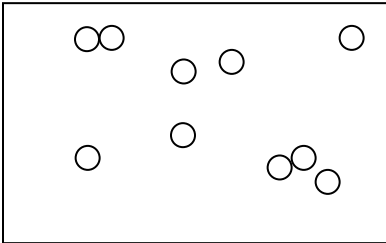
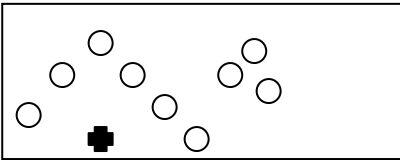
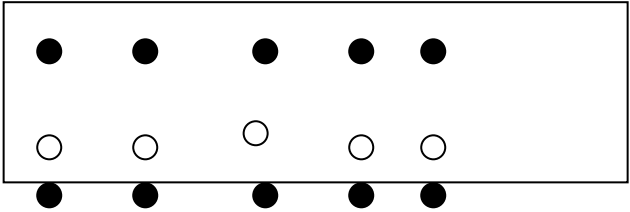
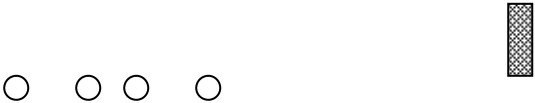
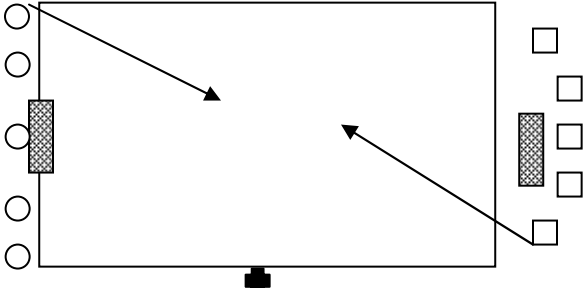


Stockbridge United Methodist Church

Practice Plan 1 intro

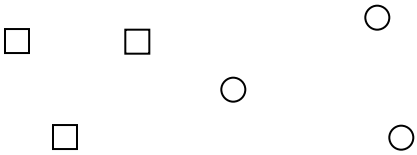
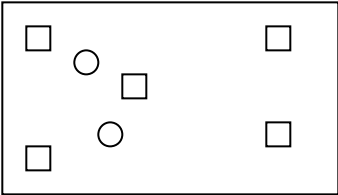
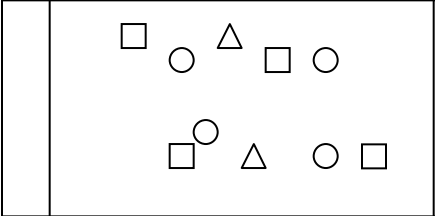

Activity

Diagram

Activity	Diagram
<p>1 (warm-up) <i>Greetings Game</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Progressions: Add dribbling.</p>	
<p>2 <i>Pirate Game</i></p> <p>.All the kids have a ball except 1. The children without the ball are pirates they try and kick the other kids balls out side of the square. If the ball gets kicked out. They join the pirate to kick others out of the square.</p>	
<p>3 <i>Passing Back and forth</i></p> <p>Have your players partner across from each other about 10 feet apart. have them pass the ball back and forth with the inside of their foot. emphasize keep a firm foot and placing the not kicking foot directly at the partner</p>	
<p>4 <i>Shooting</i></p> <p>Have the players line up in front of the goal and have them shoot into the goal</p>	
<p>5 <i>Disney Game (line Soccer)</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

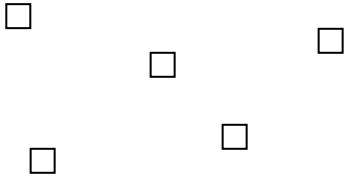
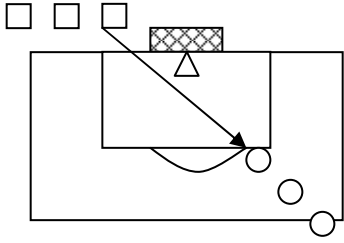
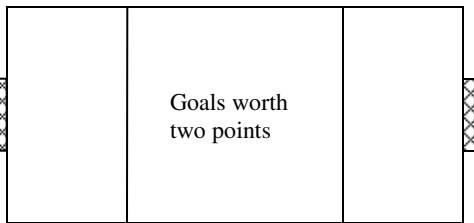
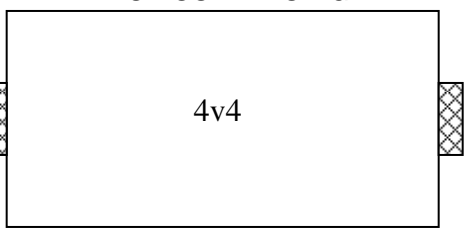
Stockbridge United Methodist Church

