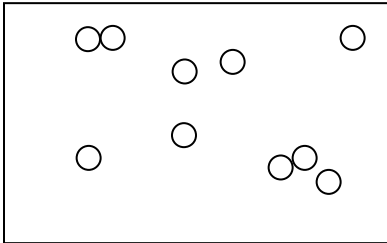
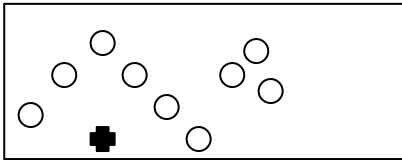
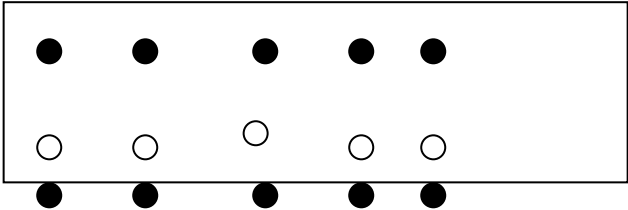

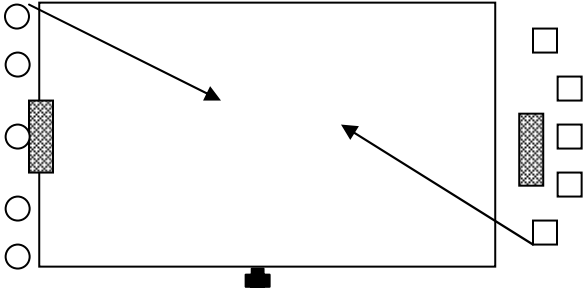
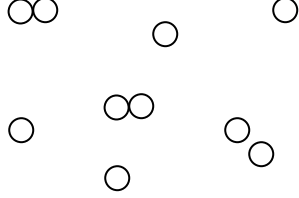
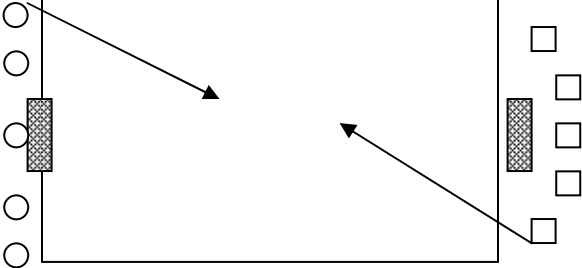
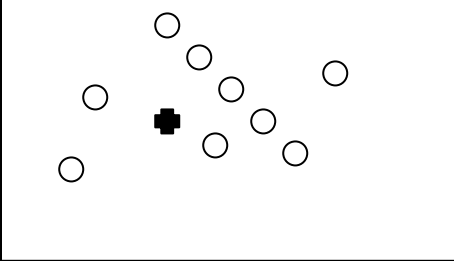
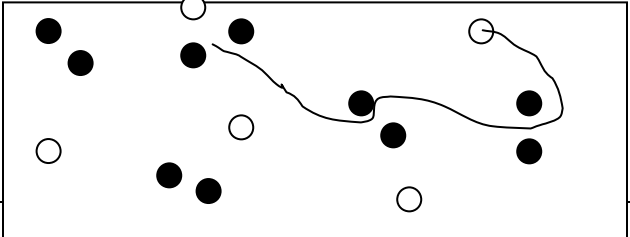


Stockbridge United Methodist Church Practice Plan

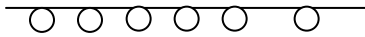
Diagram	
<p>1 (warm-up) Greetings Game</p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Progressions: Add dribbling.</p>	
<p>2 Pirate Game</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 Passing Back and forth</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 Shooting</p> <p>Have the players line up in front of the goal and have them shoot into the goal</p>	
<p>5 Disney Game (line Soccer)</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>	

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<p>Station 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>Station 3 <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>	
<p>Station 4 <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>Station 5 <i>Goal Chase</i></p> <p>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 start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time. Progressions: Each player has a ball.</p>	

