

Practice Plan Manual



A Complete Practice Manual
for the Beginner to
Advanced Coach
MM-U6

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	Phase 1	Phase 2	Phase 3	Phase 4
U - 4	Dribbling - becoming familiar with the ball	Passing - inside and outside of foot	Shooting - accuracy and power	Control - stopping the ball - keeping it close
U - 6	Dribbling - becoming familiar with the ball	Passing - inside/outside of foot - movement	Shooting - accuracy and power	Control - stopping the ball - good first touch
U - 8	Dribbling - control, stopping, movement	Passing/Shooting - using the laces - communication Movement	Receiving/Control - with feet (inside/outside) - juggling	General Tactics - positions - offense - defense
U - 10	Dribbling - turning, fakes - 1 vs. 1	Passing/Shooting - 2 vs. 1 - crossing - switching the field	Receiving/Control - foot, thigh, chest, head - volleying	Group Tactics - give and go - overlaps - keeping possession
U - 12	Individual Skills - dribbling - passing - shooting	Receiving/Control - trapping - first touch - knowing where the ball is going	Group Tactics - offense and defense - getting open - support	Prep for U – 14/U -16 - work on individual strengths and weaknesses

	Phase 1	Phase 2	Phase 3	Phase 4
U - 14	Individual Skills - dribbling - passing - shooting - trapping - volleying	Offense - 1 vs. 1 (fakes) - 2 vs. 1 (wall pass, overlaps) - creating space - diagonal runs	Defense - shielding - support - forcing outside - jockeying	Group Tactics - 5 vs. 2 - 8 vs. 6 - 4 vs. 4 - 8 vs. 8 (movement, options)

	Phase 1	Phase 2	Phase 3	Phase 4
U – 16	Individual Skills - build strength and conditioning	Offense/Defense - creating space -target player -zone - man to man	Transition - from defense to offense - from offense to defense - communication - moving as a unit	Set Plays - corner kicks - goal kicks - free kicks - throw ins - penalty shots

Mighty Mites (old U4)

Introduction

The first goal of this group, as well as for any green soccer player is becoming familiar with the soccer ball and teaching the athletes to move it with ease while dribbling. Passing is of utmost importance in the game of soccer, learning this skill with both the inside and outside of the foot should be implemented. The skill of passing also leads into shooting, which is critical in success at any level. Finally, control of the ball, being able to stop it and keep it close, should be achieved.

Characteristics

- Very excitable
- Full of energy
- Unaware of the rules of the game
- Mastering movement patterns

It is a rough road that leads to the heights of greatness.
-Seneca



Practice Plan

Age Group: U-4

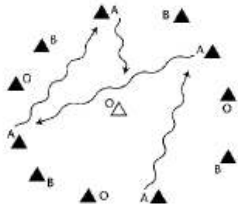
Theme: Dribbling

Activity

Coaching Points

1st Activity (warm-up) Fruit Salad (10mins)

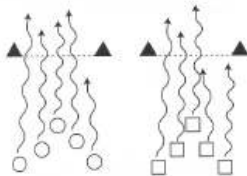
- Set up cones in a circle with one player in the middle and others around him (6 to 12 yards, depending on size of group)
- Give each player the name of a type of fruit (ex. Banana)
- Each player has a ball and when the name of a fruit is called, each player with that fruit name dribbles to another cone.
- When “fruit salad” is called out, each player dribbles to other cone
- Player who is left over calls out next fruit or “fruit salad”



- Make sure kids are actually running around in the play area to warm-up
- Players should have their heads up and be attentive of others
- No one should be walking

2nd Activity Ball to goal (15mins)

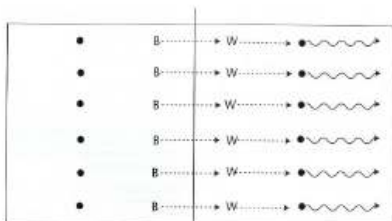
- 3 groups of 5 to 6 players dribble in line through goal (2-3 yards wide) from distance of 15 to 25 yards
- Which group is the first to dribble through the goal?



- Becoming familiar with the ball
- Make sure kids are keeping the ball close and not just kicking and running
- Keep head up to avoid collision

3rd Activity Black and White (15mins)

- Two pairs of players face each other 1 or 2 yards away from center
- The left row is “black” and the right is “white”
- When coach calls out a color, players with that color set off towards their opposites and try to catch them before they reach finishing line
- Players trying to cross finish line are the ones dribbling the ball

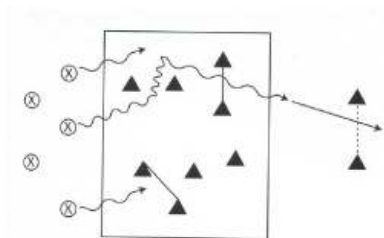


- Those players that are dribbling the ball need to focus on their target (finish line) without being distracted by the other player chasing them
- Encourage speed and quickness

Age Group: U-4	Theme: Dribbling
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4th Activity Dribbling around obstacles (15mins)

- Set up various obstacles (cones). The players have to dribble quickly, with the ball under control, around hurdles to the goal

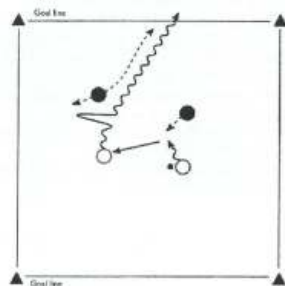


- Variations: more obstacles, smaller goal

- Keeping the ball close with small touches
- Keep head up to know direction of where you want to go next
- Quickness with dribbling

5th Activity (the game) Line game; 2 against 2 (15mins)

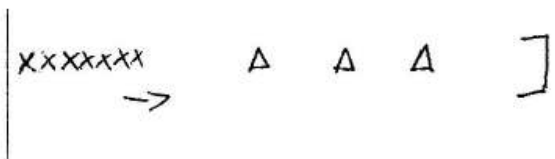
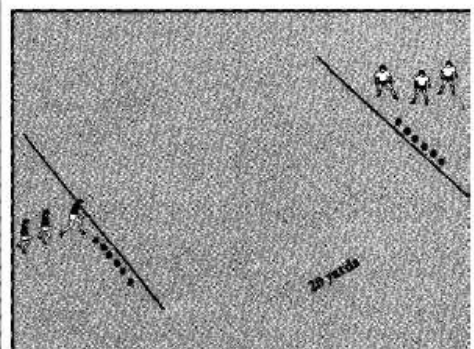
- Players play 2 against 2
- Goals only count when one of the players crosses the opposing goal line between the cones with the ball at his feet
- Time per game: 2 minutes, then 1 minute rest
- Switch the pairs

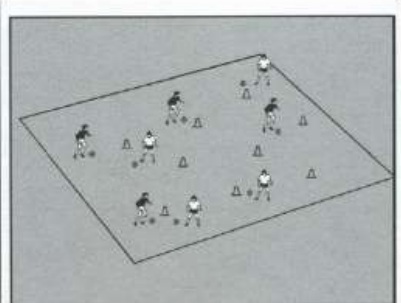


- Players at this point should be familiar with the ball.
- Because no shots are allowed, players must focus on keeping the ball under control and close to their feet
- With few players, this will allow several touches on the ball by all the players

