



## Soccer Practice Plans



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 4 and under

At this age, children need understanding and skills to enable them to play a game. Tactically, this means helping them see the need to keep the ball and attack the goal and also to try to stop their opponents from scoring.

### OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing soccer. For example, playing cooperatively with teammates shows that you care about them.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing, dribbling, or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to players gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising their hand when they foul someone or playing cooperatively with the others on the team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.

SportsEd<sup>TV</sup>



# Soccer Session 1



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 Ages: 4 and under

**Coach:**

**Team:**

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### Practice Goals

- Fun
  - Togetherness
  - Explore different aspects of soccer
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Time	Activity	Activity Description	Video Tutorial
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**3**  
mins.

**Team Circle**

Gather the players into a circle.

N/A

**SAY:** "This season we'll talk about four qualities of a good person and teammate. Number one is caring. Can you tell me some ways you show caring to others? Helping someone up when they fall? Good!

"Number two is honesty. How do you show honesty? How about if you tell someone if you played with their game or toy? That's honesty.

"Number three is respect. Do you know what respect is? Respect is listening to adults when they speak to you, like you're doing now.


"Number four is responsibility. One way to show you're responsible is to pick up after yourself. Don't wait for others to pick up for you."



Ask the players to share ways they show the four values in other areas of their lives.

**SAY:** "Good teammates show these values to each other. We'll talk more about these four values during the season."

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Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>Warm-Up: Dribbling</b>	Use this dribbling warm-up for players to warm their bodies and muscles at the start of practice, while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video tutorial, such as dribbling using various parts of the foot, but primarily the area on the tops of the toes and not the front of the toes.	 <a href="https://sportsedtv.co/3xM3xWE">https://sportsedtv.co/3xM3xWE</a>
5 mins.	<b>Fitness: General</b>	<p>Gather the players about 10 to 15 feet away from a goal or cone.</p> <p><b>SAY:</b> "Jump 10 times. Our muscles help us jump. When you use your muscles for a long time without getting too tired, it improves your endurance, which means you can run longer without getting tired. Now run really fast to the goal and back."</p> <p>Wait for them to return.</p> <p><b>SAY:</b> "Running strengthens your heart and lungs. Now touch your toes; try to keep your fingers down there while I count to 10. Stretching makes you flexible, like a rubber band. When we play soccer, our bodies run, kick, and move, which makes our bodies stronger and improves our fitness. This means we can run and play longer and faster."</p> <p>"Having good physical fitness is important for soccer and for being healthy. At every practice we'll talk about fitness in our fitness circles."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>Two-Touch Receiving and Passing</b>	<p>First, demonstrate how to properly receive the ball with one touch and pass with the second. The video tutorial breaks down the proper technique of passing so you know which aspects to focus on in your demonstration.</p> <p>Next, follow the activity shown in the video tutorial. Divide the players into groups of three to four; each group will stand in two lines about five to ten yards apart (one to two players per line).</p> <p>One line (with two players) starts with the ball. Players will pass to the opposite line and jog around to the back of that opposite line. The first player in the other line will control the ball with their first touch, pass it to the opposite line with their second touch, and then jog around to the back of that opposite line. Check the video tutorial for a more detailed and visual explanation.</p>	 <p><a href="https://sportsedtv.co/3suG0Zm">https://sportsedtv.co/3suG0Zm</a></p>
10 mins.	<b>Three Versus Three: Passing Focus</b>	<p>Next, create three versus three games (can be three versus two or three versus one to make it easier to keep the ball; if so, make sure to rotate the teams). Make mini-fields for each group using cones. Players must score through the opposition's goal. Each team of three should try to pass often during the game.</p> <p>Emphasize and encourage passing in the game. Freeze the game occasionally when you see passing happen, and point out good passing, receiving, and dribbling under control. Focus on using positive reinforcement. Do not stop the game too frequently. Make sure to let the players play and enjoy!</p>	 <p>This is a separate video drill to practice ball control and dribbling, in case players struggle with it in the game:</p> <p><a href="https://sportsedtv.co/3xMuJy4">https://sportsedtv.co/3xMuJy4</a></p>
32 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 2



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Ages: 4 and under

Coach:


Team:



