

PRACTICE PLAN (K4-3rd Grade)

WARM UP	SKILL DRILLS	SKILL DRILLS	DEVOTIONS	SKILL DRILLS	PLAYS
Dynamic Stretching/ Running & Free Time	Dribbling	Passing	Devotion/Prayer/ Memory Verse	Shooting	Offensive/ Defensive Plays
:00–:05	:05–:15	:15–:25	:25–:33	:33–:45	:45–End

WARM UP

- **High Knees:** Start at midfield and stop at the goalie box, emphasizing a high knee kick.
- **Backward Kicks:** Start at midfield and stop at the goalie box, emphasizing kicking backwards.
- **Karaoke:** Start at midfield and stop at the goalie box. Criss-cross legs, alternating in front and behind.
- **Jumping Jacks:** Do jumping jacks for 20 or 30 repetitions.
- **Lunges:** Alternate legs while lunging. Start at the backline and stop at the goalie box.
- **High Skips:** Skip to midfield. With every skip, try to jump as high as possible.

Free Time

Allow everyone to have an unstructured free time with a ball at the beginning of practice.

- › This will allow players to practice tricks, score goals, chat with friends, and let out energy.
- › Players should be doing something soccer-related.
- › At the end of this time allow everyone to score one goal and then meet at the middle of your practice area

DRIBBLING DRILLS:

**Many of these practices require the use of four soccer balls. If you are limited in the number of soccer balls you have for practice, you can modify the games by creating lines based on the number of soccer balls you have available.*

DRIBBLING TECHNIQUE

- › With knees slightly bent, use the inside, outside, or sole of the foot to move the ball in the direction you want.
 - Inside: use the inside of the foot to direct the ball
 - Outside: turn foot and “wrap” it around the ball to use the outside of the foot (good for changing direction)
 - Sole: use the bottom of the foot to roll the ball (great for tight spaces where close control is needed)
- › Keep the ball close to your foot and body so you have it under control
- › Try to look up every few steps so you are aware of your surroundings
- › Begin as slow as necessary (even walking)! Only increase speed as you are more comfortable with the ball
- › Begin with using right foot only, then left foot only, and progress to using both feet (switching from left to right every few steps)

“DRIBBLING SLALOM RELAY RACE”

Objective: Review correct dribbling technique

Equipment Needed: Ten cones (any object can be used) and two balls

Setup: Place five cones in a line with one yard in between each cone. Create two lines. Divide players into groups of two and place one group at the beginning of each line.

Activity:

- › Player A dribbles the ball in and out of the cones using the inside and outside of the foot.
- › When player A reaches the end of the cones, he/she dribbles outside of the cones back to the starting cone as quick as possible and player B repeats.
- › First team with all players finished wins the game!

Variation/Progression

- › Dribble with right foot only, then left foot only

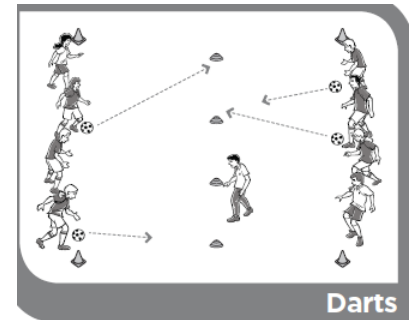
JUGGLING WITH FEET

Objective: Teach players the basics of juggling

Equipment Needed: One ball for every two players (best if each player has a ball)

Setup: Divide players into groups of two with at least one ball for each group.

- › On the coach's signal players attempt to juggle using the following sequence: bounce-foot-catch.
- › Each time a player completes this sequence, they are awarded a point.

**PASSING DRILLS:****PASSING WITH THE INSIDE OF THE FOOT (PUSH PASS):**

- › The ball is struck using the inside of the foot, right above the arch of the foot.
- › Toes should be raised slightly higher than the heel and the ankle should be locked.
- › Knees should be slightly bent for balance and the non-kicking (plant) foot is placed next to the ball and pointed in the direction of the pass.
- › Place eyes on the ball and strike through the middle of the ball. Make sure your leg is pointed towards the target.
- › Follow through with the passing leg after striking the ball.