Practice Plan

Age Group: U-4	Theme: Dribbling
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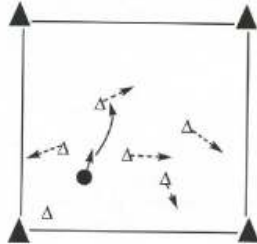
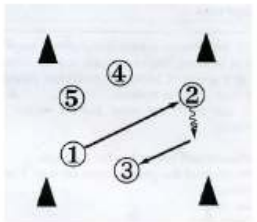
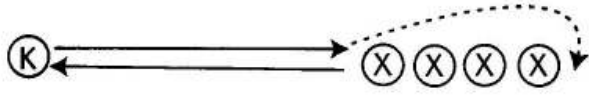
Activity	Coaching Points
<p>1st Activity (warm-up) (10mins)</p> <ul style="list-style-type: none"> Take one lap around the track dribbling the ball with your feet Stretching- Do a series of toe touches, touching the feet, Make it a contest to see who can touch their feet for the longest. 	<ul style="list-style-type: none"> Drill stays simple so children do not get confused for warm up. Gets legs moving while working on coordination Fun way to stretch
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> 'Hit the deck'. Evenly spread out in front of the coach. Children move (with the ball) to either side, front or back, or hit the ground, following the coach's instructions 	<ul style="list-style-type: none"> Becomes familiar with the ball on not only moving forwards however side to side and backwards
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Group split into 2 teams Players stand at each end line facing opposite team Place a ball behind each player on the line On the command go, the players run into their opponents half and dribble the ball back to their end line One the coach says stop, winning team has the most number of balls on their line 	<ul style="list-style-type: none"> Head up to avoid collision Keep the ball close by using inside and outside of the foot to dribble Remain on toes

Age Group: U-4	Theme: Dribbling
<p>4th Activity (15mins)</p> <ul style="list-style-type: none"> All players dribble within a designated area. Players are instructed to avoid touching any of the cones set out 	<ul style="list-style-type: none"> Keep your head up Keep the ball close to your feet Take plenty of touches
<p>5th Activity (the game) (15mins)</p> <ul style="list-style-type: none"> Set up a soccer game with 4 balls, therefore, allowing players to practice dribbling while in game situation Make it a game with no passing to allow for more dribbling. If a player loses control of the ball it gives the other players an opportunity to take the ball from the player that lost it 	<ul style="list-style-type: none"> Teaches the players to dribble in an actual game situation. The No passing and 4 ball rules allow the coach to see who is best understanding what they have to do to succeed.

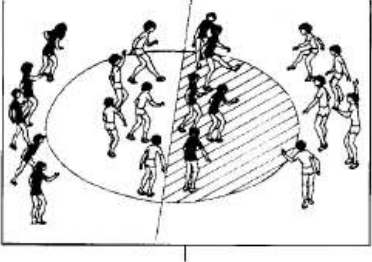
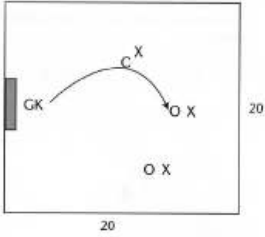
Practice Plan

Age Group: U-4

Theme: Passing

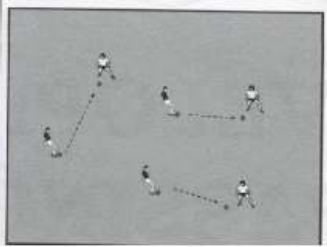
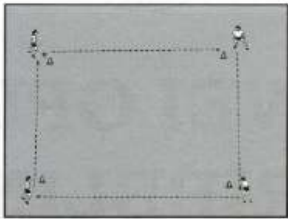
Activity	Coaching Points
<p>1st Activity (warm-up) Hunters and Hares (10mins)</p> <ul style="list-style-type: none"> 1 to 3 of players on the field hold a ball (hunters) The hunters try to catch all the hares as quickly as possible by hitting them with the ball When hare is hit by a ball he sits down Other hunters then try to catch the hares in a shorter time 	<ul style="list-style-type: none"> Make sure no one is walking Encourage passing accuracy Becoming familiar with how the ball leaves the foot
<p>2nd Activity Passing by numbers (15mins)</p> <ul style="list-style-type: none"> The 5 players of a group are numbered 1 to 5 Player 1 has the ball, and all the players move around freely Player 1 passes to 2, 2 controls the ball and runs a few steps with it, then passes to 3, who in turn passes to 4, etc. 	<ul style="list-style-type: none"> Give clear instructions: "take the ball and sidefoot it to your partner. The toes of your kicking foot should point outward." Encourage accuracy
<p>3rd Activity Kingball (15mins)</p> <ul style="list-style-type: none"> The king passes along the ground to the first player in line (containing 5 players), who controls it and then passes it back After passing back the player runs to the end of the line King changes when all players in line have had a turn  <ul style="list-style-type: none"> Competition: which group is fastest? 	<ul style="list-style-type: none"> Keeping passes on the ground and accurate Encourage the controller to stop the ball Use inside and outside of foot

Age Group: U-4	Theme: Passing
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<p>4th Activity Accurate passing game (15mins)</p> <ul style="list-style-type: none"> In one half of the center circle are 5 to 7 defenders of a team, while the other players are on opposite sides The wing players try to pass the ball through the defenders to the midfield players Points are scored for each successful pass Which team scores 10 first? 	<ul style="list-style-type: none"> Emphasis on accuracy and power Head up to see where you are passing and who you are passing to At this point ensure proper passing technique (sidefoot)
<p>5th Activity (the game) 3 against 3 with one goal (15mins)</p> <ul style="list-style-type: none"> In playing area 20 x 20 yards, a team of 3 players competes against another team of 3, there is only one goal which is defended by a goalkeeper Goalkeeper starts the game by throwing ball randomly into play Team that gains possession of ball attacks goal When player of one team wins ball from the other team, he dribbles behind the start line before his team attacks goal When goal is scored, goalkeeper throws the ball into play again 	<ul style="list-style-type: none"> Encourage lots of passing

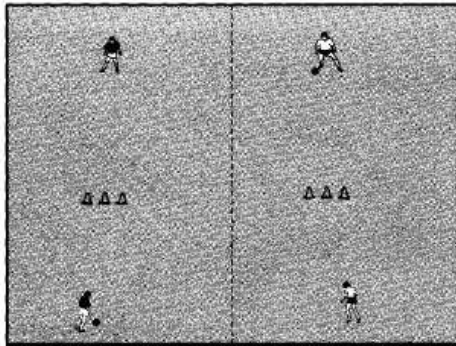
Practice Plan

Age Group: U-4	Theme: Passing
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Activity	Coaching Points
<p>1st Activity (warm-up) (10mins)</p> <ul style="list-style-type: none"> In designated area half the children grab a ball and dribble around. When the children come close to a teammate they ask for the child's name and then pass the ball to them. 	<ul style="list-style-type: none"> ball should be kept very close to feet by calling each others name they are encouraged to keep their head up. make sure players are changing pace and that they are always moving (no walking!) the purpose of the warm up is to get the children's body warm.
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> In 2's in area, players attempt to score goals by passing ball to hit other team's balls whilst keeping possession  <p>The diagram shows four players arranged in a square. Dashed lines indicate the ball's path as it is passed between the players in a continuous loop.</p>	<ul style="list-style-type: none"> Angled approach when preparing for strike Use different surfaces where appropriate (inside + outside)
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Players are organized into groups of four. Players practice by passing the ball clockwise and alternatively counter-clockwise  <p>The diagram shows eight players arranged in two squares. The outer square has four players at the corners, and the inner square has four players at the corners. Dashed lines show the ball being passed clockwise around the perimeter of the squares.</p>	<ul style="list-style-type: none"> Control the ball by stopping it or keeping it close Keep your head up to see your target Step through the ball to gain momentum

4th Activity (15mins)

- Players work within pairs and stand opposite each other with on ball
- Place 3 cones half way between the players
- Players attempt to knock the cones over
- 2 points scored for hitting the side cones and 5 points for hitting the center cone



- Accurate instep passing
- Point non-kicking foot towards target and next to the ball
- Head over the ball
- Do not use toes

5th Activity (the game) (15mins)

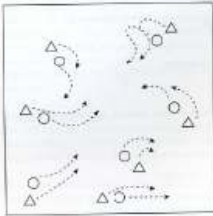
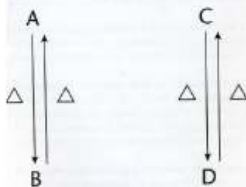
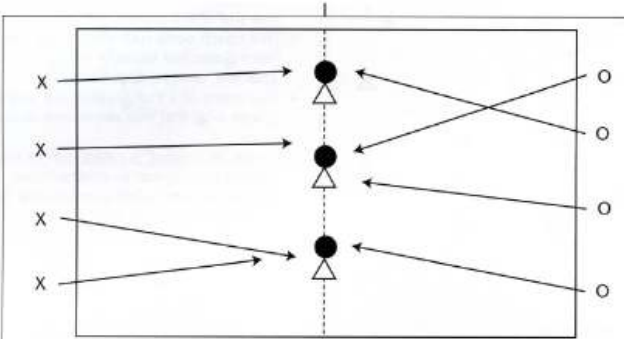
- Split group into two teams
- Have the teams play a scrimmage against each other with normal rules, but when a player has the ball he/she has to stand still and can only move the ball by passing.