### Practice Goals


- Shooting technique
- Passing
- Playing/game scenarios

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the players into a group.</p> <p><b>SAY:</b> "I want us all to pretend we're eggs. Eggs have shells that can break. What would happen if we bumped into each other as eggs? Right. We would crack and break. Let's move around the field being eggs. Don't bump each other or we'll break."</p> <p>Continue for about one minute.</p> <p><b>SAY:</b> "We were all careful not to bump each other so our 'shells' wouldn't break. That was great. You were in charge of, or responsible, for your movements. When we're careful with each other, we're responsible for our space and other players' spaces. This shows responsibility during practice and games."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
5 mins.	Warm-Up: Shooting	<p>Players start in a line at the top of the 18-yard box, with a ball each. The coach stands inside the box in front of them. The first player passes the ball to the coach, who will place it off to the side. The player will run after the ball and shoot into the goal.</p> <p>Make sure players are not kicking with their toe, but with their instep or laces. The video tutorial explains the correct technique to shoot with either, and how to set up this activity.</p>	 <p><a href="https://sportsedtv.co/3gcPRxR">https://sportsedtv.co/3gcPRxR</a></p>
5 mins.	Fitness: Cardio-respiratory	<p>Players gather into a group.</p> <p><b>SAY:</b> "Hold up one hand and make a fist. Squeeze your fist tightly, then let go. Keep tightening and letting go."</p> <p>Players continue for 10 counts.</p> <p><b>SAY:</b> "The heart is a special muscle that tightens and relaxes just like your fist is doing. The heart is about the size of your fist. Let's put our fists over our chests. Every time your heart tightens, or beats, it pumps blood all over your body. When you run during soccer, your heart beats faster. The beat slows down when you slow down. Let's run with high knees for 15 counts while we count together. Stop and feel your heartbeat by putting your hand over your chest."</p> <p>Model the activity for the players.</p> <p><b>SAY:</b> "Running strengthens your heart and lungs and improves your fitness."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Two Versus Two: Passing</b>	<p>Players participate in two versus two mini-games. They are awarded a point for every time they score in the opposing goal (two cones or small goal). Make sure to emphasize the importance of passing.</p> <p><b>SAY:</b> "How can you help each other and work together to score?"</p> <p>Prompt the answer by showing players an example. Put two players on the field, one close to the goal and the other farther back with the ball.</p> <p><b>SAY:</b> "What is the quickest way for you two to get the ball into the goal?"</p> <p>Players' correct response: "Pass the ball forward toward the goal."</p>	 <p>This is a separate video drill to practice passing, in case players struggle with it in the game:</p> <p><a href="https://sportsedtv.com/3suG0Zm">https://sportsedtv.com/3suG0Zm</a></p>
5 mins.	<b>Partner Drill: Throw-Ins</b>	<p>Have players partner up and practice throw-ins as shown in the video tutorial for five minutes. Give a demonstration of the correct technique, and coach players to make sure they are doing it correctly.</p>	 <p><a href="https://sportsedtv.com/3skpR8y">https://sportsedtv.com/3skpR8y</a></p>

Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Three Versus Three: Passing and Team Play Focus</b>	<p>Make three versus three games (can be three versus two or three versus one to make it easier to keep the ball; if so, make sure to rotate the teams). Each team tries to have teammates help each other during the game. The objective is for players to be able to move to a good position to receive a pass when a teammate has the ball during a game.</p> <p>Explain that a regulation game has 11 versus 11 and that all players spread over the field so they can help or support each other.</p> <p>Freeze the game occasionally to show players where good supporting positions are. Watch that players don't get too close to teammates who have the ball.</p> <p>Being too close makes the game more crowded, so encourage them to stay in space to receive a pass.</p> <p>Use this time to teach players the start/restart rules every time a team scores or the ball goes out-of-bounds.</p> <p><b>SAY:</b> "How do we start the game?"</p> <p>Players' correct response: "With a kickoff at the center. The other team must go back into its own half."</p> <p><b>SAY:</b> "What happens when the ball goes out-of-bounds?"</p> <p>Players' correct response: "Throw-ins."</p> <p><b>SAY:</b> "What happens after you score a goal?"</p> <p>Players' correct response: "A kickoff at the center. The team that scored must go back into its own half."</p>	 <p>This is a separate video drill to practice dribbling and ball control, in case players struggle with it in the game:</p> <p><a href="https://sportsedtv.co/3CUHq4b">https://sportsedtv.co/3CUHq4b</a></p>
38 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