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Coaching Points

<p>1st Activity (warm-up) <i>Island Game</i> Activity</p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2 activity <i>Red Light, Green Light</i></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is. Progressions: Add a ball. The coach can move around to make the game more challenging.</p>	<p>■ Coach</p> 
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing??). Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass their ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> ▪ Instead of having a line you could also have an end zone that the players try to get their ball to stop in

Scrimmage 3v3 or 4v4

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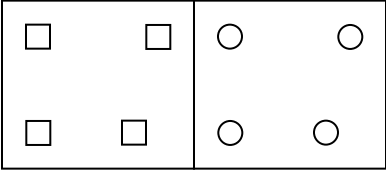
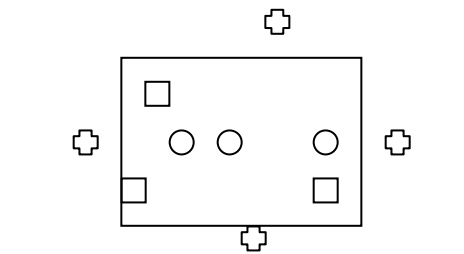

Practice Plan

Coaching Points

<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older.</p>	<ul style="list-style-type: none"> ▪ After a few commands the coach should move to force the players to look up before heading back ▪ This game is great for teaching body awareness, it's fun for the kids too! ▪ Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Hospital Tag</i></p> <p>All players have a ball and are dribbling in an area. The coach is the doctor and stands outside the area. Players dribble in the area and try to tag each other. When tagged, the person has to hold that body part. Once a player is tagged for the third time they go to the doctor and do a task before coming back in. Play to see who can visit the doctor the least. Progressions: Can only dribble with one foot, outsides of feet, soles.</p>	<ul style="list-style-type: none"> ▪ Typically, this game is an elimination game. The players that get their balls kicked out first have to sit. The players that are eliminated first though are the players that need the most help with their shielding technique. The hospital gives them a chance to get back into the game and continue to practice.
<p>3rd Activity <i>Crew vs. Riverhounds (from U6)</i></p> <p>Split the team into two groups and have them spread out and face each other. Between the two groups set up several large cones. One of the groups needs balls. On the coaches command one of the groups (make up names for them) strikes the ball and tries to topple as many cones as they can. The other team collects the balls and after the coach sets the cones back up they do the same activity. Progressions: Must strike ball with laces or inside of foot only.</p>	<ul style="list-style-type: none"> ▪ If the teams are having trouble hitting cones put more down ▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>4th Activity <i>Soccer Marbles</i></p> <p>Everyone needs to be in pairs with a ball for everyone. One player plays their ball and the other person tries to play their ball and hit the first ball while it is still moving. If the person misses the first person quickly goes to their ball and tries to play it to hit the second players ball. Players get a point each time they hit the ball. Progressions: Must strike ball with laces, inside of foot, left foot only, etc.</p>	<ul style="list-style-type: none"> ▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>Scrimmage 3v3 or 4v4</p>	<ul style="list-style-type: none"> ▪


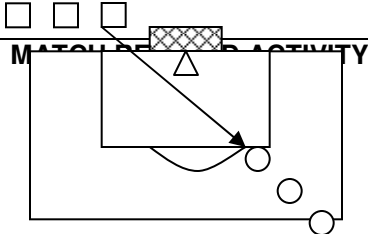
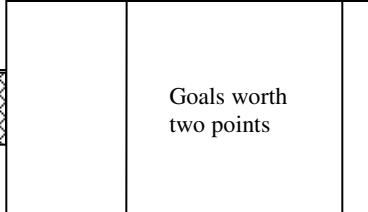


Stockbridge United Methodist Church

Practice Plan Receiving

<p>FUNDAMENTAL – WARM UP</p> 	<p>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>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>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>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>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

