



Soccer Practice Plans



At this age, kids will begin to explore tactics that help them keep possession of the ball, attack the goal, and defend space. Added focus will be given to playing under control as a team and on ways to stop shots and distribute the ball.

OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing soccer. For example, playing cooperatively with teammates shows that you care about them. We'll suggest some specific ideas for briefly discussing character development values.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to players gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising their hand when they foul someone or playing cooperatively with the others on their team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.





Soccer Goalie Activities



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 Ages: 7 to 8

Coach:


Team:

Overview

- Use these activities with keepers in each practice to give them position-specific work while remaining players complete regular practice activities.
- Work goalies into the games at the end of practice whenever possible.
- Include goalies in some of the other activities (passing, dribbling, etc.) so they develop those essential skills and participate with the rest of the team.
- Have goalies participate in all warm-ups and fitness activities when possible, and make sure to give them an upper body warm-up.

Time	Activity	Activity Description	Video Tutorial
10–15 mins.	Stance and Hand Position (multiple variations)	<p>This activity helps goalies build the habit of getting into the right stance and having their hands in the correct position when they are ready for a shot.</p> <p>This activity has many different progressions and variations. Mix them up through each session.</p>	 https://sportsedtv.co/37MQnxV
10–15 mins.	Angles	<p>This activity prepares goalies to deal with shots coming from an angle.</p> <p>Mix up the angle of the shot and the type of shot (height, aim, power, distance, etc.) to make different variations.</p> <p>Use a couple of variations of this activity each session, as needed.</p>	 https://sportsedtv.co/3slqgYt



Time	Activity	Activity Description	Video Tutorial
10–15 mins.	Kneeling Dive	This activity introduces goalies to diving. By starting on their knees, the impact is lightened and they can focus on the right technique. Emphasize the points from the video tutorial while teaching.	 http://sportsedtv.co/2W0dTFI
10–15 mins.	Partner Catching	<p>Have the goalies stand across from each other and throw the ball back and forth into each other's hands.</p> <p>Then, have them roll the ball to the others for them to get down low and collect it with their hands.</p> <p>Different variations of these partner-catching activities (such as throwing the ball straight up, off to one side, etc.) can be used as needed.</p>	N/A



Soccer Session 1



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 Ages: 7 to 8

Coach:


Team:



Practice Goals

- Establish a spirit of positivity and togetherness.
 - Explore the different aspects of soccer, and improve a bit at each one.
 - End the session by looking forward to the next session and the rest of the season.
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle: Four Core Values	<p>Gather players into a circle.</p> <p>SAY: “Everyone, hold hands. We’re going to keep holding hands as a group, trying to keep the ball in our circle. We’ll pass the ball slowly; remember to hold hands at all times.”</p> <p>Repeat for 10 passes.</p> <p>SAY: “Drop hands. If you were just passing, it would have been much easier. But when we think of working together as a team, it takes more effort. We need to put just as much effort into being good teammates, with everyone doing their part. We’ll talk about four qualities, or values, that help us be better players—caring, honesty, respect, and responsibility. These qualities are just as important as kicking and passing. Give me an example of each of the four values.”</p> <p>Listen to their responses and discuss.</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Dribbling	Use this dribbling warm-up for players to warm their bodies and muscles at the start of practice while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video tutorial, such as dribbling using various parts of the foot but primarily the area on top of the toes and not the front of the toes.	 https://sportsedtv.co/3xM3xWE
5 mins.	Fitness: General	<p>Gather players into a group.</p> <p>SAY: "In soccer, running makes our hearts beat faster, and kicking helps strengthen our leg muscles so we can kick the ball farther. Spread out into your own space. Run in place, and I will pass the ball to some of you. If you get the ball, pass it back to me and keep running."</p> <p>Continue for about 30 seconds.</p> <p>SAY: "Playing soccer improves our physical conditioning, or fitness. We get better at running and kicking the ball and can keep going longer before we get too tired. How can I keep from getting too tired when I'm running?"</p> <p>Players' correct response: "Pacing."</p> <p>SAY: "How about kicking?"</p> <p>Players' correct response: "Practicing at home."</p> <p>SAY: "It's also important to take a rest when you need one and to drink water during practice and at home. We'll talk more about the different areas of fitness in our fitness circles throughout the season."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
15 mins.	Two-Touch Receiving and Passing	<p>First, demonstrate how to properly receive the ball with one touch and pass with the second. The video tutorial breaks down the proper technique of passing so you know which aspects to focus on in your demonstration.</p> <p>Next, follow the activity shown in the video tutorial. Divide the players into groups of three to four; each group will stand in two lines about five to ten yards apart (one to two players per line). One line (with two players) starts with the ball.</p> <p>Players will pass to the opposite line and jog around to the back of that opposite line. The first player in the other line will control the ball with their first touch, pass it to the opposite line with their second touch, and then jog around to the back of that opposite line. Check the video tutorial for a more detailed and visual explanation.</p>	 <p>https://sportsedtv.co/3suG0Zm</p>
15 mins.	Four Versus Four: Passing and Moving Focus	<p>Next, create four versus four games. Make mini-fields for each group using cones. Each team of four should try to pass often during the game.</p> <p>Emphasize and encourage passing and moving in the game. Freeze the game occasionally to show players where to move to be in the best position to receive a pass. Focus on using positive reinforcement. Do not stop the game too frequently. Make sure to let the players play and enjoy!</p>	 <p>This is a drill to practice passing and moving, in case players struggle with it in the game:</p> <p>https://sportsedtv.co/3k1jQd7</p>
48 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 2



