

U6-U8 Practice Plans:

WEEK 1 & 2: DRIBBLING

Objective: Get kids to have as many touches on the ball as possible to improve the ability to dribble with the ball at their feet.

Coaching Points:

- HAVE FUN!!!
- Use different parts of their feet when dribbling the ball: inside, outside, laces, bottom of the foot
- Keep your head up when dribbling the ball so you can see where you are going and avoid other players
- Use small touches to keep the ball close when you are working it tight spaces
- Use a bigger touch to dribble away from someone or something
- Shield the ball from others by placing your body between them and the ball

Activity #1: Walking the Dog

Set Up

- Scatter lots of small cones in two different colors in a large playing area
- Every player needs a ball

How to Play

- Each player's ball is their dog and they must name their dog
- Tell the players one color of the cones are mailboxes and the other color cones trees
- Each player must dribble their ball/"walk their dog" up to sniff the mailboxes
- Then the coach yells "its starting to rain! Get your dog under the trees!" and the players must dribble upon to the color cones you labeled as trees
- Progress to who's dog can sniff the most mailboxes before it starts to rain or using difference surface of the feet to dribble with

T: Trees

M: Mailboxes

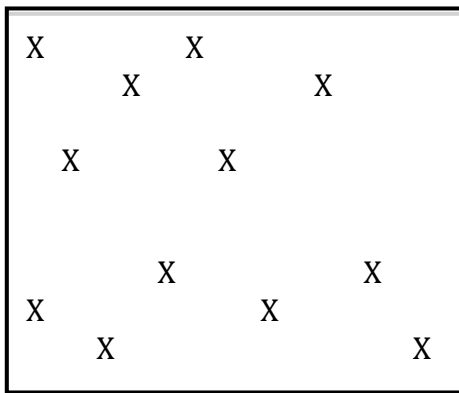
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Activity #2: Don't Crash the Car!

Set Up

- Create a 15x15yrd grid out of cones for every 12-15 players
- Tell everyone the object of the game is not to crash the car and their soccer ball is their car
- Explain the following commands to the players:
- "Green light"- players must dribble around the grid and not crash into anyone
- "Red light"- players must stop dribbling and put one foot on top of the ball
- "Yellow light"- players will assume it means go slower but players must actually go faster and still keep the ball close them to
- Can you then add in more commands after the players understand the activity:
- "Honk your horn"- players must sit on their ball and pretend to honk their imaginary horn
- "Turn signal"- players must put their foot on the top of the ball and pull/drag the ball behind them, turn around the continue to dribble in the opposite direction
- "Windshield Wipers"- players stop and put one foot on top of the ball; with their foot on top of the ball they move it side to side

X: Players



Activity #3: Shark Bait

Set Up

- Create a 20yrd circle for every 12 players
- Designate two players to be "sharks" without balls and every other player will need a soccer ball

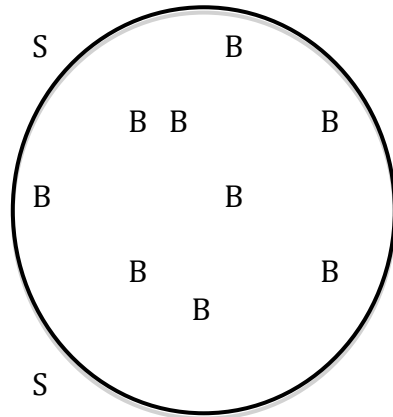
How to Play

- The two "sharks" start by jogging around the edge of the circle with all the "bait" inside the circle dribbling the ball
- Coach then yells "Shark Attack" and the sharks are given 10sec to kick as many balls out of the circle as possible
- Any "bait" that gets their ball kicked out of the circle then becomes a "shark" for the next round

- After the 10sec the “sharks” must return to the outside of the circle and continue to jog around it until the coach again yells “Shark Attack!!”
- The game ends when all but 2 players are sharks, those player then become the new sharks for the next game