## Soccer Session 3



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Ages: 4 and under

Coach:


Team:


### Practice Goals

- Crossing and scoring
- Defending and marking
- Dribbling on offense

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the players into a group about 10 feet from two cones that form a goal.</p> <p><b>SAY:</b> "Let's pretend we're playing a soccer game. Watch what I do with the ball."</p> <p>Tell a player in the group you're passing to them. Make a bad pass.</p> <p><b>SAY:</b> "That pass wasn't very good, was it? What would you say to me so that I don't feel bad about the pass?"</p> <p>As players respond, have each player who makes a supportive comment take an open shot on goal. If players make unsupportive comments, encourage them to change their words to become more supportive; after they have changed the words, have each of them take an open shot at the goal.</p> <p><b>SAY:</b> "It's very important to support your teammates, especially when they make mistakes. Saying something that makes someone feel good shows you care."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Warm-Up: Crossing and Scoring</b>	<p>Make sure to watch the video tutorial to get a visual of how to set up and run this exercise.</p> <p>One player dribbles down the side of the field and crosses the ball to a player running into the box, who will shoot on goal.</p> <p>This activity will help players learn to dribble and cross as well as to make a run into the box and score off a cross.</p> <p>Goalkeepers are not needed.</p>	 <p><a href="https://sportsedtv.co/2W12qVM">https://sportsedtv.co/2W12qVM</a></p>
5 mins.	<b>Fitness: Muscular Strength and Endurance</b>	<p>Gather players into a circle.</p> <p><b>SAY:</b> "Find your own space so you don't bump your neighbor. You're going to run in your own spot for 30 seconds, then stop. Ready? Go!"</p> <p>Time players and verbally let them know the time remaining; stop them at the end of the time.</p> <p><b>SAY:</b> "What part of the body did we just use the most when we ran?"</p> <p>Encourage their responses.</p> <p><b>SAY:</b> "When we play soccer, which part of your body do you use the most?"</p> <p>Wait for their responses.</p> <p><b>SAY:</b> "Muscles in our body help us move our legs. Playing soccer will help our leg muscles get stronger and grow bigger."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>One Versus One: Defending and Dribbling</b>	<p>First, introduce and teach how to defend a dribble. Players approach the dribbler and stay low to the ground and on their toes, ready to move in either direction. Explain how not to kick the ball too soon, but wait for the right moment to try to steal it. Check the video tutorial for more details on what to coach.</p> <p>Then move on to practice; follow the activity in the video.</p> <p>Two players stand across from each other in a small field of cones. One player will be the defender and one will be the attacker to start. The defender starts with the ball, and both have a goal (two cones or poles) behind them.</p> <p>The defender passes to the attacker, then the attacker tries to dribble by them and into the goal while the defender tries to stop them.</p> <p>After the pass, the defender runs to get close to the attacker quickly. From there, they slow down and pressure the dribbler by getting close to them and waiting for an opening to kick the ball away. If the defender steals the ball, they can try to score on the opposing goal.</p>	 <p><a href="https://sportsedtv.com/3CV5HXw">https://sportsedtv.com/3CV5HXw</a></p>

Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Three Versus Three: Defending and Marking</b>	<p>Make three versus three games (can be three versus two or three versus one to make it easier to keep the ball; if so, make sure to rotate the teams), with an emphasis on each player marking one of the opposing players and staying with them.</p> <p><b>SAY:</b> "If the opponent you are marking gets the ball, where should you move?"</p> <p>Players' correct response: "Closer to them."</p> <p><b>SAY:</b> "As the opponent you are marking gets closer to your goal, where should you move?"</p> <p>Players' correct response: "Closer to them."</p> <p><b>SAY:</b> "How should you move, quickly or slowly?"</p> <p>Players' correct response: "Quickly"</p> <p>Freeze the game from time to time to show good marking and to check that players are marking appropriately.</p>	 <p>This is a separate video drill on one versus one defending:</p> <p><a href="https://sportsedtv.com/3iOSs2B">https://sportsedtv.com/3iOSs2B</a></p>
35 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 4