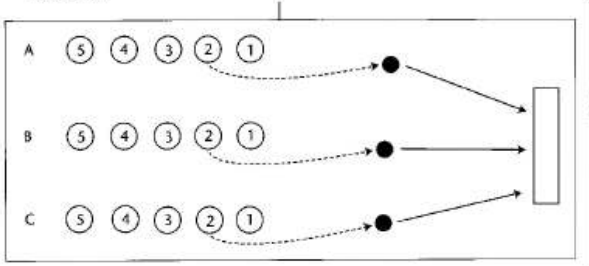
- With the passing rule this will force the players to pass
- Encourage players to get involved and have fun.
- Take a half time break, mix up teams if needed

Cool down (10 minutes) have players gather up equipment and jog around field. Review important parts of the day.

Practice Plan

Age Group: U-4	Theme: Shooting
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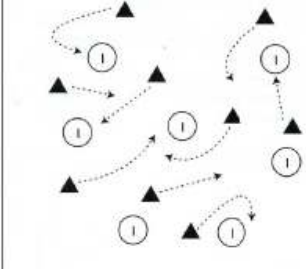
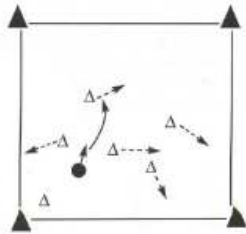
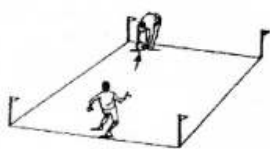
Activity	Coaching Points
<p>1st Activity (warm-up) Shadow without a ball (10mins)</p> <ul style="list-style-type: none"> The front player is the runner and the second player is his shadow The runner tries to shake off his shadow by changing pace and direction Shadow tries to remain at a distance of 1 to 2 yards behind the runner Runner can stop and carry out stretching exercises, or can make arm movements. Shadow must imitate all these movements. After 1-2 minutes the two players swap roles 	<ul style="list-style-type: none"> All players should be jogging around with change of pace in order to “lose the defender”
<p>2nd Activity Shooting at Empty Goal (15mins)</p> <ul style="list-style-type: none"> Two players stand facing each other with a goal between them Goal size (1 to 3 yards) and distance depends on accuracy level Players take short run and try shoot stationary ball into the goal Who scores the most goals? 	<ul style="list-style-type: none"> Ensure that players become familiar with a basic shot Focus mainly on accuracy
<p>3rd Activity Knocking the ball off the cone (15mins)</p> <ul style="list-style-type: none"> On baseline of rectangular area are 4 to 6 players In middle of area are 3 cones, each with ball on top Players shoot from baseline simultaneously, trying to knock balls Balls knocked off are immediately put back on cones Who hits most balls? 	<ul style="list-style-type: none"> Now that players are more familiar with shooting, continue to focus on accuracy Do not let players begin to rush their shots to knock down more balls Accuracy is key

Age Group: U-4	Theme: Shooting
<p>4th Activity Shooting by numbers (15mins)</p> <ul style="list-style-type: none"> Players stand in 3 to 4 rows behind each other and are assigned numbers 1 to 5 When coach calls out number, player with that number sprints to the ball and shoots at the goal 2 points for first goal scored and 1 point for each further goal Players then replace the balls on shooting line and coach calls next number 	<ul style="list-style-type: none"> Award for accuracy Also award for speed and power
<p>5th Activity Tournament: 4 against 4 (15mins)</p> <ul style="list-style-type: none"> 4 against 4 as a tournament with two pitches A against B and C against D A against C and B against D A against D and B against C Weakest team receives extra players or (play with substitutes) 	<ul style="list-style-type: none"> Encourage shooting upon entering within 5 meters to the goal Encourage them not to dribble all the way to the goal area

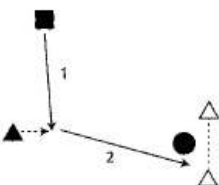
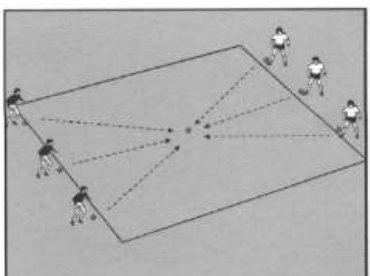
Practice Plan

Age Group: U-4

Theme: Shooting

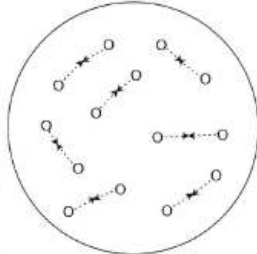

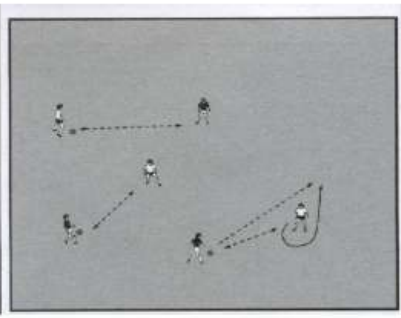
Activity	Coaching Points
<p>1st Activity (warm-up) Island Game (10mins)</p> <ul style="list-style-type: none"> Small zones are set up (squares of cones) in playing area At a whistle, players in area run quickly to an island No more than 2 players can occupy an island Players get minus points upon fail to find island 	<ul style="list-style-type: none"> No one should be walking Make sure everyone is running around with their heads up
<p>2nd Activity Hunters and Hares (15mins)</p> <ul style="list-style-type: none"> 2 to 3 hunters each have a ball in marked playing area and dribble around. They try to kick the ball so that it strikes one of the other players below the waist When hare is hit by a ball, he takes the role of the hunter 	<ul style="list-style-type: none"> Shooting with a ball that is not stationary Encourage accuracy and power Players should know where they are targeting
<p>3rd Activity From goal to goal (15mins)</p> <ul style="list-style-type: none"> Two players stand in goals 5 yards wide Goals are 8-10 yards apart Player A tries to score a goal by kicking ball along the ground Player B tries to stop the ball Who scores the most goals? 	<ul style="list-style-type: none"> Accuracy Shoot the ball away from the defender Most goals are low to the corners

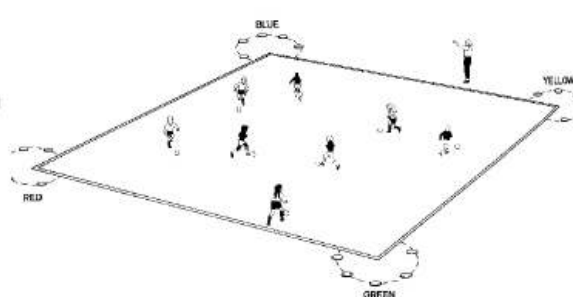
Age Group: U-4	Theme: Shooting
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<p>4th Activity Shooting after a pass from the side(15mins)</p> <ul style="list-style-type: none"> • Player passes to the striker from the side. The striker controls the ball before shooting at the goal • After 10 shots the players swap roles  <p>Progression: Player passes from goal line</p>	<ul style="list-style-type: none"> ▪ Stopping the ball or keeping it close ▪ Becoming familiar with shooting after receiving the ball from a pass ▪ Get the ball on net
<p>5th Activity (the game) “Strike” (15mins)</p> <ul style="list-style-type: none"> • Split the group into two teams. Each player has a ball. Place each team at opposite ends facing each other. In the middle of the area, in between both teams, place a “marked ball”. On the coaches command players can begin passing. The objective is to strike the marked ball and push it over the opponents end line. 	<ul style="list-style-type: none"> ▪ Quality of shot ▪ Accuracy of shot ▪ Weight of shot

