


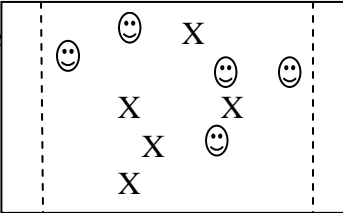


Soccer Practice Plan

Name: _Marsha Lycan/Falmouth Youth Soccer	Date: Fall 2011
Age Group: U9/U10	Theme: Dribbling

Activity

Coaching Points

<p>1st Activity (warm-up) All players in grid with ball. Also set up large circle of cones outside of and around grid. Players all dribble within square grid while changing direction, change speed. One at a time, coach demonstrates several moves to change direction and lets players practice each of them for a while—pull back, inside of foot cut, outside of foot cut, stepover...build to players incorporating all moves while they are dribbling...when coach yells explode, all players must speed dribble around one of cones on outlying circle and back into grid. Last 2 back do 3 pushups</p>	<ul style="list-style-type: none"> ▪ Head up while dribbling ▪ Ball close to body, small touches in grid ▪ Bigger touches when speed dribbling ▪ Use all surfaces, BOTH feet
<p>2nd Activity—NINE LIVES All players in same grid as warm up, each with ball. Each player has 9 lives and must dribble around grid, performing move every 4 touches...they lose 2 lives if they knock into someone, go out of grid, lose control of ball. When coach yells freeze, players must have ball close enough to immediately stop with foot. If not, lose 2 lives too. Coach can award 2 lives if player has most space around him when you yell freeze, if they do a move really well, or are working the hardest. Once they get to 9 lives, they are out of the grid and must do a certain number of juggles to reenter.</p>	<ul style="list-style-type: none"> ▪ Change of speed ▪ “Sell” the move, make it game like
<p>3rd Activity 1 v 1 to line Set up grids for every 2 players 15 yds long by 8yds wide. Player 1 serves ball into player 2 and they then both play 1 v 1 to lines. To score a point, player must dribble over line with ball under control. Utilize competition ladder with winners moving up and losers moving down and then have final championship game for players to watch and cheer. Keep games short, 2 min or so.</p> 	<ul style="list-style-type: none"> ▪ Small touches v Big touches ▪ Keeping ball under control
<p>GAME Finish with real game. Instead of goals have end zones and team score pts by dribbling across end zone</p> 	<ul style="list-style-type: none"> ▪ All of above