



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Soccer Practice Plan

U6/U8 – Week 1

- 1) Team Circle, Introductions, Stretching – 5-7 Minutes – Simon Sez Stretching is a fun thing for these kids.
- 2) Warm Up Activity – 5-10 Minutes – Body Parts(Dribbling) – Give every kid a ball and set up a big square of cones. Let every kid start “moving the ball with their feet” around in the area. Assign body parts to numbers(1 is foot, 2 is knee, 3 is head, 4 is bottom) and when you call out that number, they have to put that part on the ball. Do this for a few minutes to get them working on dribbling and moving around. The littlest ones will think it is pretty funny.
- 3) First Activity – 5-10 Minutes – Red Light, Green Light(Dribbling) – 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!
- 4) Second Activity – 5-10 Minutes – Sharks and Minnows(Dribbling/Control/Defense) – Put each kid on the same line with a ball. You are now the shark and they are the minnows. Be silly with this! “Shark is hungry!” and lick your lips. Take it easy on them the first couple of times, then turn up the heat. The object is to run from one line to the next without losing their ball to the hungry shark. Once a kid gets “eaten” they become a shark. Do this a few times but keep every kid involved and try to make sure a different kid wins every time.
- 5) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 6) Third Activity – 10 Minutes – The Gate Game(Dribbling/Control) – Set up a square like the one you warmed up in, but then use the flat cones to create 7 or 8 “gates” within it. Tell the kids to see how many gates they can dribble through in 1 minute. Make sure you time it and continue to encourage them throughout. When the time is up, see how many they got. Start low: “Did anyone get through 5 gates?” “What about 10?” That way, every kid gets to raise his/her hand. Do another round and see if they can top that total. COACHING POINT – Impress upon them that they can use ANY part of their foot to move and to continue keeping the ball close.
- 7) Fourth Activity – 10 Minutes – Coach v Kid(Dribbling/Scoring) – Get an assistant coach or parent to help. Set up 2 “goals” with cones and send a few kids to each goal. The first kid at each goal will start 15-20 yards from the goal and dribble up and shoot. You will play pretty lazy defense but at least give them the idea that you want to try to take the ball from them. This will force them to change direction and try to get around you. Once the child shoots, they go back to the line and the next kid tries. If you have 8 kids, do two stations of 4 kids each. If you have 9 kids you can do three stations of 3 kids each. More repetitions are better. Make it tougher as you go.
- 8) Cool Down – 5-10 Minutes – Passing Circle(Passing/Names) – Get the kids in a circle and you join in too. You start with the ball. Call the name of the person you are passing it to and then knock the ball to them using the inside of the foot. That person will then pick another person to pass to, call their name and send it over. COACHING POINT – Let them practice swinging their foot a few times before you start. Demonstrate without using a ball and let them get comfortable. If they use their toes that is okay, just nicely remind them to use the inside of their foot. This is also a great time to wrap up and ask what they have learned. You can also use this time to come up with a team name!
- 9) Parent Meeting – 5-10 Minutes – Work on getting the snack list filled out, hand out jerseys and talk about expectations. Confirm contact information and give the parents your information.

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