



## **Practice Examples**

### **Practice #1 Focus: Dribbling**

**Warm Up**-For the first practice have players stand in a circle and each introduce themselves.

**Activity #1**- All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), etc. Have players say their name each time. Add dribbling after the first couple times.

Talk to the players about the boundary lines. Where they can go and where they cannot.

**Activity #2**- Players each have a ball and line up on the sideline. Have players dribbling around the entire field sideline trying to stay in bounds.

**Activity #3**- Players stand on one side line and dribble the ball across the field and stop before the ball goes over the line.

### **Water Break**

### **Skill Games**

#### **Game #1**- Red Light, Green Light

All players start on line with ball

Coach says "green", players dribble forward, "red"-they stop

First player to dribble across the line wins

Repeat game 2 or 3 times

#### **Game #2**- Sleeping Bear

You will need the kids lined up next to one another with a soccer ball each at their feet.

The coach will act as the sleeping bear down the other end of the marked out area.

This game is all about getting the kids to take little touches of the soccer ball. The kids begin the game by shouting out altogether "What time is it sleeping bear?" The sleeping

bear (who will be pretending to sleep talk) will respond with either one-o'clock, two-o'clock, three-o'clock or four-o'clock.

If the bear says three-o'clock, the kids will take three small touches/kicks of the soccer ball toward the bear. This continues until the kids get close to the sleeping bear. The bear will then wake-up and chase the kids back to where they started. Don't be too scary though or they will cry!

## **Scrimmage**

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### **Practice #2 Focus: Dribbling & Shooting**

#### **Warm Up- High Speed/Low Speed**

Talk to the players about ball control. It is important to keep the ball close to you when dribbling and not kicking it way out in front.

**Activity #1-** Players each have a ball and line up on the sideline. Have players dribble the ball slowly from one side to the other while keeping the ball close to them. Do this twice.

Next have the players go medium speed dribbling the ball from sideline to sideline. Last have the players go high speed dribbling the ball from sideline to sideline.

**Activity #2-** Start players at mid field and have them dribble the ball to the goal and shoot it in. Set the goal to have all players make their ball into the goal and not kicking it past. Do this 3 times.

## **Water Break**

### **Skill Games**

#### **Game #1- Pirates of the Caribbean**

Set Up- Have the kids line up on a side line. On the other end place a cone for each player

Play- To begin you will need to get the kids excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island.

The kids will need to go one at a time and pick up one piece of "treasure" (one) and bring it back to the pirate ship. To get the players to understand this game, play the first round without soccer balls. The 2nd time have them dribble the ball.

#### **.Game #2- Tunnel Ball**

Group your players together and make sure each has a ball. You will need the help from each players parent for this game. Have the parents spread out on the field and stand with their legs together.

When you say "Go" players will dribble to their parents and dribble around them. When you say "Tunnel Ball" the parents should open their legs wide and the players will kick the ball between their legs. After they successfully do this the parents should close their legs, players should dribble the ball until you say "Tunnel Ball" again.

## **Scrimmage**

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### **Practice #3 Focus: Shooting**

#### **Warm Up -Body Part Dribble**

Talk to the players about using all different parts of their body to move the ball. Feet, shins, knees, chest, etc.

**Activity #1-** Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part.

Examples include:

Knees, heels, shoulders, feet, buttocks, NO HANDS (players must know from early age not to use hands).

Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).

#### **Activity #2-** Learning to Use Laces

Have the players touch the ball with their shoe laces and show them the proper shooting technique. Have players spread out on a line and practice kicking the ball with their laces.

### **Water Break**

### **Skill Games**

#### **Game #1-** Pumpkin Patch

Coach spreads out all soccer balls on the half way line. These are the pumpkins in the patch. Players are lined up by the goal line. When coach says "Go", all players run to the middle of the field, get a soccer ball and dribble to the goal to shoot using their laces. Repeat several times

#### **Game #2-** 4 Goal Game

Coach sets out 3 goals with cones on the perimeter of field. Use main goal as 4th. Every player has a soccer ball. Each player is to score as many goals as they can (using their laces) in all goals in 5 minutes. Player with the most goals wins!

## **Scrimmage**