S: Sharks

B: Bait



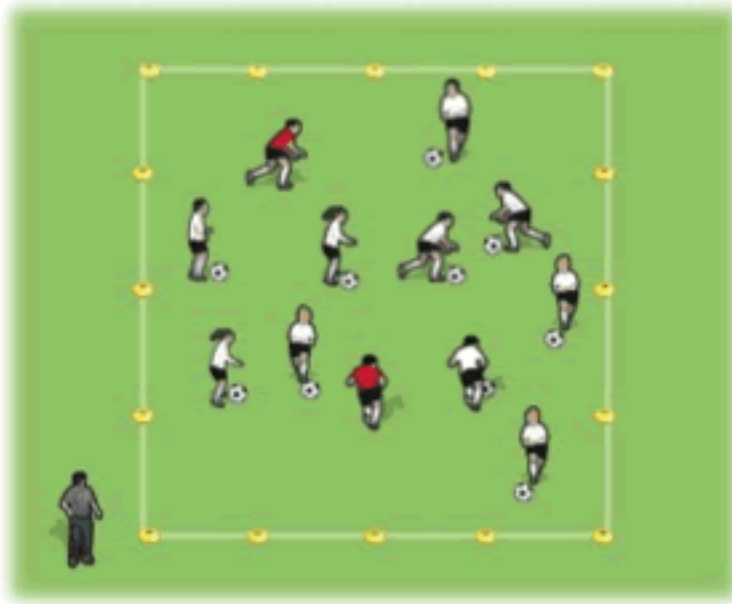
Activity #4: Ghostbusters

Set Up

- Create 15x15yrd square for every 12-15 players
- Designate two players to be “ghosts” who don’t have balls, every other player will need a ball

How to Play

- Players with the ball must dribble around the grid and avoid being tagged by the “ghosts”
- Ghosts will be on their hands and knees trying to tag players dribbling in the grid
- If a ghost tags a player they are frozen or if a player dribbles outside the grid. Frozen players must stand with their feet spread apart and the ball over their head.
- Frozen players can be unfrozen by shouting “Help... I need a ghostbuster!” Another player must then play their ball in between the frozen players legs in order to unfreeze them
- Once a player become unfrozen they place the ball on the ground and continue to dribble around the grid



The players dribble around avoiding the ghosts.

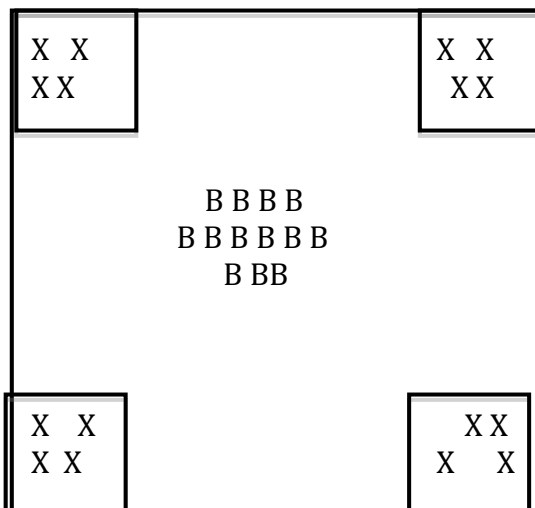
Activity # 5: Capture the Minions

Set Up

- Create a 20x20yrd grid out of cones with 4 bases (“Houses”) made out of cones in the corners
- Place all the balls in the middle of the grid
- Divide the players into 2- 4 teams depending on number of players at practice

How to Play

- Tel the players every soccer ball is a “Minion”
- Each team wants to capture as many minions as possible and return them to their “Houses”/bases
- When the coach says go players must run out of their house and dribble the minions back into the house
- Players may only take one minion at a time back to their house
- Once they get the hang of it you can allow players to steal minions from the other teams home



WEEK 3 & 4: PASSING

Objective: Begin to get kids comfortable with using the inside of the foot to make passes rather than use their toes

Coaching Points:

- HAVE FUN!!!
- USE THE INSIDE OF THE FOOT TO PASS THE BALL... NO TOES!!
- Point your toe up toward the sky when passing the ball, not pointing at the ground
- Get your standing foot (foot you are not kicking with) next to the ball and pointing straight at your target
- Get your hips and shoulders facing your target when you pass the ball
- Your follow through with your kicking foot straight at your target

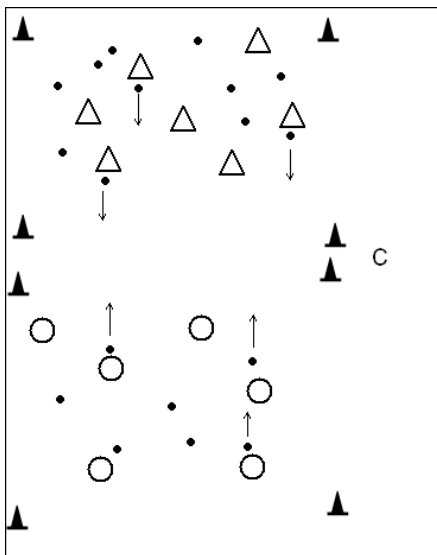
Activity #1: Keep Your Yard Clean

Set Up

- Create two 20x20yrd grids a couple yards apart from each other
- Players are divided into two teams and every player starts with a ball

How to Play

- Each team is placed in one of the grids and told that the grid is their “yard” and the ball are “leaves” in their yard
- The job of each team is to keep their yard clean of leaves by passing the “leaves/balls” into the other teams yard
- Allow teams to play for a couple of minutes and when the coach calls time count how many “leaves/balls” are in each team’s yard
- The team that has the least amount of balls wins that round, play a number of rounds



Activity #2: Soccer Bowling

Set Up

- Place one soccer ball on top of a small cone and create a gate with two small cones 5-8yds away for every 4 players

How to Play

- Players are placed in groups of four and asked to stand in between the gate facing the ball on a cone
- Tell the players the ball on the cone is the bowling pin and their ball is the bowling ball
- Players must pass their "bowling ball"/ball from the gate and try to knock over the "pin"/ball off the cone
- First team to 5 or 10 points wins

X: Player

C: Cones

BC: Ball on Cone

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BC

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BC

Activity #3: Ouch

Set Up

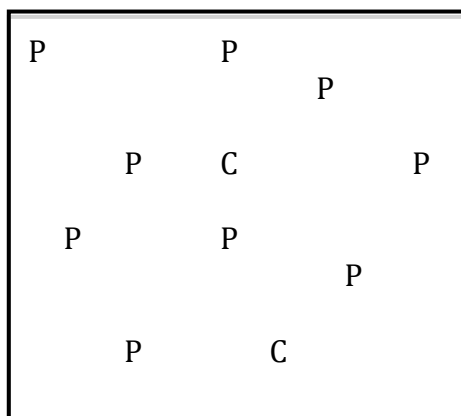
- Create a 20x20yrd grid with cones
- Every player needs a ball

How to Play

- Players must dribble around the grid with the ball trying to hit the coach
- If the coach gets hit with the ball they must yell "Ouch!"

P: Player

C: Coach



Activity #4: Battleship Destroyers

Set Up

- Create 2 zones about 8-10yrs apart using small cones that players must stay behind
 - Scatter a number of tall cones (battleships) between the 2 zones
 - Divide the players into two teams and place them in each zone with their soccer ball
- ##### How to Play
- Tell all players the tall cones are “Battleships” and their soccer balls are “Missiles”
 - They must try to sink the “battleships” by knocking over the cones with their missiles
 - They are only allowed to use the inside of their foot to sink the battleships



WEEK 5: SHOOTING

Objective: Allow players to become familiar with shooting the ball into the net using different parts of the feet

Coaching Points:

- HAVE FUN!!!!
- DO NOT USE YOUR TOE TO SHOOT THE BALL!!!
- We want to use the laces of our feet to shoot the ball or the inside of our foot
- We use the laces to shoot the ball hard and the inside of the foot to place the ball into the net
- When using our laces we keep our ankle locked and our toe pointed into the ground the entire time
- Our standing foot needs to be next to the ball and pointing at the goal
- Our follow through after we are done kicking it needs to be pointing at the goal with our toe down