Practice Plan

Age Group: U-4	Theme: Control
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Activity	Coaching Points
1st Activity (warm-up) (10mins) <ul style="list-style-type: none"> All players run around randomly inside a circle The coach calls out various types of greeting, which each player then has to carry out with others: shake hands, high fives, shoulder to shoulder, back to back, etc. 	<ul style="list-style-type: none"> Loosen up Become familiar and interact with other team mates
2nd Activity (15mins) <ul style="list-style-type: none"> Pairs, 1 ball per pair. Players move randomly around field Players alternate receiving and serving the ball to each other Gently trap ball on ground with sole of foot 	<ul style="list-style-type: none"> Stopping the ball Keeping it close
3rd Activity (15mins) <ul style="list-style-type: none"> In 2's players control & pass back to one another using different feet Every 5th pass player 1 passes beyond player 2 who turns & retrieves the ball Change roles 	<ul style="list-style-type: none"> Accuracy of control (keeping it close) Identify surface for control early

Age Group: U-4	Theme: Control
<p>4th Activity (15mins)</p> <ul style="list-style-type: none"> • Eight players with a ball each dribble inside area 20 x 20 yards • Four additional areas are marked on the outside with cones, and are designated as red, yellow, green, and blue • All players try to keep within the marked area at all times • On command “Stop”, players freeze with one foot on top of the ball • On command “Red” or “Yellow” etc. the players dribble quickly to the appropriate corner 	<ul style="list-style-type: none"> • Maintain control of ball • Keep ball close to be able to stop it on command • Don't run in to other players
<p>5th Activity (the game) (15mins)</p> <ul style="list-style-type: none"> • Create a four by four mini game and for every time the ball goes out of bounds or in the oppositions net a goal is scored. 	<ul style="list-style-type: none"> • Encourages good ball control throughout the team • Four by four game allows for the majority of the players to handle the ball. • It will help the players keep the ball in bounds and under control

Mighty Mites

Conclusion

The skills acquired in this short time are fundamental to the development of a skilled athlete. Being able to dribble the ball and be familiar with it, the ability to pass with both the inside and outside of the foot, shooting with accuracy and power, as well as having the ability to control the ball by stopping it and keeping it close, all lead into the next set of skills to be developed and introduced. In the age group to follow, Under 6, all of the skills acquired in Under 4 are focused upon again. New skills will be added, such as movement while passing with the inside and outside of the foot, as well as having good first touches when controlling the ball.



U-6

Introduction

The goals expected in the development of this age group include fundamentals such as ball familiarity, passing, shooting (increasing both power and accuracy) as well as ball control. At this stage, movement while passing and a good first touch are implemented.

Characteristics

- Able to participate in more complex tasks
- Active and full of energy, always in motion
- Lack a sense of pace
- Coordination Difficulties
- Works in small groups with some difficulties
- Likes gymnastic type activities
- Short Attention span, not at a competitive stage
- Egocentric- seek individual attention
- Effective Communication skills
- Enjoys being successful and being praised for it
- Takes criticism to heart, remember the negative comments, but like hints
- Parents, teachers and coaches are influential people

"Kids don't care how much you know, until they know how much you care."
-Unknown



Practice Plan

Age Group: U-6

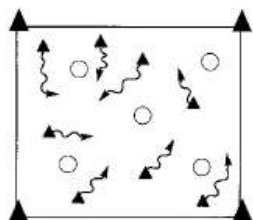
Theme: Dribbling

Activity

Coaching Points

1st Activity (warm-up) Island Game (Dribbling) (10mins)

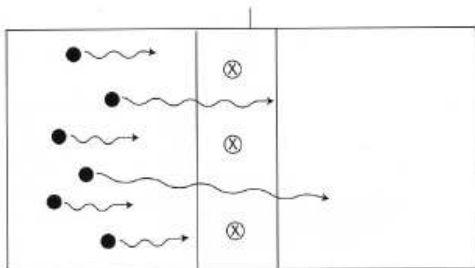
- Small zone are set up (squares of cones) in playing area
- Players dribble in area and at a whistle from the coach, the dribble quickly to island.
- No more than 2 players can occupy an island
- Failure to find an island scores one minus point



- Make sure everyone is moving
- No one should be walking
- Be aware of other players running around

2nd Activity Breakthrough (15mins)

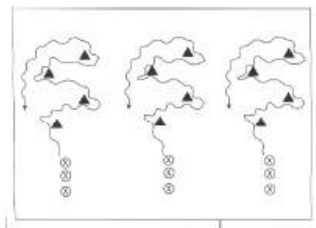
- Players dribble from line to line
- In the middle zone are 2 or 3 robbers, who try to steal balls
- When a robber succeeds, he keeps it and dribbler becomes robber



- Keeping the ball close to your feet and away from opposition
- Also speed should be emphasized in order to pass through the middle zone as quickly as possible

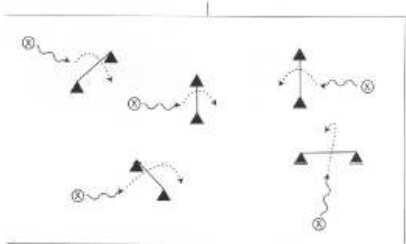
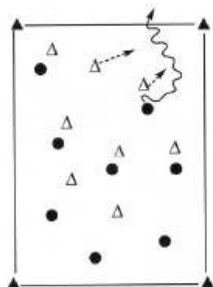
3rd Activity Slalom Dribbling (15mins)

- Dribble through the cones
- Relay race with other teams



- Take short steps, touching the ball at each step
- Use both feet, insteps, do NOT use your toe

- Progression: right or left foot only

Age Group: U-6	Theme: Dribbling
<p>4th Activity Goal chase (15mins)</p> <ul style="list-style-type: none"> Depending on size of the group, set up 4 to 6 goals around the field and give start signal The players try to dribble the ball through as many goals as possible within the given time (2 to 3 min.)  <p>The diagram shows a rectangular field with several goals (represented by triangles) placed around the perimeter. A player is shown dribbling a ball through one of the goals. The path of the ball is indicated by a dashed line with arrows.</p>	<ul style="list-style-type: none"> Keeping the ball close to keep it under control A good first touch after passing through a goal in order to direct players to the next goal Becoming familiar with the ball while head is up and quickness is emphasized
<p>5th Activity (the game) Line dribbling game (15mins)</p> <ul style="list-style-type: none"> Players divide into two teams of 8 Playing area 20 x 40 yards The goal lines are between the cones at the ends of playing area A goal is scored when a player dribbles over opposing goal line The ball must not be kicked over the goal line  <p>The diagram shows a rectangular playing area with two goal lines marked by triangles at opposite ends. Players are represented by black dots, and the ball is shown as a small circle. A player is shown dribbling the ball towards the opposite goal line.</p>	<ul style="list-style-type: none"> Keeping the ball under control and close Absolutely no kicking the ball passed the goal line MUST be under control

Practice Plan

Age Group: U-6

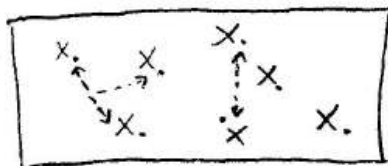
Theme: Dribbling

Activity

Coaching Points

1st Activity (warm-up) Musical Balls (10mins)