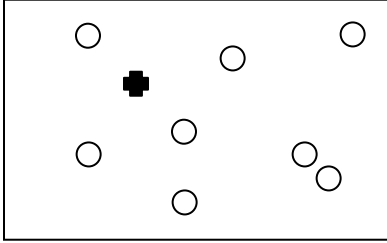
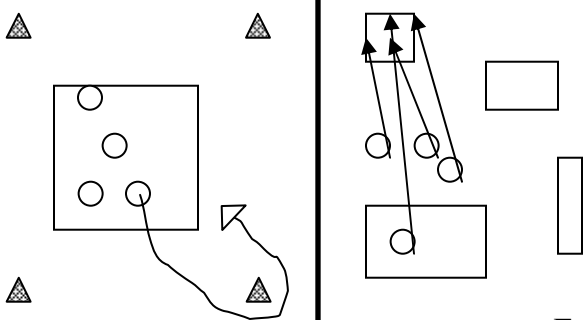
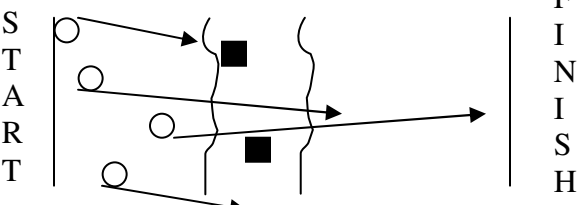
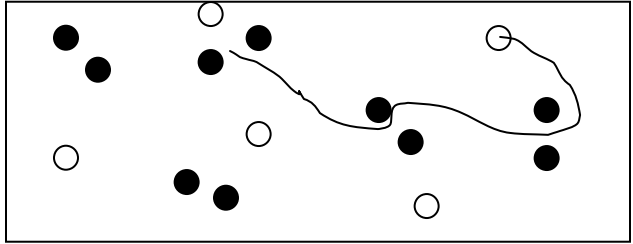
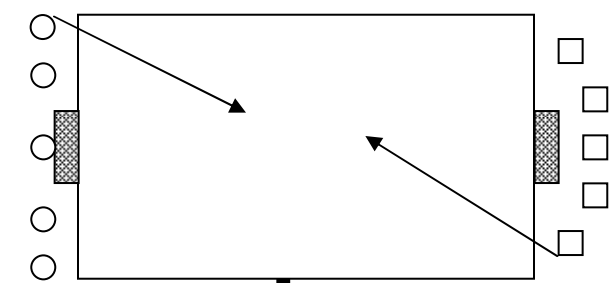
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Practice Plan Finishing

FUNDAMENTAL – WARM UP Activity	ORGANIZATION	KEY COACHING POINTS
	<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>	<ul style="list-style-type: none"> ▪ Ankle locked ▪ Solid contact ▪ Follow through ▪ Watch the ball
	<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
	<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
	<p>Play 4v4 No restrictions on players Play with shorter field to encourage more shooting</p>	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with finishing ability
		

Stockbridge United Methodist Church Practice Plan

Activity

<p>1st Activity (warm-up) <i>I Can, Can You?</i></p>	
<p>Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical movement without the ball (skip, walk and clap hands through legs, etc). After the coach does several examples he should ask the players if they have any suggestions and allow them to demonstrate. Progressions: Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.</p>	
<p>2nd Activity <i>Around the World</i></p>	
<p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area. Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.</p>	
<p>3rd Activity <i>Cross the Chatahoochie River</i></p>	
<p>The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places. Progressions: Add a ball for the boaters.</p>	
<p>4th Activity <i>Goal Chase</i></p>	
<p>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 start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time. Progressions: Each player has a ball.</p>	
<p>5th Activity (the game) <i>Disney Game</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>	

