



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCCER PRACTICE PLAN: WEEK #1

Activity 1 (Use as warm up on Saturday)

Gates Dribbling:

The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players try to dribble through as many gates as they can in 60 seconds. Repeat for round 2 and see if the players can beat their OWN record.

Coaching Points: After dribbling through a gate, look up to see open space and the next gate. Dribbling technique.

Activity 2

Multiple 1v1's:

Make a field that is 25 yards long and 35 yards wide. Place 3 cone goals (2 disc cones 2-3 steps apart) on each side of the grid. Each player finds a partner that they play against. One player attacks one side and the other attacks the other side. Players can score in any of the 3 goals on the side they are attacking. Just as in regular soccer when a goal is scored the other partner starts with the ball.

Coaching Points: Dribbling!! Be deceptive. See the open space behind the defender.

Activity 3

Pac Man:

One player starts with a ball in a grid (usually one of the better players). All the others start in the grid without their balls (placed just outside the grid within easy reach). When the game begins the player with the ball has to dribble the ball under control while attempting to tag others. If he does then they also get their ball and attempt the same. Variation: The Pac Man passes the ball off the other players below their knees.

Coaching Points: Pac man – keep the ball close so you can strike it at any time. Use of feints to make the players jump (hit them as they land).

Activity 4

Passing Pac Man:

Everyone has a ball inside a grid. Two players are "it" and wear a pinnie. The players that are it try to pass their ball so it hits someone else's ball that isn't it. When a player gets their ball hit they have to go get a pinnie and join the team of "Ghosts". The last two or three people that haven't had their ball get hit yet start the next round as the "Ghosts".

Coaching Points: Same as above. Vision. Movement!

Activity 5

Get Outta There:

Divide teams into. The coach rolls/tosses a ball into play and the first person from each line runs into the game and plays 1v1. If a ball goes out of bounds or over a sideline both players are "outta there" and a new ball is served for the next two people in line. If a player scores they stay in the game and go against a new defender. This should be VERY fast paced. Progress to playing 2v2.



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SOCER PRACTICE PLAN: WEEK #2

Activity 1

Retrieve (warm up on Saturday)

The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.

The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.

Activity 2

Body Part Dribble (warm up on Saturday)

In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as "elbow," "knee," "nose" or

"belly button." The children stop the ball using the part of the body identified. Children learn to keep the ball close so they can stop the ball quickly.

Activity 3

"Get Outta Here"

For ease of transition into the game, play this game on your half of the field. Split your group into 2 groups. Gather all balls on the sideline in the middle of the field at coach's feet. Each group lines up in pairs on both sides of the coach. Coach plays ball onto field, once ball is played in players start to play. When ball goes out of bounds, the coach shouts "Get Outta here" at which point players leave the field. When coach plays another ball in another pair go in. Once ball is won players can attack designated goals. Once all the balls have gone players retrieve balls and bring them back to coach. Children love this game.

Skills worked on:

Dribbling, defending , attacking, teamwork, quickness, reaction time to verbal and non verbal cues. Great mental preparation leading to game.

Activity 4

3v3 Dual Field Scrimmage

Set up two fields 15x20 with 5yard space. Play the game!



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SOCCER PRACTICE PLAN: WEEK #3

Activity 1: Bumper Cars

Step 1: Coach has a ball (car) and dribbles around the grid. Step 2: Each of the players tries to hit the coach's car (ball). Step 3: (imagination) be creative about what the players knock off your car each time they bump you. Let them yell out the part they knock off each time they hit your ball.

Skills worked on: Motor skills, dribbling, striking the ball, eye/foot coordination, changing direction.

Activity 2: Red Light, Green Light

Players imagine that they are driving their favorite car. The last thing the players want to do is crash their car. Green Light all players dribble around the area. Red Light stop with foot on ball. Yellow light: players do step ups (right foot on ball, then left foot on ball).

Other commands are: Highway, players go fast (remind players to dribble with head up)

Forwards park: players do step ups going forward, backwards park: players do step ups going backwards

Traffic: players move ball between feet from side to side (pendulums) Bridge: players use a creative way to make a bridge for their car (coach can introduce scissors or step over move) Roadblock: players change direction (introduce or re-introduce turns such as pull back or inside hook etc)

Dribble with your radios on: sing the ABC's, Runaway truck - coach comes in and tries to kick players ball out of area. If player's ball is knocked out then they have to do 10 yellow lights before they get back in the square.