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 Ages: 7 to 8

Coach:


Team:


Practice Goals


- Shooting technique
 - Playing and realistic scenarios
 - Rules of the game and restarts
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into groups of two partners.</p> <p>SAY: "Everyone, stand and balance on one foot."</p> <p>Wait while everyone gets their balance.</p> <p>SAY: "Now one of you offer your shoulder for your teammate to lean on. If you're leaning on your partner's shoulder, try to balance on one foot again. Now, change places. If you were leaning before, let your partner lean on your shoulder and stand on one foot."</p> <p>Wait until everyone has balanced with the help of a partner.</p> <p>SAY: "Now come back here. Wasn't it easier to balance when you were leaning on your partner? It works that way in soccer too. When we help each other during practices and games, we work better as a team; each of you can contribute. Your teammates count on you to contribute to the team. That is being responsible to your team."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Shooting	<p>Players start in a line at the top of the 18-yard box with a ball each. The coach stands inside the box in front of them. The first player passes the ball to the coach, who will lay it off to the side. The player will run after the ball and shoot into the goal. Make sure players are not kicking with their toe, but with their instep or laces. The video tutorial explains the correct technique to shoot with either, and how to set up this activity.</p>	 https://sportsedtv.co/3ALcUYI
5 mins.	Fitness: Flexibility	<p>Bring a rubber band to use as a prop.</p> <p>SAY: "This rubber band is like our muscles. When I pull it, it stretches; when I let go, it goes back to its original shape."</p> <p>Demonstrate with the rubber band, stretching it out and back, using a gentle, slow action.</p> <p>SAY: "Your muscles work the same way. When you reach and stretch, your muscles are stretching just like the rubber band. When your body comes back, your muscles go back to their original shape. Reach down to the ground with your arms slowly, and then bring your arms back up."</p> <p>Have players repeat three times.</p> <p>SAY: "Your leg muscles need to stretch because you use them the most in soccer; stretching makes your leg muscles more flexible. When muscles are flexible, it keeps them from getting hurt and makes the muscles feel good."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
10 mins.	Two Versus Two: Team Play and First Touch	<p>This is a two versus two game using cones or small goals. The team size can be adapted, if needed.</p> <p>Place the cones or goals about 20 yards apart.</p> <p>SAY: "Play as a team."</p> <p>The first touch, when the player first receives the ball, is extremely important when passing and receiving a ball under pressure.</p> <p>Encourage players to use the inside or the outside of the foot with their first touch to set the ball rolling in the direction they want to pass next.</p> <p>SAY: "How can you best play as a team?"</p> <p>Players' correct response: "Pass the ball to each other."</p>	 <p>This is a separate video to practice passing and first touch, in case players struggle with it in the game:</p> <p>https://sportsedtv.co/2VSu2MN</p>