- Have each player with a ball to dribble around half a soccer field
- Call out a word (Change, Now) to signal the players to stop the ball, leave it, run around the field and find another ball
- Once the players get use to the drill, remove a ball where the ball-less player will have to find a ball when you call out the word leaving another player without a ball to dribble with
- The player without a ball after the word is said has to run around the field until the word is said and "steal" another ball

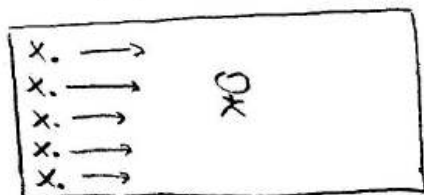


→ possible paths

- Ensure that all players are moving around the whole field at a decent pace, keeping their head up
- Make sure players don't change balls with the same person
- Emphasize you want to see dribbling (using inside and outside of feet), not just a kick and run after the ball

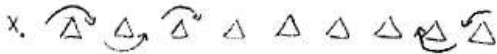
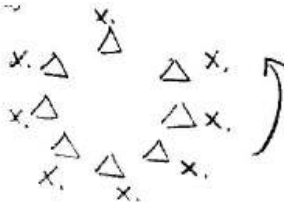
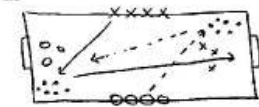
2nd Activity Red Light Green Light (15mins)

- Each player has a ball at one end of the field
- The coach will call out "green light", which signals the players to dribble the ball towards the other end line. The coach will call "red light", which in signals players to stop their ball and freeze
- If a player is moving or did not stop their ball the player must take 2 steps back
- The coach will continue to call out red or green light, until the first player reaches the opposite end line.




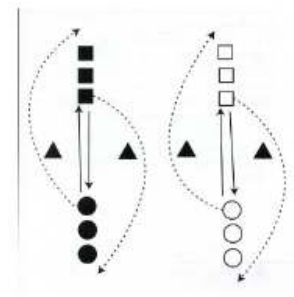
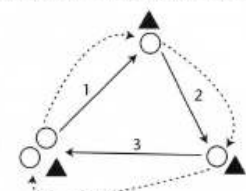
→ coach

- Players who have trouble stopping the ball suggest they use the bottom of the foot on top of the ball
- Players who are losing control of the ball, have them do more small touches
- Emphasize the using of inside and outside of the foot

<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Have 10 cones approximately 1m apart in a straight line Divide players into groups of 5 Have each team line up behind a set of cones On the signal of "GO" players will one at a time, dribble and weave through the cones there and back. Once the player reaches the front of the line, they will leave the ball for the next player The team that finishes first wins 	<ul style="list-style-type: none"> Make sure players use both sides of their feet to increase speed and control Have players concentrate on short touches using quick feet to increase their control Use light kicks to reduce kicking the ball too far
<p>4th Activity <i>Speed Racer</i> (15mins)</p> <ul style="list-style-type: none"> Make a circle with about 8-10 cones Players will stand next to a cone with a ball The coach will signal the players to start, where players will race around the circle with the ball to try and be the first person back at their starting cone. Once a few races have been done, have half the group go the opposite way 	<ul style="list-style-type: none"> Having half the group go the other way makes players keep their head up and aware of the other players Make sure the players stay tight to the circle to go faster Use lots of quick touches instead of long kicks to increase control
<p>5th Activity (the game) <i>Go for the Gold</i> (15mins)</p> <ul style="list-style-type: none"> Designate half the field as the playing area and set up one net on each sideline. Place 9-10 balls in the corner to the right of each net. Have players in 2 groups, one group on the midfield stripe and one on the goal line. Have players run to their respective piles and dribble one ball at a time per person towards the opposite net trying to score Have each team have 3 defenders guarding their net Once a team loses control of the ball or has it stolen, the ball is out of play. The player will get another ball from their pile.  <p> • → balls X → team 1 O → team 2 → team 1 path → team 2 path </p>	<ul style="list-style-type: none"> Have players use their dribbling skills learned earlier in the practice to prevent losing control of the ball Have players keep their heads up so they don't run into the other team This drill will help players with their speed dribble and control Make sure defenders stay on their half of the field to allow

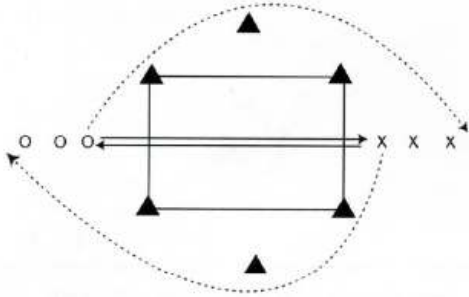
Practice Plan

Age Group: U-6	Theme: Passing
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Activity	Coaching Points
<p>1st Activity (warm-up) Pass and sprint (10mins)</p> <ul style="list-style-type: none"> A number of goals are set up in area 30 x 30 yards The players kick a ball through a goal and sprint around the goal to collect the ball on the other side and dribble further with it 	<ul style="list-style-type: none"> Changing pace so that players are jogging but once they pass through the goal should sprint to the ball and continue jogging Ensure proper passing techniques
<p>2nd Activity Passing through one goal (15mins)</p> <ul style="list-style-type: none"> Group of 4 to 6 players. Half of players on one side of goal and the others on the opposite side At a sign from the coach they start passing a ball back and forth through the goal Each player runs after his own pass and goes to back of opposite side Which group makes most passes in 2 to 3 minutes? 	<ul style="list-style-type: none"> Passing with accuracy Stopping the ball and a good first touch Following your pass encourages movement
<p>3rd Activity Passing in a triangle (15mins)</p> <ul style="list-style-type: none"> 4 players stand in a triangle. They have a ball there are two players at the start position the ball is first circulated from player to player in a clockwise direction, then counterclockwise when each player passes, he runs after the pass to the next corner 	<ul style="list-style-type: none"> Pass using both feet, not only dominant Also utilize inside and outside of foot as direction of passing is changed Keep passes accurate Ensure quick movement after pass is made

4th Activity Pass and Sprint – group drill (15mins)

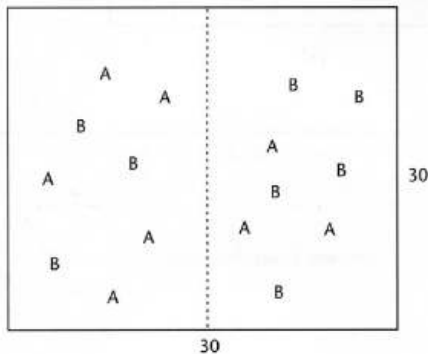
- The players stand on opposite sides of a square playing area and pass a ball back and forth across the square
- After passing, the passer runs round a cone and goes to the back of the group of players on the other side



- The key is to make an accurate pass and after Do NOT stand still
- Move quickly around cones as to create movement

5th Activity (the game) Two-Field soccer: 5 against 3 and 3 against 5 (15mins)

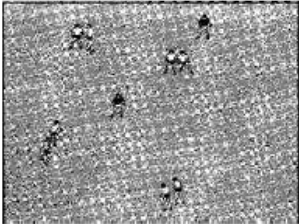
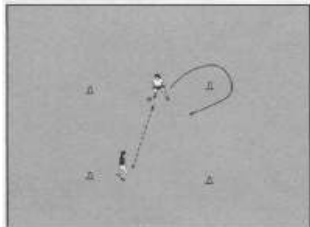
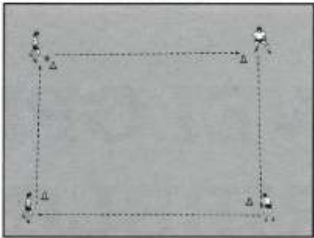
- The playing area is now 30 x 30 yards
- 5 attackers play against 3 defenders