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Practice Plan

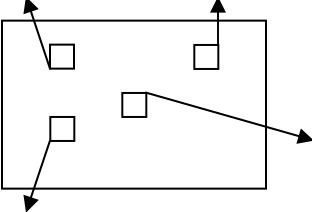
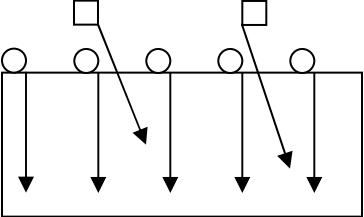
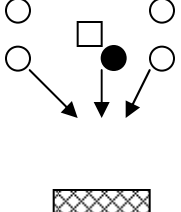
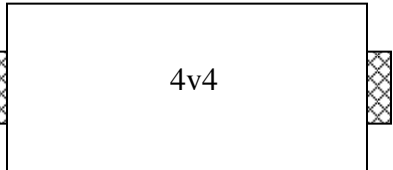
Coaching Points

<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Tail Tag</i></p> <p>Players run around in a 20 x 15 yard area. Players have a “tail” (practice vest) tucked into the back of their shorts. All of the players try to steal the other player’s “tail”. When a player loses their “tail” they keep on playing. Play to see who can steal the most “tails”. Progressions: Who is the last player to have their “tail” taken? Each player has a ball. Have players dribble in a specified way.</p>	<ul style="list-style-type: none"> ▪ Can anyone think to just pull out their own tail? ▪ Each player could have three tails, one in back and one on each side ▪ Is it better to hide in a corner where there is no space or go into the middle where your back is exposed?
<p>3rd Activity <i>Pac Man</i></p> <p>Players are in a confined area, running around. Two players are Pac Man and have a ball outside of the area. On the coaches command the Pac Men (or Women) dribble into the area and try to pass their ball so that it hits one of the players below the knees. When a player is hit they go get a ball and join the original Pac Men. Progressions: Specify how players must strike the ball (laces, inside of feet, outside of feet)</p>	<ul style="list-style-type: none"> ▪ Can we fake like we are going to pass the ball and try to make the players jump, and then hit them right when they land ▪ Players must lead the people who are running (pass the ball in front of them where they are going, not right at them so by the time the ball gets their the player is already gone)
<p>4th Activity <i>Moving Target (In pairs)</i></p> <p>Players are in pairs and share a ball. The coach and a chosen assistant are holding a vest between them above waist height. The coach and assistant form a goal, and move around in an area. The players try to pass their ball through the moving goal to their partner. Obviously the players will bunch around the goal so the goal must move to open space to spread out the players. Progressions: Specify how the ball has to be played through the goal. Add a second moving goal.</p>	<ul style="list-style-type: none"> ▪ The coaches can move towards certain players who aren’t having much success ▪ The coaches can vary their speed to make the game easier or more demanding
<p>5th Activity (the game) <i>German Game</i></p> <p>Set up several 20 x 10 yard playing areas. Have the players play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over his opponent’s endline. Play for two minutes and then the teams rest for one minute. Switch who plays who as well. Comments: The pair that wins the most games could be the tournament winner.</p>	<ul style="list-style-type: none"> ▪ By changing how goals are scored different demands are placed on the players ▪ By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can’t just fire shots off and hope one gets through into the net

Scrimmage 2v2 or 3v3

Stockbridge United Methodist Church

Practice Plan 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

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Stockbridge United Methodist Church

