

Soccer Practice Plan

Name: _Marsha Lycan/Falmouth Youth Soccer

Date: August 2011

Age Group: U9s/U10s

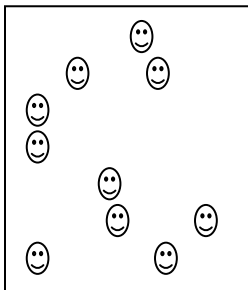
Theme: Dribbling/Shielding

Activity

Coaching Points

1st Activity (warm-up)

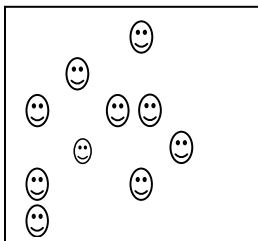
All players in grid with balls. Dynamic dribbling warm up practicing short dribbling, long dribbling, all surfaces of feet. Introduce different moves, turning one at a time.



- Little touches little space, bigger touches bigger space
- Head up
- Change of pace
- Soccer-real

2nd Activity “Musical Soccer”

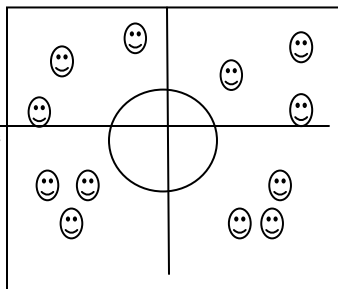
All players in same grid, half with balls half without. On coach’s command, players with balls begin dribbling inside grid, and players without balls try to steal ball. If ball goes out of bounds ball goes to player who didn’t touch it last (soccer real rules). After a few minutes, coach yells freeze and all players with ball in their position get 1 point. Keep score... coach can have players without balls do pushups or wait until end and all players who didn’t score score a certain number of pts do pushups then



- Emphasize same dribbling techniques as in warm up
- Introduce shielding techniques
- Change of pace

3rd Activity “Home & Away”

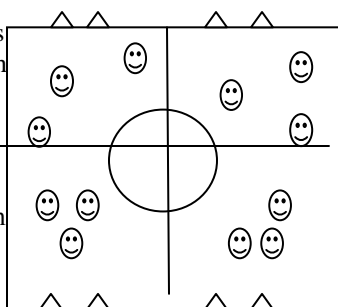
Divide grid into 4 quadrants and make large circle in center of grid. Divide players into 4 teams, one in each quadrant...this is their HOME. Players dribble around grid anywhere but their HOME. If coach yells Home team must dribble back to their quad. If coach yells AWAY, players must Explode dribbling out of quadrant and back to ctr circle. Make consequences for last team /player back.



- Speed dribbling, big touches, then reign in control

4th Activity “Capture the Ball”

Add goals to quadrants. Place balls in circle—about 2/3 number of players. Players start in quadrants and on coach command, players sprint to balls, and teams try to dribble as many as they can thru their gate/goal. Once there the balls are safe but players can steal ball from anyone dribbling that isn’t in their goal yet. Team with most balls is winner. Make consequences.



- Dribbling techniques
- Shielding techniques