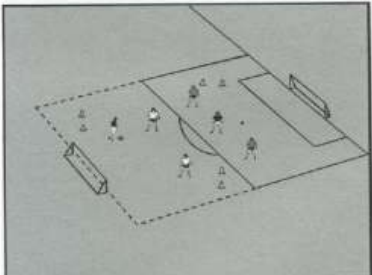
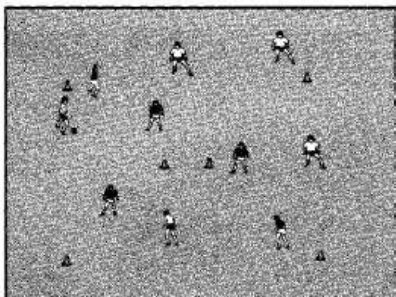
- Encourage lots of passing among the 5 players
- Ensure good first touch to keep the ball away from the 3 defenders
- Use inside and outside of both feet
- Keep moving, even after you pass

Practice Plan

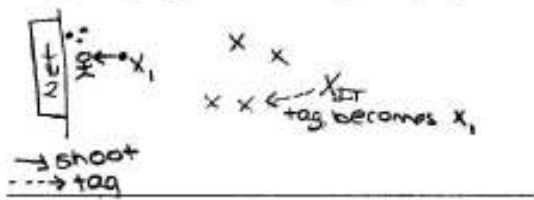
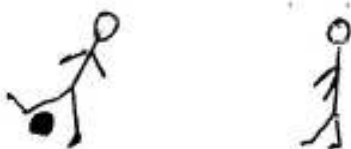
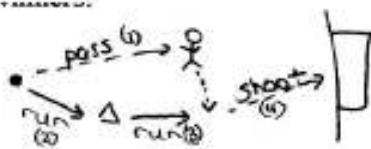
Age Group: U-6	Theme: Passing
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Activity	Coaching Points
1st Activity (warm-up) (10mins) <ul style="list-style-type: none"> Group of 10 players divided into 4 pairs and two individuals. Players working in pairs must hold hands and not split apart at any time The two individuals have a ball each and attempt to pass and hit the pairs below the knee Players must remain within the square. If hit, the players step out of the area until the next game Alternate pairs & individuals 	<ul style="list-style-type: none"> Accurate instep passing Encourage passing into the line of the moving target Head over the ball
2nd Activity (15mins) <ul style="list-style-type: none"> Players in pairs, each pair makes a square with 4 cones, each cone different color Dark and white pass it back and forth Upon command, players without ball must run around cone and receive pass 	<ul style="list-style-type: none"> Use inside of the foot Angled run up Moving target Good first touch to return pass
3rd Activity (15mins) <ul style="list-style-type: none"> Players organized into groups of 5. Players practice by passing the ball in any direction Defender in the middle attempts to intercept the pass Players should move along line to show for pass 	<ul style="list-style-type: none"> Move towards the ball to gain control early Choose your targets as ball travels to you Keep your body over the ball to keep the ball on the floor MOVEMENT along lines

Age Group: U-6	Theme: Passing
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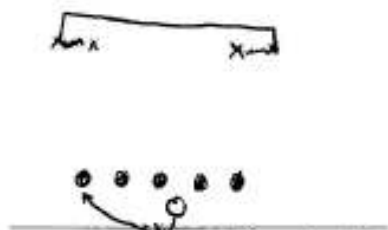
<p>4th Activity (15mins)</p> <ul style="list-style-type: none"> • 6 players are organized into 2 dark's, 2 white's & 2 grey's • Players score in end goals and / or through 3 sets of cones randomly positioned • Grey's play for both teams 	<ul style="list-style-type: none"> • Identify free players early • Vary passes depending on distance • Movement
<p>5th Activity (the game) (15mins)</p> <ul style="list-style-type: none"> • 5 goal game • Equal teams, players can score into any goal if they pass through the goal to a team mate • If the ball goes out of the area restart with a kick-in (pass) • 2 points scored for passing through the corner goals and 1 point for passing through the center goal 	<ul style="list-style-type: none"> ▪ Movement into space to receive pass ▪ Communication ▪ Passing throughout the area ▪ Good technique

Practice Plan

Age Group: U-6	Theme: Shooting
Activity	Coaching Points
<p>1st Activity (warm-up) Shoot Tag (10mins)</p> <ul style="list-style-type: none"> Have the coach at the net with balls while all the players run around in a designated area playing tag, with one person as "IT". When "IT" tags somebody, the player they tagged becomes "IT" and the player who was previously "IT" will run to the coach and shoot a ball into the net. They will then re-enter the game as a regular player.  <p>The diagram shows a rectangular net on the left with a goal inside. A player labeled 'IT' is in the center, with an arrow pointing towards a player labeled 'X'. Another player labeled 'X' is further right, with an arrow pointing towards the 'IT' player. A dashed arrow points from the 'IT' player to the net, labeled 'shoot'. A solid arrow points from the 'IT' player to the net, labeled 'tag'.</p>	<ul style="list-style-type: none"> Ensure that all players are moving around the whole area. Make sure players shoot a ball before they go back in the game. Emphasize you want to see the players having fun.
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Split the group into partners Back and forth, practice the technique of shooting First, work with out the ball then progress to working with the ball Start by planting, then by putting the knee on the ball to calculate distance Each player must work on where the planting foot goes and where the ball should hit the foot (laces)  <p>The diagram shows two stick figures. The first figure is in a kicking motion, with one foot planted and the other leg swinging back to kick a ball. The second figure is standing upright, facing the ball.</p>	<ul style="list-style-type: none"> Teach the team how to kick properly Proper techniques: <ul style="list-style-type: none"> Make sure foot planted is facing the way the ball should be played Use the top of the foot (laces) to strike ball
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Have 3 equal teams, in 3 lines, with a ball in each line. Players will pass the ball to a coach then run to the pylon to the right of the line, do a forward roll, then run back to the coach get a pass run to the net, attempt to score a goal and then dribble the ball back to the line for the next player. The first team done the drill, all doing jumping jacks in their lines are the winners.  <p>The diagram shows a sequence of actions for a drill. A ball is passed (pass) to a player, who then runs (run) to a pylon (represented by a triangle). The player performs a forward roll (roll) and then runs back to the coach to get a pass (pass) to run to the net (shoot) and attempt to score a goal. The ball is then dribbled back to the line.</p>	<ul style="list-style-type: none"> This drill will help players learn to receive a pass and set up a shot. Make sure players are completely stopping the ball before the shoot. Have players take 3 dribbles between getting the pass and taking a shot. Look to make sure no players are toe hacking the ball.

4th Activity (15mins)

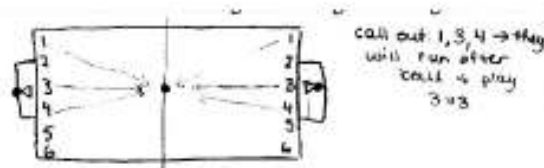
- Set up 5 balls around the 10 yard mark
- There will be cones set up in the net as shown below
- Before each ball is kicked, they have to run around the pylon behind the balls before they kick the next ball
- Players must try to get as many balls through the cones and post as possible



- Players get to work on accuracy of shots
- Also, practice shooting while moving
- Make sure proper technique is still used

5th Activity (the game) (20mins)

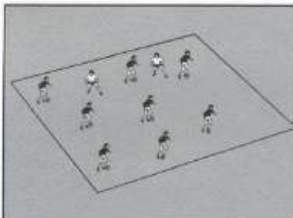
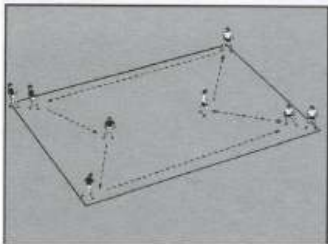

- The players will all partner up and will be numbered off as partners and then the partners will split up and go on opposite teams.
- The coach will toss in a ball and call numbers randomly. Whichever numbers the coach calls, the players with that number will chase the ball and play a mini game until one team scores then all the players will go back to their end lines
- Players will play games, decided by the coach on how many numbers he calls, ex 2, 4, 5 would mean 3vs3
- To score, the players will have to knock a ball off of the cone, from a minimum of 5 yards away; this radius will be marked by cones.
- Whichever side scores the most goals through out the game wins.