FOR YOUTH DEVELOPMENT®  
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 Ages: 4 and under

**Coach:**

**Team:**


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**Practice Goals**


- Review safety equipment and rules
  - Defending, passing, and shooting
  - Game-like scenarios
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a group near two cones about 10 feet apart.</p> <p><b>SAY:</b> "Can you touch the ball with your hand in soccer? Even if it's an accident? Those of you who think it's OK to touch the ball, stand by this cone. Those who think it's not OK, stand by this one."</p> <p>Wait for players to choose. Then ask them why they chose the cone they did.</p> <p><b>SAY:</b> "Touching the ball with your hand, even if it's an accident, is a foul. What should you do if that happens? Those who think you should just keep playing, stay at this cone; those who think you should raise your hand and give the ball to the other team, go stand by that cone."</p> <p>Wait for everyone to finish choosing.</p> <p><b>SAY:</b> "It's important to be honest about fouls. If you touch the ball with your hand, even if nobody sees it, raise your hand and give the ball to the other team."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>Warm-Up: Two Versus One</b>	<p>Divide players into groups of three. Players participate as two versus one in an area 20 feet by 10 feet with a small goal. They must pass three times, then shoot into the goal.</p> <p>The defender looks to block the passing lane between the attackers (as shown in the video tutorial). Don't over-teach the technique or freeze the drill too often, but do positively reinforce correct technique.</p> <p>The attackers must make three passes and then shoot. They will focus on keeping passing lanes open between them and, after three passes, going to goal.</p> <p>Make sure to rotate who the one defender is.</p>	 <p>This focuses on how to defend a two versus one:  <a href="https://sportsedtv.co/3m926iY">https://sportsedtv.co/3m926iY</a></p>
5 mins.	<b>Fitness: Safety Equipment and Rules</b>	<p>Bring a small piece of cardboard or a clipboard that can be used as a shield. Get one player to demonstrate. Provide a ball and have the player kick the ball at you at a medium effort.</p> <p><b>SAY:</b> "Watch where the ball goes when Julia kicks it."</p> <p>Allow the ball to hit your legs. Then put the board in front of you, between you and the player kicking. Have the player kick again.</p> <p><b>SAY:</b> "Now watch where the ball goes. This board is just like a shin guard that we wear on our legs. Shin guards protect our legs just like the board protected my legs from the ball."</p> <p>Give each player a turn kicking the ball.</p> <p><b>SAY:</b> "Can you think of other ways to be safe when you play soccer?"</p>	N/A

Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>Passing: Triangle</b>	<p>This activity helps players improve at passing and get more comfortable with the skill. The video tutorial shows the ideal technique: using the backfoot to receive with the first touch, and then passing along with their next touch.</p> <p>Encourage players to use the right technique, and make sure they pass using their instep rather than their toe. If they need to use more than two touches to control the ball and take it across the back of the cone, that is fine.</p> <p>Focus on using positive reinforcement, and make the cones as close as needed. The farther back players stand from their cone, the easier it will be.</p> <p>If players struggle, remove the cones and have them pass to each other in a triangle.</p> <p>Halfway through the drill, have them switch directions, so instead of passing to their right, they now all pass to their left.</p>	 <p><a href="https://sportsedtv.co/2VSu2MN">https://sportsedtv.co/2VSu2MN</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Three Versus Three: Shooting</b>	<p>Players participate as three versus three (can be three versus two or three versus one to make it easier to keep the ball and score; if so, make sure to rotate the teams).</p> <p>The emphasis is shooting on goal. Encourage players to not be afraid to shoot and to try to score as much as possible. Applaud missed shots and any attempts at scoring. When you feed the ball in, sometimes give it right to a player in a scoring position (but give the same amount to both teams). If players aren't shooting enough, make it three versus two or three versus one so it is easier for the larger team to score. Make sure to rotate who is on the larger team continuously.</p> <p><b>SAY:</b> "What do you have to do to score?"</p> <p>Players' correct response: "Shoot"</p> <p><b>SAY:</b> "When you shoot, where should you aim the ball?"</p> <p>Players' correct response: "At the goal."</p> <p>Have teams count the number of goals they score in game one and see if they can score more in game two. This way they see the value of practice.</p>	 <p>This explains the most important aspects of shooting:  <a href="https://sportsedtv.co/3gcPRxR">https://sportsedtv.co/3gcPRxR</a></p>
<b>32</b> mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 5