You can add calls such as Get gas and the players come and give you a high five, soft 5 is all good. Hard 5 car gets in-pounded you punt the ball away and they go get it.

Skills worked on: Spatial awareness, dribbling, turns, foot- eye co-ordination. Following directions



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SOCCER PRACTICE PLAN: WEEK #4

Activity 1: Everybody's It (use as warm up on Saturday): Each player has a ball and each player is it. The point of the game is to tag as many different players as possible. Tag should be shoulders or below and a player can't tag the same player twice in a row. Coaching Points: Vision – head up while dribbling. Keep the ball close so you can change direction quickly!

Activity 2: Multiple 1v1's: Make a field that is 25 yards long and 35 yards wide. Place 3 cone goals (2 disc cones 2-3 steps apart) on each side of the grid. Each player finds a partner that they play against. One player attacks one side and the other attacks the other side. Players can score in any of the 3 goals on the side they are attacking. Just as in regular soccer when a goal is scored the other partner starts with the ball. Coaching Points: Dribbling!! Be deceptive. See the open space behind the defender.

Activity 3 Pairs Ball Retrieval: Players have a partner and one ball. The player with the ball HANDS their soccer ball to the coach who specifies how the ball must be brought back ("Bring it back with two foreheads") After the players get their ball they bring it back in the manner asked by the coach and then hands their ball back to the coach, who tosses it randomly into an open area where the players have to go retrieve it and bring it back again. Be creative with how you ask the players to bring the ball back! Also, move around the area so the players have to be actively looking for you.

Activity 4: Play 3v3 or 4v4 or 4v3 all players playing

Activity 5: (use as warm up on Saturday) Get Outta There: Divide teams into. The coach rolls/tosses a ball into play and the first person from each line runs into the game and plays 1v1. If a ball goes out of bounds or over a sideline both players are "outta there" and a new ball is served for the next two people in line. If a player scores they stay in the game and go against a new defender. This should be VERY fast paced. Progress to playing 2v2.



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SOCCER PRACTICE PLAN: WEEK #5

Activity 1 (Use as warm up on Saturday)

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Coaching Points: After dribbling through a gate, look up to see open space and the next gate. Dribbling technique.

Activity 2

Multiple 1v1's:

Make a field that is 25 yards long and 35 yards wide. Place 3 cone goals (2 disc cones 2-3 steps apart) on each side of the grid. Each player finds a partner that they play against. One player attacks one side and the other attacks the other side. Players can score in any of the 3 goals on the side they are attacking. Just as in regular soccer when a goal is scored the other partner starts with the ball.

Coaching Points: Dribbling!! Be deceptive. See the open space behind the defender.

Activity 3 (Use as warm up Saturday)

Pac Man:

One player starts with a ball in a grid (usually one of the better players). All the others start in the grid without their balls (placed just outside the grid within easy reach). When the game begins the player with the ball has to dribble the ball under control while attempting to tag others. If he does then they also get their ball and attempt the same. Variation: The Pac Man passes the ball off the other players below their knees.

Coaching Points: Pac man – keep the ball close so you can strike it at any time. Use of feints to make the players jump (hit them as they land).

Activity 4

Passing Pac Man:

Everyone has a ball inside a grid. Two players are "it" and wear a pinnie. The players that are it try to pass their ball so it hits someone else's ball that isn't it. When a player gets their ball hit they have to go get a pinnie and join the team of "Ghosts". The last two or three people that haven't had their ball get hit yet start the next round as the "Ghosts".

Coaching Points: Same as above. Vision. Movement!

Activity 5

Get Outta There:

Divide teams into. The coach rolls/tosses a ball into play and the first person from each line runs into the game and plays 1v1. If a ball goes out of bounds or over a sideline both players are "outta there" and a new ball is served for the next two people in line. If a player scores they stay in the game and go against a new defender. This should be VERY fast paced. Progress to playing 2v2.



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SOCCER PRACTICE PLAN: WEEK #6

Activity 1- Pirates of The Caribbean (use at Warm Up Saturday)

To set-up you will need a cone for the players to stand behind to begin. You will then need colored pinneys (or cones) down the other end to act as the treasure!