- This will work on accuracy to score goals.
- This will help make sure the players pay attention to the coach keeping them on their toes or else they may miss their number.
- This will also provide some competition between partners.
- Trying to hit the cone outside 5 yards should help their power and accuracy combined.
- Look for a good plant foot and a solid strike.

Practice Plan

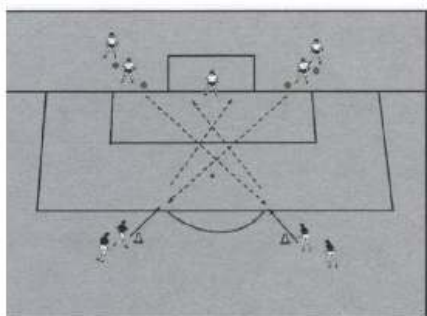
Age Group: U-6	Theme: Shooting
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Activity	Coaching Points
<p>1st Activity (warm-up) (10mins)</p> <ul style="list-style-type: none"> • 'Knock out' • All players within a rectangle • 2 players have a ball each • All other players – no ball • Players with the ball attempt to hit other players below waist height • All other players dodge the ball • Once player is hit they must leave area 	<ul style="list-style-type: none"> • Players with the ball must perform accurate shot • Directional change – players to run forwards, sideways, etc.
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> • In groups of 8, players pass short & long & follow passes • Add another ball for more touches 	<ul style="list-style-type: none"> ▪ Prepare first touch on angle for longer pass ▪ Use laces ▪ Keep head over ball
<p>3rd Activity Lay-off Shooting (15mins)</p> <ul style="list-style-type: none"> • One line just in front of half and one player near the 18 yard box • Players in the line pass to the player near the box. That player then lays the ball off to the player from the line to shoot on net • Once player has shot, he takes the spot of the other player to lay-off 	<ul style="list-style-type: none"> ▪ This works on striking the ball while moving forward at a fast pace ▪ Keep head up before they shoot ▪ Do NOT use your toes ▪ Keep reinforcing proper technique

Age Group: U-6	Theme: Shooting
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4th Activity (15mins)

- Players are organized into 4 groups. Two groups act as servers, two as shooters
- A server passes to a shooter who has an attempt on goal
- Switch roles



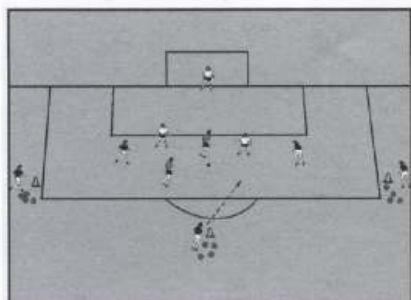
- Progression: The server now becomes a passive defender by hopping, attempting to put 'passive' pressure on the shooter

- Control the ball in the direction to goal (good first touch)
- Aim for the four corners of the goal
- Place your non-kicking foot further away from the ball, allowing space to follow through

- Control the ball away from the defender
- Keep body over the ball to keep it low
- Strike with the laces to gain power and direction

5th Activity (the game) (15mins)

- Players are organized into pairs, with three servers around the outside of the area
- Servers take it in turns to pass balls into the area
- The first pair to score three goals wins

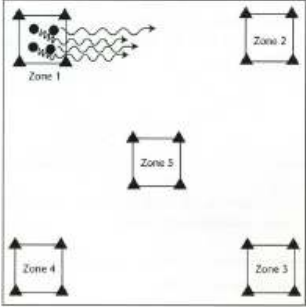
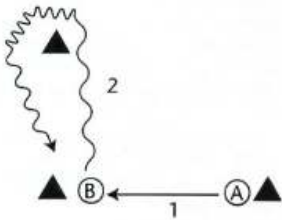


- Move to ball quickly
- Attitude – Don't be afraid to shoot
- Use your arms for balance

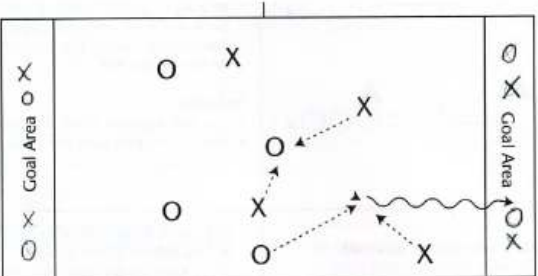
Practice Plan

Age Group: U-6

Theme: Control

Activity	Coaching Points
<p>1st Activity (warm-up) Zone dribbling (10mins)</p> <ul style="list-style-type: none"> 5 zone are formed by cones in a square 30 x 30 yards The size of the zones depends on the number of players Zones 1, 2, 3 and 4 are at the corners and zone 5 is in the center The players dribble to the specified zone that the coach calls out randomly. 	<ul style="list-style-type: none"> Quickness of dribbling Keeping the ball close
<p>2nd Activity Controlling, turning , running (15mins)</p> <ul style="list-style-type: none"> INSIDE OF FOOT Two players pass a ball back and forth The first player passes the ball, the second controls the ball with the inside of one foot as he turns to the side, then dribbles round a cone and back The second player then passes to the first player Practice first running to the left, and then switch the cone to the other side in order to run to the right. 	<ul style="list-style-type: none"> Good first touch to keep the ball close and under control Practice controlling with both feet, Not only your dominant Proper control using the instep of your foot
<p>3rd Activity Controlling, turning, running (15mins)</p> <ul style="list-style-type: none"> OUTSIDE OF FOOT Follow same instructions above only now using the outside of the foot to control and turn with the ball. 	<ul style="list-style-type: none"> Good first touch towards the direction in which the players are going to run Keeping it close using the outside of the foot

Age Group: U-6	Theme: Control
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<p>4th Activity Toss and trap (15mins)</p> <ul style="list-style-type: none"> Have players get into pairs of 2 Player A begins with the ball and tosses it over head height to player B, who tries to trap the ball using the inside of his foot After several tosses to each foot, Player B the tosses to player A 	<ul style="list-style-type: none"> Stopping the ball using the inside of the foot Make sure the balls are above head height
<p>5th Activity (the game) (15mins)</p> <ul style="list-style-type: none"> Players play 4 against 4 in the play area In each of the goal areas, each team has 2 other players A goal is scored when one team passes to their teammate who is in the goal area and the player manages to stop the ball under control This is the only way a goal can be scored 	<ul style="list-style-type: none"> Stopping the ball and good first touch This will help because the only way to score is if the ball is taken under control properly

KIDS AND HYDRATION: *Selecting Beverages for Active Kids*



When your child opens the refrigerator door or surveys the supermarket shelf to grab a drink to tote to soccer practice or for an afternoon of rollerblading or biking, what choices does he/she have?

The beverages that parents put in the fridge matter, especially when rehydrating active children. By the time most active children become thirsty, they have lost important fluids and electrolytes (sodium and potassium), and may already be dehydrated. So it's important to think about the most suitable beverages for active children before they drink.

How Much Do You Know About H₂O?

Water is an OK beverage, especially when nothing else is available. However, water has its limitations. It does not provide energy, which may be needed if a child is running and playing all day. Children will also stop drinking water before their fluid needs are met. Often this is because water lacks the taste appeal of a lightly flavoured beverage. If given a choice, kids will drink much more of a flavoured beverage than of a glass of water. As a result, recent studies have shown that if given water, kids may not drink enough to prevent dehydration.

Know The Score About Sports Drinks

A properly formulated sports drink is a good choice for active children – whether it's for big brother after a soccer game or for little sister after playing in the yard all day – because it supplies energy and electrolytes that encourage them to drink by "turning on" their thirst. Recently published research by Oded Bar-Or, M.D., a Professor of Pediatrics at McMaster University, indicates that during exercise, children stayed better hydrated when they drank a sports drink compared to drinking plain or flavoured water.