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Ages: 4 and under

Coach:



Team:


### Practice Goals

- Shooting
- Dribbling
- Passing

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a circle. Stand in the middle of the circle with a ball and try to kick the ball out of the circle. The players will have two chances to keep the ball from escaping the circle. During one turn they'll use minimal effort, and during the second they'll use their maximum effort.</p> <p><b>SAY:</b> "I am going to try to kick the ball out of the circle. Everyone, work together to keep the ball in the circle. Pretend that you are snails that can't get to the ball fast enough."</p> <p>Begin to dribble and try to get the ball out of the circle, reminding players that snails move slowly.</p> <p><b>SAY:</b> "This time move like busy bees that fly fast and keep moving."</p> <p>Repeat the activity, encouraging players to be "busy bees."</p> <p><b>SAY:</b> "When you try to be like busy bees, you're being responsible to your teammates."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>Warm-Up: Shooting</b>	<p>Players shoot into a stationary goal. They shoot with either their instep or laces. Give positive reinforcement, and help them work on their technique. The video tutorial explains the proper way to shoot.</p>	 <p><a href="https://sportsedtv.co/3gcPRxR">https://sportsedtv.co/3gcPRxR</a></p>
5 mins.	<b>Fitness: Healthy Habits</b>	<p>Gather players into a circle.</p> <p><b>SAY:</b> "When your body doesn't eat healthy food and get enough sleep, it moves slowly. Let's pretend we have no energy to move because we didn't eat enough healthy food or get enough sleep."</p> <p>Begin to move slowly, and encourage players to follow. Move extremely slowly.</p> <p><b>SAY:</b> "Now, stop. I am going to fill your bodies up with healthy foods."</p> <p>Act out handing them food.</p> <p><b>SAY:</b> "Pretend we're sleeping. When I say, 'Wake up!' you can move faster because you have enough energy and enough rest. Wake up and move faster. Now, stop! What are some other healthy habits you have learned?"</p> <p>Give these examples, if needed: exercising daily, brushing teeth, drinking water.</p> <p><b>SAY:</b> "It's important for everyone to practice healthy habits."</p>	N/A
7 mins.	<b>Dribbling: Inside and Outside</b>	<p>As shown in the video tutorial, this activity helps players improve at dribbling and ball control. It teaches using both feet and both the inside and the outside of the foot.</p>	 <p><a href="https://sportsedtv.co/3xMujy4">https://sportsedtv.co/3xMujy4</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Three Versus Three: Passing</b>	<p>Play a three versus three game (can be adapted to three versus two or three versus one if players are struggling to keep control of the ball). Players get one point for scoring, but if they pass three times before scoring, they get two points. Encourage them to try to complete three passes before scoring.</p> <p><b>SAY:</b> "How can you keep the ball as a team?"</p> <p>Players' correct response: "Pass"</p> <p><b>SAY:</b> "What do you need to do as well as passing?"</p> <p>Players' correct response: "Receive and control."</p> <p><b>SAY:</b> "If a player with the ball wants to pass, what does he or she need?" (Again, you may need to set this up in a demonstration.)</p> <p>Players' correct response: "Someone to pass to."</p> <p>Another variation: Players play two versus one in an area 20 feet by 10 feet with a small goal.</p>	
<b>32</b> mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	


This is a separate activity for players to work on passing technique and moving:  
<https://sportsedtv.com/3suG0Zm>



# Soccer Session 6



FOR YOUTH DEVELOPMENT®  
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 Ages: 4 and under

**Coach:**

**Team:**

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**Practice Goals**

- Dribbling
  - Team play and passing
  - Encouraging players to spread out and pass rather than bunch up around the ball
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	Gather players into a group.  <b>SAY:</b> "I'm going to ask you some questions about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourselves when you play a good game?"  Listen to responses following each question.  <b>SAY:</b> "Think about players who will be your opponents. What qualities do they have? What things do they have or do? Are they the same as you? It's important to think of our opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things."	N/A

**3**

mins.