Explanation: To begin you will need to get the players excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The players will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island. The players will need to go one at a time and pick up one piece of treasure (cone/pinney) and bring it back to the pirate ship.

1. To get the players to understand this game, play the first round without soccer balls.
2. The second time they should kick a soccer ball down with them.

Progression: Add cones leading up to the treasure so the players have to weave in and out of them before getting to the end. By placing the cones down the young players have to dribble the soccer ball in different directions - not just straight.

You could also encourage a race parallel with each other to see who can get the most treasure in the quickest time!

Coaching Points: No hands on the ball use your feet to dribble - how many different surfaces, See if the players can change direction by placing the bottom of their foot on the ball and rolling it behind them.

Activity 2 - Surfs Up Dude

As a crab you need to be on all fours with your feet in front and your stomach facing upward moving around using your hands and feet.

Shout out 3,2,1 GO! and the kids have to dribble their soccer ball toward the other end of the area. If you catch a surfer they will become a crab with you for the next round. Make sure you do the surfer's chant and crab dance every round.

Progression: Get parents involved as the crabs. The players will love trying to dribble the ball past their parents and often try harder too.

Coaching Points: Make sure the players use little touches and demonstrate what happens if you kick the ball too far in a game. See if the players can change direction by placing the bottom of their foot on the ball and rolling it behind them. Make sure the players use different surfaces to dribble the ball.

Activity 3 - Staying Alive

Each player and the coach will need a ball each.

Explanation: The coach will need to sing/chant one verse and then get the players to repeat it. After they have done this the coach will demonstrate what the chant represents and what actions the players must follow after they have repeated the verse. After the players have completed the task and you are



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ready to move on just go back to the first verse. The numbers game song goes as follows (best done in the tone of a military chant):

Explanation: The players will be the surfers and you are the lone crab in the middle of the area. To make this game fun the kids will have to act like surfers before dribbling their soccer ball toward the other end. You will shout out "surfers are you ready?" The players will jump sideways onto an imaginary surfboard and shout "surfs-up dude!" You will then in reply have to do a fun crab dance (the players love this). Use your hands as crab claws and sing the following verse. "A snappy to the left, a snappy to the right, a snappy in the middle because we're having surfers tonight!"

There are other numbers, but the game can go on too long if you're not careful. Remember to go back to the lower numbers frequently after presenting a new number.

Progression: Allow players to put their mark on the game and alter as they so wish.

Coaching Points: Make sure the players use little touches and demonstrate what happens if you kick the ball too far in a game. Make sure the players use different surfaces. Demonstrate every turn that you use and show the players how this could work in a game situation. Make sure the players change direction frequently and keep their heads up to see where they are going and ensure they do not bump into anyone.

Activity 4: Get "Outta" There

Players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid and two small goals (can use cones) on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the ball goes out of play, the coach yells "get Outta there"

Coach: Can make the games 1v1, 2v2, 2v1, 3v2, 3v3. Vary the service.

Activity 5: A format of the Game

3v3(or 3v2 or 2v2) Dual Field Scrimmage – fewer players = more touches

Set up two fields 15x20 with 5yard space. Play the game!



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SOCCER PRACTICE PLAN: WEEK #7

Activity 1 Pirates (USE THIS GAME AS A WARM UP ON SATURDAY): This game is played in a fairly large grid. Two players are "Pirates". The "pirates" run around the grid and try to steal some treasure (soccer ball) from another player. When a player had their treasure taken they have to become a pirate. No tag backs. When a player gets their ball taken they have to go get someone else's ball/treasure. Add more pirates to make the game more difficult. Coaching Points: Keep the ball on the far side of your body away from the defenders. Stay sideways on so you can see the ball and the defender.

Activity 2 Partner Tag: Every player gets a ball and a partner. One partner is "it" and tries to dribble their ball and tag their partner. If they tag their partner then the player that was tagged does 3 jumping jacks (gives other player a chance to get away) before giving chase.

Activity 3 Two-Headed Shark: Everyone finds a partner. One pair is holding a towel between them and is the two headed shark. The other pairs have a ball between them and are passing and moving. If a player with a ball is tagged by the shark then they join their partner and become a two headed shark as well. Encourage players to check to the ball when their teammates is under pressure and spreading out when possible. Coaching Points: Off the ball movement – move for your partner when the "shark" is trying to tag them.

