



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Soccer Practice Plan

## U6/U8 – Week 3

- 1) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk about the game this past weekend. Make sure everyone had fun, and go over with the kids individually all the good things they did Saturday. Also maybe mention some of the rules that maybe they forgot to follow and then some things that maybe they could focus on doing better the next game. Talk to the players about “Sportsmanship”! After that get the kids to spread out and begin a warm up! Have them do jumping jacks, running in place, skipping around, jumping, lunges, etc. Get them pumped up and ready to have a good practice!
- 2) Warm Up Activity – 5-10 Minutes – Kick and Chase (Dribbling) – Have everyone get a ball as well as yourself. Kick your ball far away in one direction and have your kids, as fast as they can, dribble their ball to that ball. Get them to focus on keeping their ball close to them, while still going as fast as they can. Make it a race to see who can get there the fastest. Do this a couple of times. And the final time kick the ball into the goal and have all your players dribble and then score their ball into the goal.
- 3) First Activity – 5-10 Minutes – Knock Down (Dribbling) – Set out a bunch of tall cones all over the field. Have everyone but two people have a ball. The ones with the balls are going to try to knock over all the cones around the field. But at the same time, the two that do not have a ball, are running around picking up any knocked over cones and setting them back upright! Make it a competition between the people with balls and the ones without. When all the cones are finally knocked over, play the game again but switch the ones without the ball! Do this a couple of times. ALTERNATIVE: The players without the balls can also play defense and kick the balls away from the offensive players, while still trying to pick up the cones.
- 4) Second Activity – 5-10 Minutes – Hot Potato Passing (Passing) – Get all your kids in a big circle. And get one ball and the coach starts with it. The object is to pass the ball around the circle but not always passing it to the person beside you. Try to get them to pass it as fast as they can but making good passes at the same time. Once they get the hang of it go for about 20 seconds and whoever has the ball when you call time is out and must cheer on the rest of the team.
- 5) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 6) Third Activity – 10 Minutes – 1 vs. 1 Number Game (Offense/Defense/Shooting) – Assign a number to each one of the kids and have them line up along the goal. Call out two numbers and throw a ball out. The two kid’s numbers you call out will run out and play 1 vs. 1 until one of them scores. Play this as many times as you can and mixing it up each time so that each person goes against each other.
- 7) Fourth Activity – 10 Minutes – Red Light/Green light- Start all of the kids in a line with a ball. Tell them to dribble to the other line(marked by cones) but they can only move when you say green light and have to stop and put toes on the ball when you say red light. COACHING POINT – Encourage the kids to keep the ball close to them! Remind them that if they kick the ball too far away, they could lose it and won’t be able to put their foot on it at red light! It is good to refresh these basic dribbling skills throughout the season.
- 8) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play. COACHING POINT: Use what they learned today and encourage them to put it into the game.
- 9) Parent Meeting – 5-10 Minutes – Remind parents of the upcoming schedule. Follow up on the snack list and any other reminders.

### JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

P 336 712 2000 [www.jerrylongymca.org](http://www.jerrylongymca.org) A United Way Agency

Our Mission: “Helping people reach their God-given potential in spirit, mind and body.”