**Team Circle**

Gather players into a group.

N/A



**SAY:** "I'm going to ask you some questions about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourselves when you play a good game?"


Listen to responses following each question.

**SAY:** "Think about players who will be your opponents. What qualities do they have? What things do they have or do? Are they the same as you? It's important to think of our opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things."

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Time	Activity	Activity Description	Video Tutorial
7 mins.	<b>Warm-Up: Dribbling</b>	This dribbling activity will warm up players while giving them more dribbling experience. It also includes turning on the ball.	 <a href="https://sportsedtv.co/3xM3xWE">https://sportsedtv.co/3xM3xWE</a>
5 mins.	<b>Fitness: Flexibility</b>	<p>Bring a rubber band to use as a prop.</p> <p><b>SAY:</b> "This rubber band is like our muscles. When I pull it, it stretches; when I let go, it goes back to its original shape."</p> <p>Demonstrate with the rubber band, stretching it out and back, using a gentle, slow action.</p> <p><b>SAY:</b> "Your muscles work the same way. When you reach and stretch, your muscles are stretching just like the rubber band. When your body comes back, your muscles go back to their original shape. Reach down to the ground with your arms slowly, and then bring your arms back up."</p> <p>Have players repeat three times.</p> <p><b>SAY:</b> "Your leg muscles need to stretch because you use them the most in soccer; stretching makes your leg muscles more flexible. When muscles are flexible, it keeps them from getting hurt and makes the muscles feel good."</p>	N/A
7 mins.	<b>Dribbling: Inside and Outside</b>	This activity focuses on getting players in the habit of using the inside and the outside of both feet and being comfortable switching feet while dribbling.	 <a href="https://sportsedtv.co/3CUHq4b">https://sportsedtv.co/3CUHq4b</a>

Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Two Versus Two: Team Play and Passing</b>	<p>Play small, two versus two games (can be two versus one if they struggle with two versus two). Encourage them to work together, get open for their teammate, pass as often as they can, and focus on moving forward toward the opposing goal.</p> <p><b>SAY:</b> "Who is on your team?"</p> <p>Players' correct response: Name of a teammate</p> <p><b>SAY:</b> "Which goal are you trying to score in?"</p> <p>Players' correct response: Have them point to one.</p> <p><b>SAY:</b> "Where do you kick the ball to score?"</p> <p>Players' correct response: "In the goal." Have them show you.</p>	 <p>This is a separate video for a different passing drill:  <a href="https://sportsedtv.co/3suG0Zm">https://sportsedtv.co/3suG0Zm</a></p>
32 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 7



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Ages: 4 and under

**Coach:**

**Team:**


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**Practice Goals**


- Passing
  - Defending
  - Continue to reinforce the right technique, and how these activities relate to the matches they have already played.
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Time	Activity	Activity Description	Video Tutorial
<b>3</b> mins.	<b>Team Circle</b>	<p>Gather players into a circle. Stand in the middle of the group with a ball. Pass to each player, and give them a turn to pass back to you.</p> <p><b>SAY:</b> "I am going to pass the ball. If a pass comes to you, pass the ball back to me."</p> <p>Work around the whole circle. Talk to the players about playing and learning when they come to practice.</p> <p><b>SAY:</b> "Who had a turn to touch the ball?"</p> <p>Wait for their responses.</p> <p><b>SAY:</b> "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would you have felt if you did not have a turn?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns shows you care."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Warm-Up: Passing</b>	<p>First, demonstrate how to properly receive the ball with one touch and pass with the second. The video tutorial breaks down the proper technique of passing so you know which aspects to focus on in your demonstration.</p> <p>Next, follow the activity in the video tutorial. This gives players more practice on the fundamental skills of passing and receiving.</p>	 <a href="https://sportsedtv.co/3suG0Zm">https://sportsedtv.co/3suG0Zm</a>
5 mins.	<b>Fitness: Muscular Strength and Endurance</b>	<p>Gather players into a group. Show them the differences between a kick with minimal effort and one with close to maximum effort.</p> <p><b>SAY:</b> "Watch how far the ball goes when I kick it two different times."</p> <p>Show both kicks to the players.</p> <p><b>SAY:</b> "Let's make a circle, and you show me how you would kick the ball. Pretend you're kicking a ball, and show me a short kick. Now step back two big steps and show me a long kick that will make the ball go across the circle."</p> <p>Highlight the ball going farther in the second kick.</p> <p><b>SAY:</b> "You can kick the ball farther when the muscles in your legs are strong. Your muscles in your legs get stronger when you practice kicking."</p>	N/A
7 mins.	<b>Group of Three: Passing</b>	<p>Divide players into groups of three, one ball per group, in a mini-field. Have them pass to each other to move the ball down the field from one side to the other. Then they turn and pass as they move down to the other side.</p> <p>Meanwhile, you join one group at a time as a defender (so it's three versus one). Defend them for a few passes, encouraging them to move and get open for their teammates. After they pass, move to the teammate with the ball, but remind the passer to move and get open if they don't.</p>	N/A