Practice Plan 2 Passing

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ▪ Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 5v2 in a 20-x-15 yard area ▪ Attackers earn points by reaching a predetermined number of passes or by splitting the defenders ▪ Defenders earn points by touching the ball or when the ball leaves the area ▪ When a defender steals the ball he/she switches spots with the person that lost the ball <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 4v4 plus two neutrals in a 50-x-40 yard area ▪ Teams score by passing to a player in the end zones <p>Progressions: Specify what surface must be used to pass the ball. Progress to scoring to a target player in the zone, and then to scoring by passing through cone goals</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass ▪ Passes should be played on angles so they are not intercepted ▪ Use disguise when passing – do not telegraph the pass
MATCH CONDITION GAME 	<ul style="list-style-type: none"> ▪ Play 4v4 with no restrictions on players ▪ Teams score by shooting into goals 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with passing ability

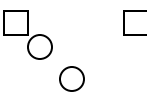
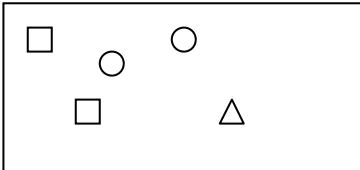
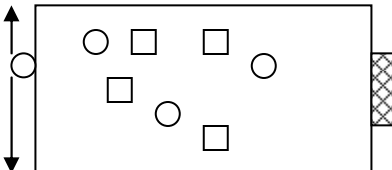
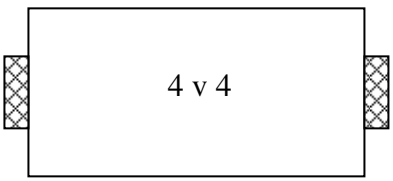
Stockbridge United Methodist Church

Practice Plan 3 Finishing

FUNDAMENTAL – WARM UP 	ORGANIZATION <ul style="list-style-type: none"> ▪ Everyone needs a ball ▪ Players must toss ball to themselves and kick ball straight up in the air using their instep ▪ Progress to partnering up and kicking ball back and forth using instep <p>Progressions: Specify what foot they must kick with.</p>	KEY COACHING POINTS <ul style="list-style-type: none"> ▪ Ankle locked ▪ Solid contact ▪ Follow through ▪ Watch the ball
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ One line stands next to goal post, while other stands a few yards from the D ▪ Line by goal post passes to line by D and then pressures ▪ Rebounds are live ▪ Switch lines after each turn <p>Progressions: Switch which side the players are passing/shooting from so they must use different feet. Specify number of touches.</p>	<ul style="list-style-type: none"> ▪ Approach the ball at a slight angle ▪ Plant foot next to ball pointed in direction of target ▪ Ankle locked ▪ Body over ball – momentum forward ▪ Follow through ▪ Land on kicking foot ▪ Watch ball ▪ Placement versus power
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-25 yard area ▪ A line of cones should be made approximately 16 yards from each goal ▪ Teams get two points for scoring when a shot is taken from the middle zone, and only one point for a goal made from anywhere else <p>Progressions: Add a neutral if necessary. Give extra points for a shot taken or made with a player's non-dominant foot</p>	<ul style="list-style-type: none"> ▪ Approach the ball at a slight angle ▪ Plant foot next to ball pointed in direction of target ▪ Ankle locked ▪ Body over ball – momentum forward ▪ Follow through ▪ Land on kicking foot ▪ Watch ball ▪ Placement versus power
MATCH CONDITION GAME 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players ▪ Play with shorter field to encourage more shooting 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with finishing ability