RECEIVING THE PASS WITH THE INSIDE OF THE FOOT:

- › Move entire body to the ball and receive it by “absorbing” the ball with the inside of the foot.
- › The foot should have the heel down and toe pointed slightly up.
- › When receiving the ball, the leg should “give” to absorb the contact.
- › Receive the ball in front of your body so it does not get stuck underneath your foot.
- › Always move your entire body to the ball first.
- › Pretend your foot is a pillow or cotton candy to gently receive the ball.

“DARTS”

Objective: Develop coordination with a ball at feet

Equipment Needed: Four cones, four objects (for targets), and as many balls as possible

Setup: Set up a 10x10 yard grid using the four cones. Place a row of any four objects (cones, vests, balls, shoes) through the middle of the grid to be used as targets. Divide the players in two teams with an equal amount of balls (darts) on each team. Teams will be on opposite sides of the grid and must remain behind their line.

Activity:

- › Team 1 and 2 (at the same time) attempt to pass or shoot the ball at the targets.
- › A goal is scored every time a target is hit.
- › The coach will stand in the middle to retrieve balls that get stuck in the middle.

Variation/Progression:

- › Have players pick the ball up and kick (punt) it in the air towards the targets.
- › At the end of the game play a bonus round with the coach as the target. Kids will love this!

“PASSING FOR POINTS”

Objective: Develop teamwork and passing while moving

Equipment Needed: One ball for every two players and eight cones.

Setup: Use two cones to set up a gate that is one yard wide. Set up four gates in different places no more than five yards from each other. Divide teams in groups of two with a ball for each pair. Have each group start by a gate with their ball.

Activity:

1. Players jog together (dribbling or passing together) trying to score points by passing the ball through a gate. There is no out of bounds.
2. Each time the ball is passed through the gate the team is awarded 100 points.
3. Play each game for one minute with teams trying to score as many points as possible. Players must score in a different gate each time.

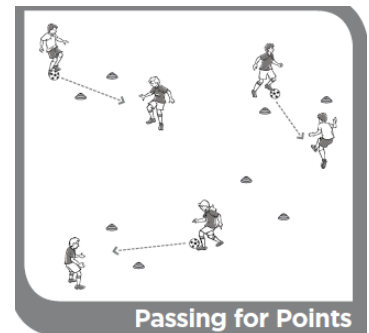
Variation/Progression

- › Allow players to use their hands (as a reward) to carry and pass the ball. Points are scored when the ball is rolled on the ground from one player to the other through the gate.
- › Coach stands in the middle with feet apart as the bonus goal. The bonus goal is worth 500 points!

SHOOTING DRILLS:

SHOOTING WITH THE INSIDE OF THE FOOT:

- › Shooting with the inside of the foot is very similar to the push pass technique.
- › The ball is struck using the inside of the foot, right above the arch of the foot.
- › Toes should be pointed down and ankle should be locked.
- › Knees should be slightly bent for balance and the non-kicking (plant) foot is placed next to ball and pointed in the direction of the goal.
- › Place eyes on the ball and strike through the middle of the ball. Make sure your leg is pointed towards the target.
- › Follow through with the shooting leg after striking the ball.
- › Accuracy is most important. Players can try to add more power to the shot once they develop accuracy.



“RELAY SHOOTING”

Objective: Develop shooting technique with the inside of the foot

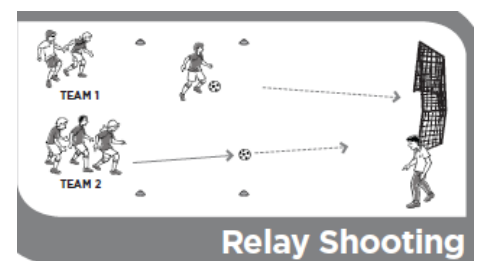
Equipment Needed: Four cones, two balls, and one goal

Setup: Place two cones (shooting line) ten yards away from goal and five yards away from each other. Divide players into two teams. Place the other two cones (starting line) five yards behind the shooting line and place a line of players at each cone. Place two balls on the shooting line.

Activity:

- › Team 1 and 2 will each race to the shooting line and shoot their ball towards the goal.
- › The coach will collect the balls and place them back on the starting line.
- › Play each game for one minute and then add a variation to implement fun and coordination.