Activity 4 2v2 to Endzones (USE THIS GAME AS A WARM UP ON SATURDAY): Play 2v2 on a 15 yard wide by 25 yard long field. Use cones to make an "endzone" on each end of the field. Teams score one point by dribbling into the endzone and 3 points if they can pass the ball to their teammate in the endzone. Coaching Points: Encourage passing.

Activity 5 "Get Outta There"

For ease of transition into the game, play this game on your half of the field. Split your group into 2 groups. Gather all balls on the sideline in the middle of the field at coach's feet. Each group lines up in pairs on both sides of the coach. Coach plays ball onto field, once ball is played in players start to play.

When ball goes out of bounds, the coach shouts "Get Outta here" at which point players leave the field. When coach plays another ball in another pair go in. Once ball is won players can attack designated goals. Once all the balls have gone players retrieve balls and bring them back to coach. Children love this game. Coach: Can make the games 1v1, 2v2, 2v1, 3v2, 3v3. Vary the service.

Skills worked on: Dribbling, defending , attacking, teamwork, quickness, reaction time to verbal and non verbal cues. Great mental preparation leading to game.



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SOCCER PRACTICE PLAN: WEEK #8

Activity 1: Freeze Tag (USE AS WARM UP SATURDAY BEFORE GAME)

Without Ball: Step 1: One catcher is the "freezer" who chases players and tries to tag them. Once tagged they are frozen. Step 2: Frozen players can be saved when someone crawls through their legs.

With Ball: Step 3: Introduce a ball, "freezer" tags players (or alt. version: kicks their ball)

Step 4: Once frozen player stands with ball on his head. Step 5: Player can be saved when someone passes the ball through their legs.

Skills worked on: dodging, dribbling, running, jumping, passing and kicking.

Activity 2: I can do this Can you?

I Can, do this can you? The coach says, "I can...." and then demonstrates a movement or ball skill, and finishes by saying "can you?" The players try to do the same thing as the coach. After a short time repeat with different movements. Examples: gallop, bending and twisting different ways, tossing and catching the ball, toss clap then catch the ball, bounce the ball off the knee and then catch, etc. Progress to having the players demonstrate what they can do.

Activity 3

Shark Attack

Objective: To improve dribbling skills, (especially keeping close control of the ball and playing with head up), turning with the ball and shielding the ball from pressure.

Set-up: Use a grid about 20 yards across is ideal and 15 yards in length.

Every player has a ball and goes inside the circle except for two players – the Sharks – who don't have a ball and stay outside the circle.

How to play: Players dribble their ball around inside the circle and the two Sharks jog around the perimeter. On your signal, the Sharks have 10 seconds to kick as many balls out of the circle as possible. Any players who lose their ball leave the circle and join the Sharks for the next attack. The last two players left dribbling are the winners and they become the Sharks at the start of the next game.

Activity 4: "Get Outta There" (use as warm up for Saturdays game)

For ease of transition into the game, play this game on your half of the field. Split your group into 2 groups. Gather all balls on the sideline in the middle of the field at coach's feet. Each group lines up in pairs on both sides of the coach. Coach plays ball onto field, once ball is played in players start to play.

When ball goes out of bounds, the coach shouts "Get Outta here" at which point players leave the field. When coach plays another ball in another pair go in. Once ball is won players can attack designated goals. Once all the balls have gone players retrieve balls and bring them back to coach. Children love this game. Coach: Can make the games 1v1, 2v2, 2v1, 3v2, 3v3. Vary the service.

Skills worked on: Dribbling, defending , attacking, teamwork, quickness, reaction time to verbal and non verbal cues. Great mental preparation leading to game.



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SOCCER PRACTICE PLAN: WEEK #9

Activity 1 Jake and the Never Land Pirates

Spread cones out all over the field and they are gold bullion or coins. Players are pirates and they follow coaches directions. Such as the captain is coming so they dribble, scrub the deck they take the ball and scrub the floor. (progression can be they do pendulums – move the ball from side to side between their feet). Hoist the sail – players throw the ball up and catch it. When Coach says 'I see land' players put hand up and say 'land a hoy'. When players get to land they dribble and when coach says 'find the buried Treasure' players pick up cones. You can add in walk the plank and other fun stuff.