Practice Plan

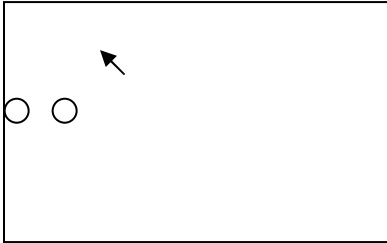
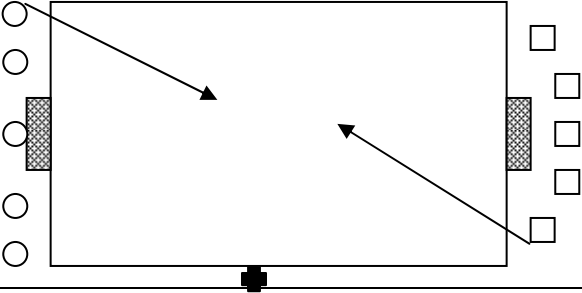
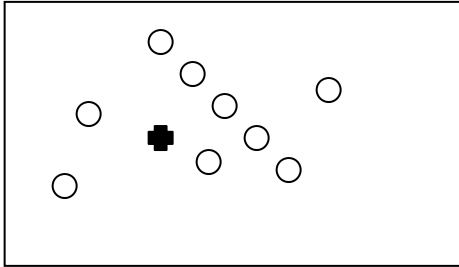
Coaching Points

<p>1st Activity (warm-up) <i>Hares and Hunters</i></p> <p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter.</p> <p>Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<ul style="list-style-type: none"> ▪ The hares must constantly be looking all around for hunters who may try to throw a ball at them ▪ By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<p>2nd Activity <i>Shadow Running</i></p> <p>Everyone has a pair again. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. The person can stop to stretch, change direction, pretty much whatever they want. Play for 20 seconds at a time.</p> <p>Progressions: Add a ball for each player.</p>	<ul style="list-style-type: none"> ▪ Stretching can be added to this game
<p>3rd Activity <i>Siamese Soccer</i></p> <p>Create a playing space of approximately 20 x 20 yards. All the players need to pair up and link elbows. One pair does not link up and they share a ball between the two of them. The pair that is not linked up has to dribble and pass to try to strike the paired players below the waist with their ball. When a pair is hit they break up and go get a ball for the two of them and join the other players who are passing and dribbling.</p> <p>Progressions: Specify how players must play the ball.</p>	<ul style="list-style-type: none"> ▪ Can the pairs that are linked communicate so they don't pull each other apart? ▪ Can one person with a ball shoot at a pair and have their partner right behind the pair just in case they miss? ▪ Can one partner pass the ball to their partner who is standing right next to a pair ▪ Allow the players two touches if necessary
<p>4th Activity <i>Running Bases</i></p> <p>Mark a fairly large playing area. Divide the team into taggers and dribblers. There should be more dribblers than taggers. Players try to dribble their ball without being tagged. If they get tagged they exchange places with the tagger. Have taggers carry a vest to distinguish them. When they tag someone they drop the vest and the new tagger must pick up the vest before they can start tagging. Set up four bases in each of the corners of the area. One player can be safe from being tagged when they are in a base. When a new dribbler goes into a base the person previously in the base must leave.</p>	<ul style="list-style-type: none"> ▪ Make or take away based depending upon how the teams are doing ▪ Add balls to make the game more challenging
<p>5th Activity (the game) <i>Protect the Cones in Pairs</i></p> <p>Play should take place in 20 x 20 yard areas. Eight players play in one area. The eight players need to break into pairs. Each pair sets up two or three tall cones on one of the lines making the area. That pair must defend those cones. Each player must have a ball. On the coach's signal the pairs either attack other people's cones by knocking them over or they defend their own (or one can do either). When a team has all of it's cones knocked down it can no longer attack.</p> <p>Progressions: Only one ball per pair and the defending team can kick any opponent's ball. Make goals on each of the sidelines and play two 2v2 games on the same field, one E to W and one N to S.</p>	<ul style="list-style-type: none"> ▪ Assign one person from each team to be the captain and decide who is going to attack and who is going to defend ▪ This game requires quite a bit of decision making

Scrimmage 2v2 or 3v3

Stockbridge United Methodist Church Practice Plan

Activity

<p>1st Activity (warm-up) <i>Shooting</i></p> <p>Line up all the goals, have the kids line up and shoot</p>	
<p>2nd Activity <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.</p> <p>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>	
<p>5th Activity (the game) <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>Scrimmage 3v3 or 4v4</p>	