The reason: children voluntarily drank more of the sports drink, which contained carbohydrate and sodium. Ruth Carey, R.D., sports nutritionist and youth soccer coach, adds, "I've spent a lot of time on the sidelines of soccer games and parents, knowing my sports nutrition background, often ask my opinion on what kids should drink before, during and after activity. I tell them water is fine, but that I prefer to give my kids a flavoured sports drink like Gatorade because they drink more and stay better hydrated."

Somewhat surprising, sports drinks only contain half the sugar and calories of many other beverage choices, including fruit juices and regular soft drinks. Sports drinks also have less sodium than a glass of milk or a slice of bread.

The Juicy Story

Fruit juices are typically fine for children after the playing is over. They contain important vitamins. However, juice isn't always the best choice when rehydrating an active child before or during activity. The high sugar content in juice can slow fluid absorption and increase the chance of a stomachache. No kid wants to be side-lined because of a stomachache in the middle of his soccer game.

Carbonation: Forget the Fizz

Carbonated soft drinks, which are also high in sugar, are not appropriate during or after prolonged activity. The "fizz" in a carbonated beverage may cause a "burning" sensation in the mouth and may prevent your child from chugging enough fluids. Research shows that even a small amount of carbonation can also upset the stomach and cause a bloated feeling during exercise.

To keep kids cooled & fueled, follow these helpful tips:

- To help protect your children from the heat and dehydration, encourage them to drink fluids before, during and after sports and activities.
- Whether it's extremely hot or not, have your children drink on a schedule (approximately every 15 to 20 minutes during physical activity), because dehydration begins before they're thirsty.
- Make drinking fun by giving your child a squeeze bottle filled with a chilled beverage. To keep beverages chilled for game day or other outside activity: freeze half of the fluid in the squeeze bottle the day before the game, then add the rest of the fluid on game day.

FUELING THE YOUNG ATHLETE



Hockey, gymnastics, and soccer are but a few of the endless structured sport options for active children and adolescents. Participation in recreational or competitive sports at a young age helps develop skills, confidence, good health, and fitness, as well as helping to reduce chances of obesity and obesity-related health concerns.

Childhood and adolescence are critical periods for physical growth and development. While sport is healthful in so many ways, it's vital that young athletes consume enough dietary fuel for these extra energy demands. Furthermore, the timing of meals and/or snacks can be a challenge when active children are trying to schedule schooling, homework, plus physical training and competitive sessions. In addition, active children may be at greater risk than adults for exercise-induced dehydration. With careful planning athletic youngsters can learn to incorporate sound nutrition to meet these unique dietary demands. (Check out "Nutrition For Child And Adolescent Athletes", Sport Science Exchange #77 Volume 13 (2000), Number 2 from the Gatorade Sports Science Institute for more information).

A young athlete should strive towards consuming:

- Sufficient food energy (i.e. Calories) to support exercise needs, physical growth and development
- A high carbohydrate diet, since carbohydrate is the primary fuel source for all sports
- Ample protein to build and repair body tissues as well as support physical growth and development
- A moderate to low-fat diet to ensure readily available Calories from carbohydrates and lean proteins
- Loads of liquids required for all bodily functions and to prevent hyperthermia
- A varied diet to provide all essential vitamin and mineral needs
- Frequent meals and snacks to sustain optimal energy levels (Check out Gatorade Sports Science Institute "Research Proves It – A High Carbohydrate Diet is Essential" for more information.)

AMPLE ENERGY

Active children may need 500 to 1500 or more Calories more each day than their inactive peers. One way to meet this extra energy demand is to eat three meals and three or four snacks each day. And in some cases active youngsters may even need to divide their meals before and after training, rather than enjoying a complete "traditional" meal; as is often the case with early morning swimmers and after school gymnasts. However, throughout the course of the day the equivalent of three nutritionally balanced meals, along with three or four healthy snacks should be consumed.

Packing portable nutritious snacks and fluids into the training bag should be a habitual practice of every young athlete to maximize training and competition sessions. Occasional tracking of an athlete's diet is an effective way to assess their overall eating habits and shortcomings. (Check out Gatorade Sports Science Institute "Recovery Nutrition for High School Athletes" for more information).

HEALTHY CHOICES

Eating well is key to support every athlete's training program, including youth. When striving for personal best sport performances and good health, active children may need encouragement to eat wholesome foods such as fresh fruits, vegetables, and whole grains (e.g. brown rice, whole wheat pasta, whole grain breads, etc.).

Involving children in the process of menu planning, food selection, and meal preparation may increase the likelihood that they consume a nutritionally sound and varied diet. Consider the following nutritious menu examples:

BALANCED BREAKFASTS	LOADED LUNCHES	DESIGNER DINNERS	SUPERIOR SNACKS
<ul style="list-style-type: none"> ✓ Scrambled Egg, Toast, Strawberries, Milk ✓ Peanut Butter or Cheese, Bagel, Banana, Vegetable Juice ✓ Whole Grain Cereal, Milk, Blueberries, & Lean Ham or Turkey Bacon, Water 	<ul style="list-style-type: none"> ✓ Whole Wheat Pita Sandwich with Turkey & Vegetables, Carrot Sticks, Milk & Granola Bar ✓ Multigrain Crackers, Sliced Cheese, Apple, Oatmeal Cookies, Milk or Juice ✓ Roast Beef Whole Wheat Sub, Fruit Salad, Yogurt, Fig Cookies, Juice or Water 	<ul style="list-style-type: none"> ✓ Whole Wheat Spaghetti with Meat Sauce, Salad, Milk & Fruit Cobbler ✓ Roast Chicken, Baked Potato, Steamed Vegetables & Rice Pudding, Milk or Juice ✓ Stir-Fry Vegetables with Meat, Poultry or Tofu, Steamed Brown Rice & Angel Food Cake with Fruit, Milk 	<ul style="list-style-type: none"> ✓ Cheese & Crackers ✓ Trail Mix ✓ Yogurt & Granola ✓ Applesauce & Low-Fat Muffin ✓ 1/2 to Full Sandwich ✓ Banana or Corn Bread ✓ Veggies & Dip ✓ Homemade Pita Pizzas

MONITOR GROWTH

To ensure your active youngster is eating enough Calories (or energy) check their weight once a month or at least every few months. If an active child or adolescent fails to gain weight for several months it's possible that they are using too much energy exercising and have not been eating enough. A consultation with a dietitian and/or physician may also be necessary. (Check out "Nutrition For Child And Adolescent Athletes", Sport Science Exchange #77 Volume 13 (2000), Number 2 from the Gatorade Sports Science Institute for more information).

FORGETTING FLUIDS?

Consuming sufficient fluids is a common dietary challenge, especially for active children. They have a poor sense of thirst and often need to be reminded to drink. Children also sweat less than adults and therefore can easily over-heat. Sweating is how we cool off. Water is the best thirst quencher, however, many children will drink more when their beverage is flavoured. Regular sips of a sports drink or unsweetened, diluted juice during exercise may ensure young athletes are drinking sufficiently. (Check out Gatorade Sports Science Institute "Kids and Hydration: Selecting Beverages for Active Kids" for more information).

Being active in recreational and competitive sports helps children and teens develop lifelong healthy habits. Good nutrition not only supports physical activity, but it also enhances health and sport performances. Contact the Coaching Association of Canada for more information about how to find a sport dietitian/nutritionist to work with young and "older" athlete(s).

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Coaching Association of Canada
(613) 235-5000



Additional Resources

- **www.soccercoachinginternational.com**
 - need to subscribe for a free membership to get full benefits
- **www.canadasoccer.com**
- **www.albertasoccer.com**
- **www.sunnysouthsoccer.com**
- **www.coachingsoccer101.com**
- **www.bcsoccer.net**
 - go to coaching clinics on the right hand side
 - then click coaching resources on the left side
- **www.footy4kids.co.uk**
 - EXCELLENT Website!!
- **www.thedavidbeckhamacademy.co.uk/uk/schoolzone/**
 - Coaches can sign up for free for information and tips



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