



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Soccer Practice Plan

U6/U8 – Week 4

- 1) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk about the game this past weekend. Be sure to talk about the positive aspects of the game and congratulate your players on their hard work, as well as let them know that they are doing a good job. The word of the week is positive attitude, so be sure to define what I means to have a positive attitude and ensure that they have a positive attitude at practice, as well as games. For a warm up play follow the leader without the ball and the coach being the leader. Start off with a jog and have them follow you around. Do other warm up activities such as skipping, hopping, lunges, stretches, and so on. This is a fun way for the players to get a proper warm up but to also get them listening to you as a coach.
- 2) Warm Up Activity – 5-10 Minutes – Body Parts Dribbling (Dribbling) – Give every kid a ball and have them stay in a small area of the field. Have every kid dribble around the area, keeping the ball close to them and trying to not run into anyone else. Call out different body parts (foot, head, elbow, knee, and bottom) and when you call out these body parts the players have to put that body part on the ball. Repeat this several times, mixing the order up of the body parts and just making it fun for the kids while they work on their dribbling skills.
- 3) First Activity – 5-10 Minutes – Ouch! (Dribbling, Looking up) – Have all the players get a ball. The coach jogs around the playing area and the players try to kick their balls and try to hit the coach. Every time the players hit the coach they get a point. The coach should yell ouch each time they are hit to make the game fun. If the players are struggling to hit you then stop for a couple seconds and stand still. This is a great game to encourage players to get their heads up and look for the coach while they are dribbling, as well as working on a proper striking technique.
- 4) Water Break – 1-2 Minutes – During the break, be setting up for your next activities.
- 5) Second Activity – 10 Minutes – Partner Passing – Demonstrate a proper pass with a parent or assistant coach. This should be done using the inside of your foot and following through with your foot towards where you are passing it to. The person receiving the ball should trap the ball, and pass it back. Continue doing this for a while, after about 5 minutes have the players switch partners to mix it up a little.
- 6) Third Activity – 5-10 Minutes – Sharks and Minnows– Put each kid on the same line with a ball. You are now the shark and they are the minnows. Be silly with this! Say “Shark is hungry!” and lick your lips. Take it easy on the first couple of times, and then turn up the heat. The object is to run from one line to the next without losing the ball to the hungry shark. Once a kid gets “eaten” they become the shark. Do this a few times but keep every kid involved and try to make sure a different kid wins every time.
- 7) Fourth Activity – 10 Minutes – Shooting a Rolling Ball – With this drill set up a cone in the middle of the goal about 10-15 yards out, and line up the kids at this cone. You will have all the balls at the goal mouth. You will then roll the ball out to the first player in line, have the players strike the ball first time. This gets them used to kicking a rolling ball and makes for a more game like situation. COACHING POINT- Encourage the kids to strike the ball with the inside of their foot or their laces and not their toe.
- 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.
- 9) Parent Meeting – 5-10 Minutes – Remind parents of the upcoming schedule. Follow up on the snack list and any other reminders.

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