Variation/Progression:



- › Have players move in different ways from the starting line to the shooting line (similar to the warm-up): hop with both feet together, skip, crawl, run backwards, crab walk, etc.
- › Have players collect their own ball and bring it back to the starting line as quick as they can.
- › Ensure that each player uses correct shooting technique.

“KEEP YOUR YARD CLEAN”

Objective: Develop shooting technique while having fun

Equipment Needed: Eight cones for marking the grid. You will need as many balls as possible (preferably one for each player).

Setup: Create a 10x10 yard grid with a line of cones in the middle as the center line. Divide players in two teams and place one team on each side of the center line. Each team should have several balls.



Activity:

1. On the coach's signal, players attempt to kick their ball into the other half of the grid (across center line).
2. Players attempt to keep as many balls out of their yard as possible!
3. Play two minute games and then progress to variations.

Variation/Progression

- › Allow players to use their hands to throw or roll the ball to the other side.
- › Progress to requiring players to pick the ball up and punt it across.

Basic Offensive Tactics:

4 VS 4 SHAPE

- › Good offensive shape (tactics) is necessary to stretch the opposing team's defense.
- › The best 4 vs 4 formation is the diamond formation.
- › The diamond formation is setup as follows: one player towards the back (depth), two players on the outside in the middle (width), and one player in the front (height). This provides depth, width, and height.
- › The attacking team (offense) should always have depth, width, and height and the diamond formation provides this.
- › This shape causes the defense of the other team to spread out which creates space for attacking.
- › Creating space is the key to attacking effectively!

ATTACKING PRINCIPLES

- › The attacking team must maintain correct shape to create opportunities to dribble, pass, and shoot.
- › Creating space to dribble, pass, and shoot is done through maintaining depth, width, and height while attacking.
- › Players should always have an option to pass to their teammates. This is done by moving towards the player with the ball to provide support.
- › In order to maintain correct shape players must move to support each other. (*Ex: when the top player has the ball all other players should shift forward to support so the player has an option to pass the ball.*)
- › After passing the ball, players should move to create space. This is called mobility. A good player will pass the ball and then move to open space to receive the ball back.
- › If a team is not mobile when attacking (always moving) then it is very easy for the opposing team to defend.

“FOUR CORNERS”

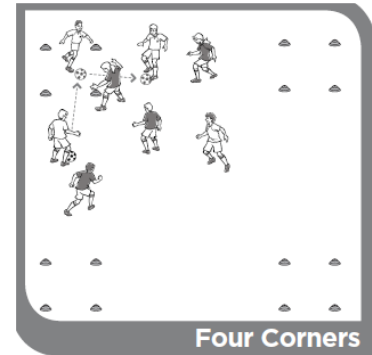
Objective: Practice supporting teammates while attacking

Equipment Needed: Cones or objects to set up corner squares. You will need two soccer balls for this game.

Setup: In each corner of the field set up a 3 x 3 yard square. Divide players in two teams.

Activity:

- › Goals are scored by passing the ball to a teammate inside one of the squares and passing the ball back out of the square to a teammate.
- › Each time a ball is passed to a teammate inside a square and back out to a teammate a goal is scored.
- › Teams cannot score in the same square twice in a row. After scoring in one square they must move and try to score in a different one. Any square can be scored in by any team.
- › This requires teams to work together by moving to support their teammates.
- › Play three minute games encouraging players to score as many goals as they can.



Variation/Progression

- › Allow players to use their hands so they can experience the game played at a quicker pace!
- › If there are at least eight players and they are doing well with one ball, toss a second ball into the grid for more excitement.

DEFENSIVE STANCE

- › Defenders should always defend “side-ways on” which means the defender should defend towards one side of the attacker with one foot slightly in front of the other and knees slightly bent.
- › Defending “side-ways on” allows the defender to force the attacker in one direction or the other. If you defend straight on the attacker can go past you on either side.
- › Players should be on the balls of their feet while bending the knees for balance. Always be light on your feet!
- › When defending an attacker with the ball, the defender should drop back by quickly moving (shuffling) their feet while staying close to the attacker. This movement is called “Jockeying”.
- › Have patience and do not jump in and try to win the ball until the attacker makes a mistake. Jumping in will allow the attacker to get past you.