Activity #1: Land Mines

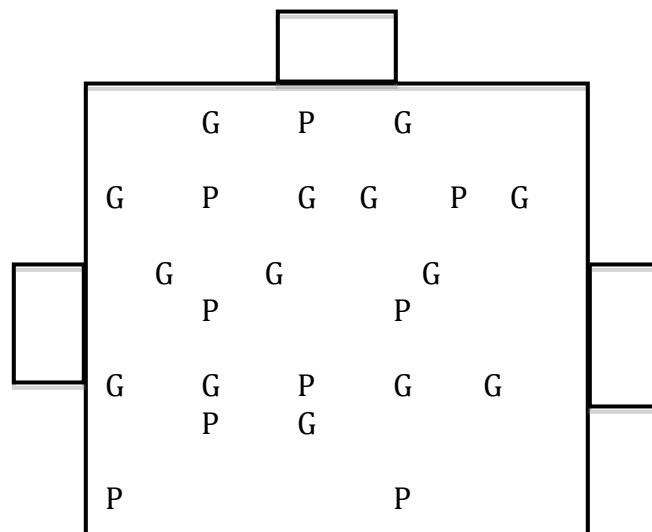
Set Up

- Create a 15x15yrd grid with cones and place a number of other cones randomly around the grid
- Create four goals out of cones, one on each side of the grid
- Every player needs a ball

How to Play

- All player are placed inside the grid and told that the cones are land mines and they don't want to touch them
- Instruct players to dribble around the landmines, if a player touch the land mine, they must yell "land mine" and fall over, they then get back up and continue to dribble around the area
- When the coach yells "grenades" all the players must shoot their grenade/ball into one of the four goals
- Players must then go to a different goal, find a new ball and dribble it around again

P: Players
G: Grenades



Activity #2: Big Game Hunter



Set Up

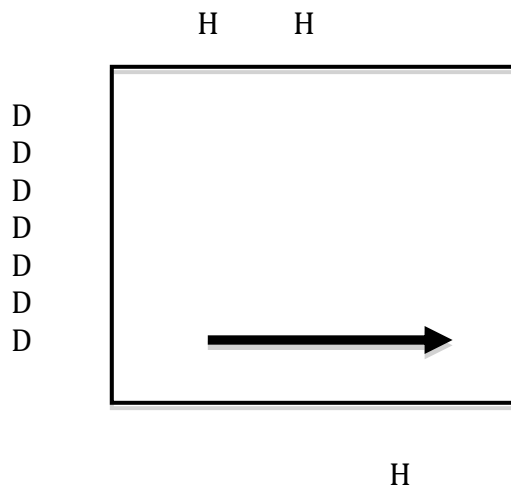
- Create a 15x15yrd grid with cones
- Assign 2-3 players to be “hunters”, they will need a ball
- Everyone else must place their balls outside the grid and they will be “deer”

How to play

- Line up the deer on one side of the grid without a ball and the hunters on the perpendicular lines of the grid with a ball
- The hunters must try to hit the deer with their soccer balls as they run across the field to the other side of the grid
- The hunters must use the inside of foot or laces to shoot the deer
- The deer are safe when they reach the other side of the grid
- If a deer gets hit they become a hunter and grab their ball for the next round
- The game ends when one or two deer are left

H: Hunter

D: Deer



Activity #3: Soccer by Numbers

Set Up

- Create a 10x10yrd grid with small cone goals on each end
- Assign each player a number
- Place all the balls in the sideline

How to Play

- Have all the players standing on either side of the coach, the coach tosses a ball into the field and calls out two different numbers
- The pair that has been called run onto the field and try to score
- Once a goal has been scored the players return to the sideline and the coach throws a new ball out and calls a new numbers
- Modifications:
- Change the starting position of the players (sitting, laying down, turned away from the field, ect)
- Alter the amount of balls your throw out or numbers you call out