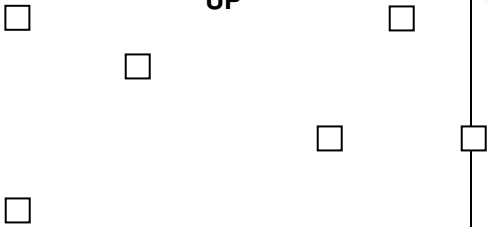
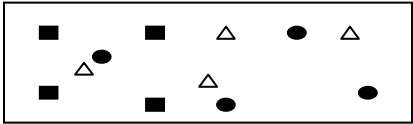
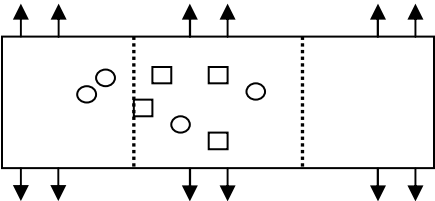
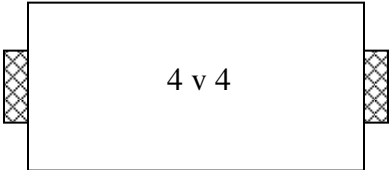
Stockbridge United Methodist Church

Practice Plan 4 defense

<p style="text-align: center;">UNRESTRICTED SPACE – WARM UP</p> 	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Players in groups of four ▪ Two attackers stand in a line and pass ball back and forth between them ▪ When the ball is passed the defenders move to pressuring and covering positions ▪ Each time the ball is passed the defenders switch roles 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Proper angle of cover ▪ Proper distance – close enough to provide immediate pressure should the first defender be beaten, far enough away as to not be able to have the 1st and 2nd defenders beaten with one move ▪ Covering defender tracks supporting players
<p style="text-align: center;">RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Team plays 2v2+1 in a 35-x-30 yard area ▪ Triangle is a neutral player who plays for both teams ▪ Teams try to complete 5 consecutive passes – get one point for doing so 	<ul style="list-style-type: none"> ▪ Proper angle ▪ Proper distance ▪ Covering defender tracks supporting players <ul style="list-style-type: none"> ○ If a ball were played to the attacker they are tracking they should be able to intercept it or at least apply immediate pressure upon that attacker receiving the ball
<p style="text-align: center;">ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v3 to goal ▪ Team of four attacks goal ▪ After defending team wins ball they can score by passing to the target player 	<ul style="list-style-type: none"> ▪ Proper angle ▪ Proper distance ▪ Covering defender tracks supporting players ▪ Distance of cover will vary depending on the third of the field and the amount of pressure on the ball
<p style="text-align: center;">GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ 4v4 +GK game ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if players are providing good cover

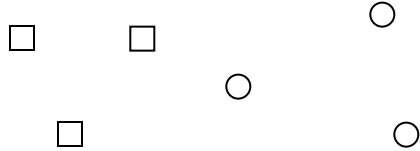
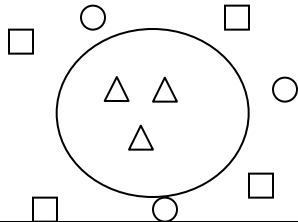
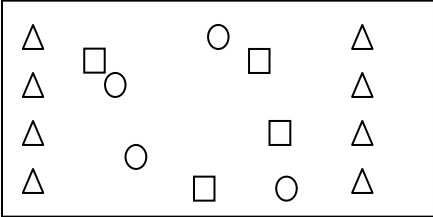