Skills worked on: Following directions, dribbling, turning, ball familiarity, catching, movement education.

Activity 2 Sharks and Nemos (use as warm up Saturday)

The Nemos start at one end of the grid. The Sharks stand on the opposite line. The Nemos must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Nemos' balls out of the defined area. Nemos who successfully dribble across the Shark's line go back for round two. Each Nemo who loses their ball join the Sharks. The last Nemo left in is the winner. Coach Can be the Shark. Tell players swim Nemo's swim.

Skills worked on: Following directions, dribbling, turning, ball familiarity, catching, movement education

Activity 3 Shark Attack (use as warm up Saturday)

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How to play: Players dribble their ball around inside the circle and the two Sharks jog around the perimeter. On your signal, the Sharks have 10 seconds to kick as many balls out of the circle as possible. Any players who lose their ball leave the circle and join the Sharks for the next attack. The last two players left dribbling are the winners and they become the Sharks at the start of the next game.

Activity 4 Get "Outta" There: Players are divided into two team, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid and two small goals (can use cones) on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the ball goes out of play, the coach yells "get Outta there"

Coach: Can make the games 1v1, 2v2, 2v1, 3v2, 3v3. Vary the service.

Activity 5 3v3 Dual Field Scrimmage

Set up two fields 15x20 with 5yard space. Play the game!

Developed and provided by Chris Panayiotou, Developmental Director of Coaching Virginia Rush Soccer Club



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SOCER PRACTICE PLAN: ADDITIONAL PLANS

Activity 1: Hospital Tag (USE AS WARM UP ON GAME DAY)

In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches (or a Rush Star jump). After completion they come back into the game with a fresh start. The children learn to keep the ball close to be able move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the "hospital" they are back in.

Activity 2: Body Part Dribble

In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as "elbow," "knee," "nose" or "belly button." The children stop the ball using the part of the body identified. Children learn to keep the ball close so they can stop the ball quickly.

Activity 3: Gates Dribble (USE AS WARM UP ON GAME DAY)

Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble though as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another. The children learn to control the ball at pace while running and turning.

Activity 4 Get "Outta" There: Players are divided into two team, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid and two small goals (can use cones) on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the ball goes out of play, the coach yells "get Outta there"

Coach: Can make the games 1v1, 2v2, 2v1, 3v2, 3v3. Vary the service.

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SOCER PRACTICE PLAN: ADDITIONAL PLANS

Bonus Curriculum for U4-U8

Frankenstein Tag - A group of players must try and make as many frankensteins as possible by tagging them, once tagged players must move like a frankenstein monster until freed by another player.

* add ball and all players must dribble and avoid taggers*

** only taggers have a ball and must try and hit players below the knee to make them a frankenstein**

What time is it Mr Wolf - Coach is the Big Bad Wolf and players must try and steal the keys and free the three little pigs. Play one round without ball, then progress to all players with a ball. Players call out "what time is it Mr Wolf" each hour is a step e.g. 4 o clock = 4 steps towards Mr Wolf. Once Mr Wolf shouts "Dinner time" players must race back to their house to be safe.

Minion Dash - players are minions and running a muck in Gru's laboratory. Gru (coach) must try and capture and freeze all the minions using his freeze ray (throwing pinnies), if frozen minions must freeze like statues until unfrozen by another minion.

* add ball to progress, 5 toe taps / foundations / sole scrubs etc to become unfrozen *

Batman and Robin - Pair work, follow the leader style, can start with movements (dynamics and fun), add soccer ball and ask players to manipulate the ball in different ways, Batman leads Robin follows change roles every 45s - 60s

* progress to dribble away from partner when coach shouts freeze all players must stop, for every step Batman gets away from Robin they get a soccer point*

Wreck it Ralph - a group of players become Ralph and must destroy as much of soccer city as they can. Balls and cones (tall orange if you have) are placed around and the Ralphs must use their ball to knock them over. All other players are Fix-it-Felix and must repair the city as soon as Ralph wrecks it.

Steal the Pirates Treasure - play as capture the flag, round 1 - use hands to grab soccer balls and bring back to your treasure chest. round 2 only use feet - players must dribble their ball back to their treasure chest.