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Three Versus Three: Defending and Marking</b>	<p>Make three versus three games (can be three versus two or three versus one to make it easier to keep the ball; if so, make sure to rotate the teams), with an emphasis on each player marking one of the opposing players and staying with them.</p> <p>Watch the video tutorial for the aspects of defensive technique to emphasize.</p> <p><b>SAY:</b> "If the opponent you are marking gets the ball, where should you move?"</p> <p>Players' correct response: "Closer to them."</p> <p><b>SAY:</b> "As the opponent you are marking gets closer to your goal, where should you move?"</p> <p>Players' correct response: "Closer to them."</p> <p><b>SAY:</b> "How should you move, quickly or slowly?"</p> <p>Players' correct response: "Quickly."</p> <p>Freeze the game from time to time to show good marking and to check that players are marking appropriately.</p> <p>Watch the video tutorial for the aspects of defensive technique to emphasize.</p>	 <p>This is a separate video drill on one versus one defending:</p> <p><a href="https://sportsedtv.com/3iOsS2B">https://sportsedtv.com/3iOsS2B</a></p>
<b>35</b> mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 8



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

 Ages: 4 and under

**Coach:**



**Team:**


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**Practice Goals**

- Crossing and scoring
  - Dribbling
  - Ball control
- 

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a single-file line near two cones about 10 feet apart.</p> <p><b>SAY:</b> "I am going to walk down the line two times. Remember how it feels each time I pass you."</p> <p>Walk down the line and nod to each player. Repeat the walk, but this time tell each player "Great game" or "Nice play today" and shake their hand.</p> <p><b>SAY:</b> "Which time that I passed you made you feel better?"</p> <p>Ask players to stand near a cone that represents their choice.</p> <p><b>SAY:</b> "Shaking hands and saying 'Good game' are important traditions that show we appreciate our opponents' efforts in a game. It shows respect for our opponents."</p> <p>Divide the team in half, and have them practice an end-of-game respect ritual.</p> <p>-----</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Warm-Up: Crossing and Scoring</b>	<p>Make sure to watch the video tutorial to get a visual of how to set up and run this exercise.</p> <p>One player dribbles down the side of the field and crosses the ball to a player running into the box, who will shoot on goal.</p> <p>This activity will help players learn to dribble and cross as well as make a run into the box and score off a cross.</p> <p>Goalkeepers are not needed.</p>	 <a href="https://sportsedtv.com/2W12qVM">https://sportsedtv.com/2W12qVM</a>
5 mins.	<b>Fitness: Training and Conditioning</b>	<p>Gather players into a circle.</p> <p><b>SAY:</b> "What will you do tonight after you eat dinner?"</p> <p>Wait for their responses.</p> <p><b>SAY:</b> "At the end of the day, what do you do?"</p> <p>Encourage players to discuss sleep.</p> <p><b>SAY:</b> "Let's pretend you are at your homes, and you climb into bed to go to sleep. Everyone, lie down. Now let's pretend it's morning and a new day. You don't have soccer practice today. Your body needs to move every day to stay in good physical condition for soccer. What should we do to move our bodies?"</p> <p>Wait for their responses. If a player suggests an activity (e.g., biking, walking, swimming), have everyone pretend to do that activity. Then have them pretend to sleep again, wake up, and choose another physical activity idea.</p>	N/A
7 mins.	<b>Dribbling: Inside and Outside</b>	<p>This activity helps players improve their ball control and reinforces the habits of using the inside and the outside of both feet. Count how many they can do in a row without a mistake; encourage them to try for five or ten in a row.</p>	 <a href="https://sportsedtv.com/3xMujy4">https://sportsedtv.com/3xMujy4</a>