Stockbridge United Methodist Church

Practice Plan 5 width

UNRESTRICTED SPACE – WARM UP 	ORGANIZATION <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing 	KEY COACHING POINTS <ul style="list-style-type: none"> ▪ Use of available space ▪ Players constantly moving
RESTRICTED SPACE 	<ul style="list-style-type: none"> ▪ Two four player teams combine to form an eight player team in a 50-x-50 yard area ▪ A third four player team plays defense and tries to win possession ▪ When a defender wins the ball, the entire four person team switches with the team of the person that lost the ball ▪ Points for 10 consecutive passes, after 10 mins. team with best net (goals for minus goals against) wins 	<ul style="list-style-type: none"> ▪ Defenses want to stay together, naturally, when attacking a team wants to be as spread out as possible ▪ Utilizing width forces the defense to spread out, in which they lost the ability to be concentrated ▪ By utilizing the width of the field space and passing channels are created
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> ▪ Play 5v5 in a 35-x-60 yard area ▪ Mandate that in order for a goal to count, one attacking player must be in each third of the field ▪ First team to 8 goals wins 	<ul style="list-style-type: none"> ▪ Defenses want to stay together, naturally, when attacking a team wants to be as spread out as possible ▪ Utilizing width forces the defense to spread out, in which they lost the ability to be concentrated ▪ By utilizing the width of the field space and passing channels are created
GAME – TWO GOALS 	<ul style="list-style-type: none"> ▪ 4v4 + GK's ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if the team is utilizing the full width of the field

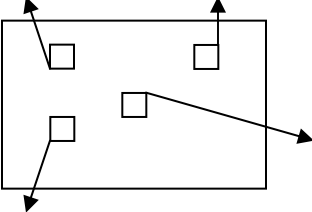
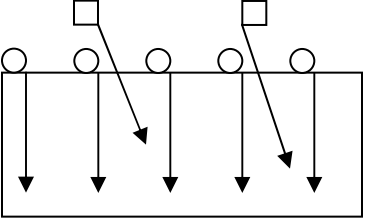
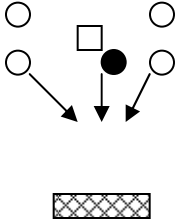

Stockbridge United Methodist Church

Practice Plan 6 passing 2

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ▪ Team breaks into groups of three ▪ Groups should pass between group in area ▪ Groups should constantly be moving <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Have team partner up and face each other across a circle ▪ Cones are placed inside the circle ▪ Players score points by knocking over the cones ▪ When all the cones have been knocked over the team that scored the most points wins <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-30 yard area ▪ Teams attempt to knock over cones that their opponent is defending ▪ When a team knocks over a cone, they pick it up and put it in the line of cones they are defending ▪ After 5 minutes, the team with the most cones wins <p>Progressions: Have different colored cones worth different point values.</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace
MATCH CONDITION GAME 	<ul style="list-style-type: none"> ▪ Scrimmage 4v4 ▪ No restrictions on players ▪ Teams score by shooting ball into goal 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with passing ability

Stockbridge United Methodist Church


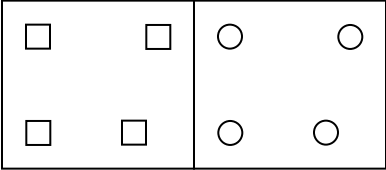
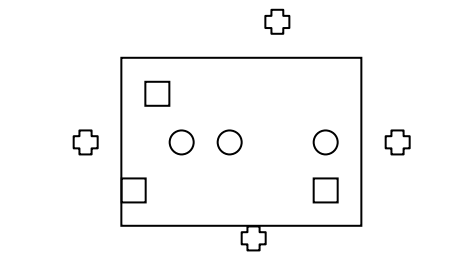
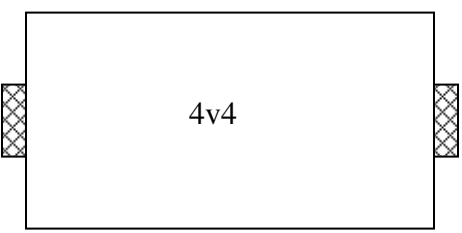
Practice Plan 7 Speed dribble

