



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Soccer Practice Plan

## U6/U8 – Week 6

- 1) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk to the kids about the game from this past weekend. Go over what they did well and where they were challenged. Talk about the word of the week, “Responsibility”! Warm up with a game of red light green light, but this time play without the soccer ball and ask the kids to run as fast as they can when you say green light. Play a couple of times so the kids can get warmed up and ready for a great practice.
- 2) Warm Up Activity – 5-10 Minutes – Fun Activity (Dribbling) – Line up all the balls on one side of the field and have the kid’s line up across from the balls on the other side of the field. Have each kid do five jumping jacks, and then run as fast as they can to a ball across the field. Have them dribble it as fast as they can back to the other side. Do this a couple of times and change the beginning activity. You can do things like snow angels on the ground, crab walk, lay down, etc. Do this a couple of times and on the last time have them run and get their ball and shoot it in the goal.
- 3) First Activity – 5-10 Minutes – Cone Dribbling (Dribbling/Shooting) – Set up a line or two of cones that are in front of the goal and have the kid’s line up with a ball. Have them dribble through the cones as fast as they can, encouraging them to work on keeping the ball close to them and avoid touching any of the cones. Then have them shoot once they get to the last cone. VARIATION: Put a goalie in to make it tougher. COACHING POINTS: Remind them to stay with the ball and to regain control if they lose it. Encourage them to aim for the corners of the goal to make it harder for the goalie to stop it.
- 4) WATER BREAK – 1 Minute – During the break, set up your next activities.
- 5) Second Activity – 5-10 Minutes – Partner Passing (Passing) – Demonstrate a proper pass with a parent or assistant coach. Show using the inside of the foot and making a proper strike on the ball. Pair the kids up and have them practice passing AND trapping the ball. This could get a little sloppy, so have another parent or assistant help you keep the balls in. COACHING POINT: Only do this for a few minutes. You can change partners after a moment or two to change it up. Talk to the team afterwards to point out that good passes make soccer easier and the importance of passing.
- 6) Third Activity – 5-10 Minutes – One Pin Bowling (Passing/Shooting) – Set up a tall cone across from every kid. The goal of this game is for the kids to knock over the cone across from them. Working on aiming and passing/shooting at the cone to knock it over. Get all the kids to go at the same time and keep going until one kid gets to five. Try to give every player some encouragement and assistance throughout the drill.
- 7) Fourth Activity – 5 Minutes – Clean your Room – Set up a square grid with a line down the middle. Split your players into two teams, one on each side of the line inside the grid. Put all of your balls on the center line. The object is for the team to have fewer balls in their “room” than the other when the time runs out. Do 1 Minute and you and your assistant can try to help keep the balls inside the grid. COACHING POINT: This is FUN and is also teaching the kids to be aggressive and active. Don’t get too bogged down in trying to “coach” them at this. Go for a few rounds before wrapping up.
- 8) WATER BREAK – 1 Minute
- 9) 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 for the rest of practice.
- 10) Parent Meeting – 5 Minutes – Remind parents of the game time for Saturday, announce who has snack duty, and encourage the kids to practice at home too. Remember to follow up with any players that did not show up for practice.

### **JERRY LONG FAMILY YMCA**

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