Time	Activity	Activity Description	Video Tutorial
<b>10</b> mins.	<b>Three Versus Three: Dribbling</b>	<p>This is a three versus three game focused on dribbling and keeping the ball close rather than kicking it anywhere. It can be changed to three versus one or three versus two.</p> <p>Encourage players to stay in control and dribble with the ball and pass to teammates. Remind them to stay spread out so their teammates have space. Remind them to use the inside and the outside of their foot to dribble.</p> <p><b>SAY:</b> "How can you get the ball up the field?"</p> <p>Players' correct response: "Run with it."</p> <p><b>SAY:</b> "What do we call this in soccer?"</p> <p>Players' correct response: "Dribbling"</p> <p><b>SAY:</b> "When you dribble the ball, should it be close to you or far away?"</p> <p>Players' correct response: "Close to you."</p> <p><b>SAY:</b> "What part of the foot should you use to dribble—the inside, the outside, or the toe?"</p> <p>Players' correct response: "The inside or the outside."</p>	 <p>This video teaches how to dribble with the inside and the outside of the foot:  <a href="https://sportsedtv.com/3CUHq4b">https://sportsedtv.com/3CUHq4b</a></p>
<b>35</b> mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 9



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY


Ages: 4 and under

**Coach:**

**Team:**

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**Practice Goals**

- Dribbling
  - Conditioning
  - Three versus three games
- 

Time	Activity	Activity Description	Video Tutorial
3 mins.	<b>Team Circle</b>	<p>Gather players into a group near two cones about 10 feet apart.</p> <p><b>SAY:</b> "What did you most enjoy learning about in soccer this season?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "Players who think they tried their best to learn, stand by this cone. Players who think they had fun, stand by this one. Both are important. Always try your best and have fun no matter what happens during the season. I think you all did that. Next year is another chance to have fun and make new friends."</p>	N/A
7 mins.	<b>Warm-Up: Dribbling</b>	<p>The video tutorial helps players get in the habit of using different parts of their feet to dribble and shows how to switch back and forth from one foot to the other. This will get players warm while improving their ball control.</p>	 <p><a href="https://sportsedtv.co/3CUHq4b">https://sportsedtv.co/3CUHq4b</a></p>

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Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Fitness: Muscular Strength and Conditioning</b>	<p>Have players spread out in a group.</p> <p><b>SAY:</b> "Put your hand on the front of your thigh, then lift your leg up and set it down. Did you feel the muscle get tight when you lifted it up and then relax when you set it down? Try it again five times."</p> <p>Assist players if needed.</p> <p><b>SAY:</b> "Muscles tighten, or contract, when you move. You use the thigh muscles, or quadriceps, when you kick the ball in soccer. The more you practice kicking, the stronger your thigh, or quadriceps muscles, will get; that's called improving your muscular strength."</p>	N/A
10 mins.	<b>Three Versus Three: Passing Focus</b>	<p>Next, create three versus three games (can be three versus two or three versus one to make it easier to keep the ball; if so, make sure to rotate the teams). Make mini-fields for each group using cones. Each team of three should try to pass often during the game.</p> <p>Emphasize and encourage passing in the game. Freeze the game occasionally when you see passing happen, and point out good passing, receiving, and dribbling under control. Focus on using positive reinforcement. Do be aware to not stop the game too frequently. Make sure to let the players play and enjoy.</p>	N/A
10 mins.	<b>Three Versus Three: Fun!</b>	<p>After a short break, the players again play three versus three. This time, moderate the coaching. Comment on any notable moments and give some positive reinforcement, but let the players relax and enjoy their last practice of the season.</p>	N/A
35 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	