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone with a ball in a 15-x-12 yard area On coaches command, players must dribble out of square as fast as they can Everyone then dribbles back into the square and the process is repeated <p>Progressions: Place objects outside of the square, players must dribble around the object before returning to the square. End with musical cones.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Ball is pushed farther out in front Use the instep and outside of the foot
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Everyone with a ball on one touchline Two players are defenders and start 5-10 yards behind everyone else When players lose their ball, they must be a defender as well Repeat till everyone has lost their ball <p>Progressions: Players become defenders if a defender kicks their ball away. Players become defenders if they are touched anywhere. Specify how players must dribble.</p>	<ul style="list-style-type: none"> Head up to read game Ball is pushed farther out in front Use the instep and outside of the foot Shield ball from opponent
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Players line up in two lines at half-field Coach plays ball towards goal, first person from each line must sprint after ball and try to recover it and shoot on goal Player that doesn't get ball gives chase <p>Progressions: Make players do an activity (lie on stomach, turn around) before running after ball to spice things up</p>	<ul style="list-style-type: none"> Head up to read game Ball is pushed farther out in front Use the instep and outside of the foot Cut towards center of field to cut off angle
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has improved player's ability to dribble with speed

:

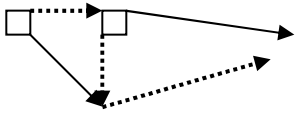
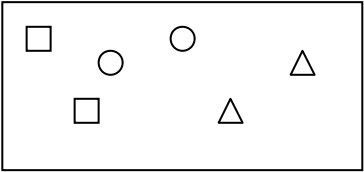
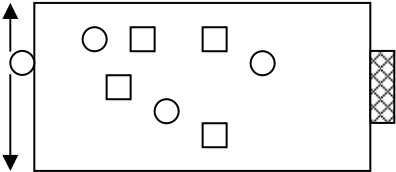
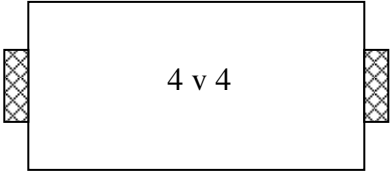
Stockbridge United Methodist Church

Practice Plan 9 Receiving

<p style="text-align: center;">FUNDAMENTAL – WARM UP</p> 	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three people – moving and passing ▪ Emphasis on first touch preparing for next touch <p>Progressions: Specify what surface must be use to control the ball.</p>	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Watch the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Squares number off 1, 2, 3, 4... ▪ Circles letter off a, b, c, d... ▪ Groups stay in their half and pass sequentially <p>Progressions: Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix.</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 3v3 in a 20-x-30 yard area ▪ Have one neutral player be on each sideline ▪ Neutrals can move along the sideline ▪ Points awarded for consecutive number of passes <p>Progressions: Progress to two neutrals being target players and points being scored by passes to target players</p>	<ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Come to meet the ball ▪ Make an early selection in the body surface to use ▪ Relax the controlling surface ▪ Control ball into space or away from pressure ▪ Open body position to field while rec. ▪ 1st touch allows shot, pass, or dribble
<p style="text-align: center;">MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with receiving ability

Stockbridge United Methodist Church

Practice Plan 10 double passes

<p style="text-align: center;">UNRESTRICTED SPACE – WARM UP</p> 	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between two players – moving and passing using a double pass 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Similar to wall pass, with one more pass ▪ Use of outside of foot for first pass ▪ Player who receives the ball must lay it off, turn, and then make a run.
<p style="text-align: center;">RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Team plays 2v2+2 in a 35-x-30 yard area ▪ A pair scores a point for successfully completing a double pass ▪ If defender wins ball his/her team switches roles with the team that lost possession 	<ul style="list-style-type: none"> ▪ Use of outside of foot for first pass ▪ 1st attacker ‘hunts’ 1st defender to create opportunity for double pass ▪ Proper positioning of supporting attackers – distance and angle
<p style="text-align: center;">ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v3 to goal ▪ Team of four attacks goal using double pass whenever appropriate ▪ After defending team wins ball they can score by passing to the target player ▪ Goals scored from penetration caused by double pass count double 	<ul style="list-style-type: none"> ▪ Ability of players to create double pass opportunity ▪ Quick transition from attack to defense for both teams ▪ Try to create numbers up opportunities that allow double pass
<p style="text-align: center;">GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ 4v4 + GK game ▪ No restrictions on players ▪ Give points for making a double pass and for scoring 	<ul style="list-style-type: none"> ▪ Correct shape of team ▪ Look for numbers up opportunities that allow the double pass to work ▪ Assess safety and risk in attempting combination play based on field position ▪ Penetrate when possible using double pass ▪ Observe to see if session has helped with double pass