Coach shouts "Cannon Ball" - Kids run straight through cones - Coaches pass soccer balls back and forth - Kids dodge them, repeat 	<ul style="list-style-type: none"> - Warm the kids up - Get them excited, have fun - Pass on ground and in the air
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Hungry Hungry Hippos"	<ul style="list-style-type: none"> - See attachment for diagram - Kids on field divided into 2 teams - 4 cones in the middle - All soccer balls in the coned square 	<ul style="list-style-type: none"> - Split each "team" into 2 groups - Line first group up next to their goals - Coach says go, players run into square - Get a ball, dribble out of square - Shoot the ball when close - Repeat until balls gone 	<ul style="list-style-type: none"> - Be aggressive and go quickly - Dribble close to feet once retrieving - Use correct parts of the foot - Shoot when comfortable!
SMALL-SIDED ACTIVITY (Main Point) (10 Minutes) "Shark Attack"	<ul style="list-style-type: none"> - See attachment for diagram - All kids have a ball on same side - Coaches in middle as "sharks". 	<ul style="list-style-type: none"> - Kids try to get from the ocean back to the beat. - Kids must dribble the ball past the sharks to get there. 	<ul style="list-style-type: none"> - Use the correct parts of the foot (inside, outside, laces, bottom) - No toe - Keep the ball close
MATCH (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>		

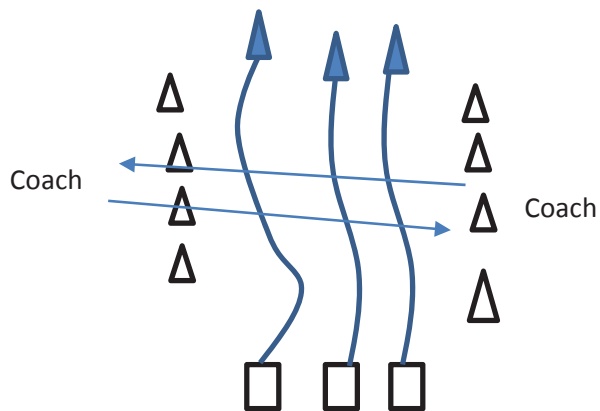
Cannonball Run

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

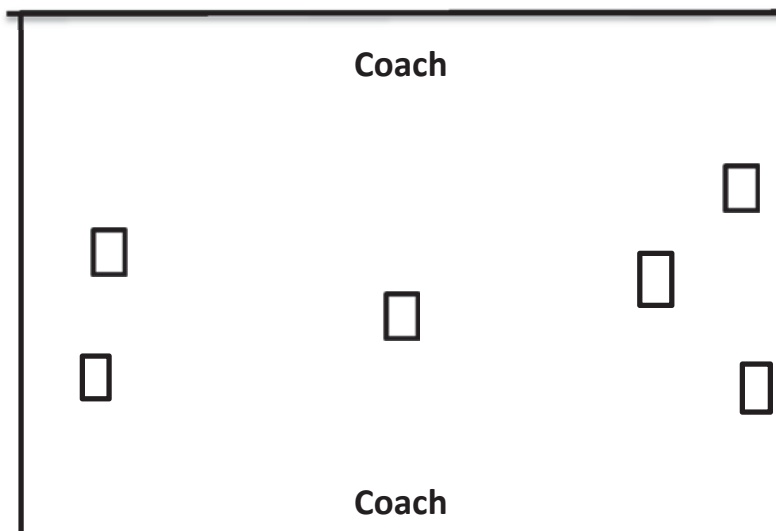


- Coach says "Cannonball!"
- Kids run straight through in between the cones
- Coaches pass soccer balls and forth and kids try to dodge them
- Repeat

Coaching Points:

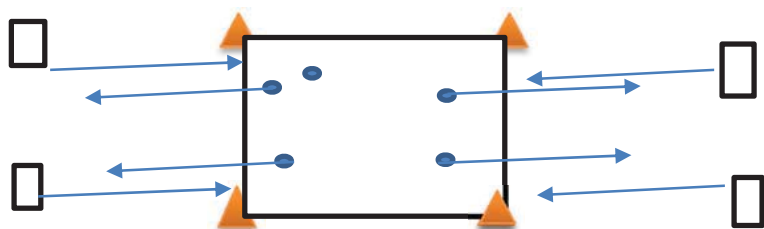
- Warm the Kids up
- Have fun

Hungry Hungry Hippos



- Set up 4 cones in the middle of the field
- Place the soccer ball of each kid on the field inside the square created by the cone
- Divide the kids into 2 teams and place 1 team on each side of the square

Step 2



Coaching Points:

- Be aggressive and go quickly to get the ball
- Dribble close to foot after retrieving
- Try to shoot the ball when comfortable

- After dividing the kids into 2 teams split Each Team into 2 groups
- Line first group in front of their goal
- When coach says GO each team runs into the square selects a ball and dribbles it back towards their goal
- When they get close have them shot the ball into the goal
- Repeat until all balls are out of the square
- Once all balls are out of the square, Reset and switch teams
- Do toe touches in between games
- Let each team go 2-3 times

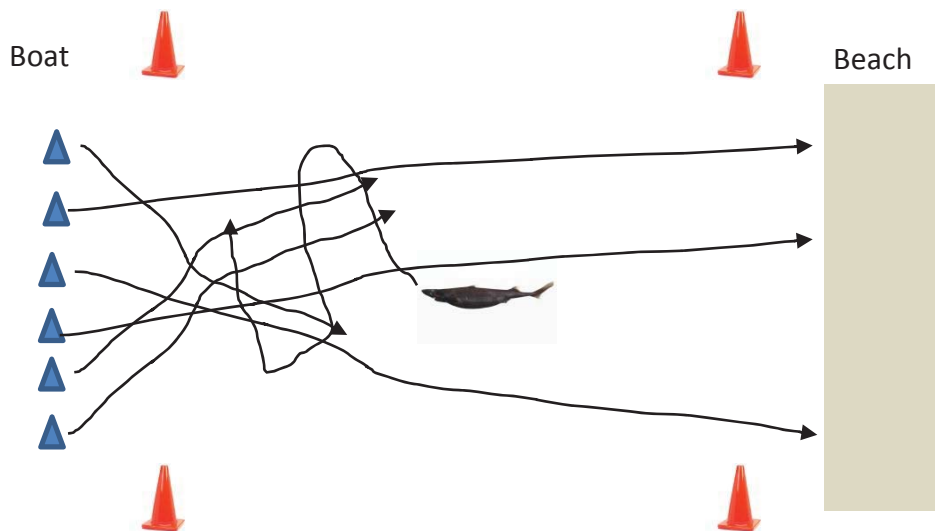
Shark Attack (aka Sharks and Minnows)

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.