Time	Activity	Activity Description	Video Tutorial
20 mins.	Four Versus Four: Restarts and Throw-Ins	<p>Each team of four tries to score into a small goal in this four versus four game. For each pair of teams, mark a playing area no larger than 50 by 30 feet.</p> <p>Remind the players of the restart rules for a game, and follow them in this activity.</p> <p>SAY: "How do we start the game?"</p> <p>Players' correct response: "With a kickoff at the center. The other team must go back into its own half."</p> <p>SAY: "What happens when the ball goes out-of-bounds at the side?"</p> <p>Players' correct response: "It is a throw-in."</p> <p>SAY: "What happens when the ball goes out-of-bounds at the end?"</p> <p>Players' correct response: "It is a goal kick or a corner kick."</p> <p>SAY: "What happens after a goal is scored?"</p> <p>Players' correct response: "There is a kickoff at the center. The team that scored must go back into its own half."</p> <p>Stop the game for five minutes so all players can practice taking throw-ins (see video tutorial). You can do this quickly by having pairs of players do throw-ins to each other (one ball per pair). Make sure to teach the rules of throw-ins described in the video tutorial.</p> <p>You can set up and practice goal kicks and corner kicks during the game too.</p>	 <p>Throw-in video tutorial: https://sportsedtv.co/3skpR8y</p>
48 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 3



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 Ages: 7 to 8

Coach:


Team:

Practice Goals

- Crossing and scoring
- Defending and marking
- Dribbling on offense

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a group near two cones 10 feet apart. Act out two examples of celebrating for a good play or a win. One should be exaggerated and obviously inappropriate; the other should model the kind of celebration you'd like to see from your team.</p> <p>SAY: "If you think the first example I showed you is the way to celebrate a good play, stand by this cone. If you think the second is the best way to celebrate, stand by this one."</p> <p>All players should vote. After all players have voted, ask them why they voted the way they did.</p> <p>SAY: "The second example is the kind of celebration that shows respect for your opponents."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Crossing and Scoring	<p>Make sure to watch the video tutorial to get a visual of how to set up and run this exercise.</p> <p>One player dribbles down the side of the field and crosses the ball to a player running into the box who will shoot on goal.</p> <p>This activity will help players learn to dribble and cross as well as make to a run into the box and score off a cross.</p> <p>Goalkeepers are optional.</p>	 <p>https://sportsedtv.co/3xQ8fCH</p>
5 mins.	Fitness: Cardio-respiratory	<p>Players gather in a group.</p> <p>SAY: "Hold one hand up and make a fist. Squeeze your fist tightly, then let go. Keep tightening and letting go."</p> <p>Players continue for 10 counts.</p> <p>SAY: "Your heart is a special muscle that tightens and relaxes just like your fist is doing. Your heart is about the size of your fist. Every time it tightens, or beats, it pumps blood all over your body. When you play soccer, your heart beats faster and you breathe faster. Run in place with high knees. Feel your lungs and feel your heart beating by placing your hand over your chest. Count how many times your heart beats."</p> <p>Time for 15 seconds. Ask players the number they counted.</p> <p>SAY: "Running helps you improve your cardiorespiratory fitness. The heart and the lungs work together to get blood to your whole body."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
10 mins.	One Versus One: Defending and Dribbling	<p>First, introduce and teach how to defend a dribble. Players approach the dribbler and stay low to the ground and on their toes, ready to move in either direction. They should not kick the ball too soon, but wait for the right moment to try to steal it. Remind the players of the activities in the video tutorial.</p> <p>Then move on to practice; follow the activity in the video tutorial.</p> <p>Two players stand across from each other in a small field of cones. One player will be the defender and one will be the attacker to start. The defender starts with the ball, and both have a goal (two cones) behind them. The defender passes to the attacker, then the attacker tries to dribble by them and into the goal, while the defender tries to stop them. After the pass, the defender runs to get close to the attacker quickly. From there, they slow down and pressure the dribbler by getting close to them and waiting for an opening to kick the ball away. If the defender steals the ball, they can try to score on the opposing goal.</p>	 <p>https://sportsedtv.co/3CV5HXw</p>
15 mins.	Four Versus Four: Defending and Marking	<p>This is a four versus four or two versus two game with small goals. Players defend their space by marking an opponent. Players pressure the ball during game play.</p> <p>SAY: "How can you stop the other team from getting the ball?" (You may need to set this up by saying, "How can Katie make it harder for Matthew to get a pass from Michael?")</p> <p>Players' correct response: "Stay close to them and mark them. Marking means guarding your opponent."</p> <p>Freeze the game from time to time to show good marking and to check that players are marking appropriately.</p>	 <p>This is a separate video on the one versus one defending technique:</p> <p>https://sportsedtv.co/3iOSs2B</p>
43 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 4



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 Ages: 7 to 8

Coach:

Team:


Practice Goals


- Dribbling
- Two-touch passing
- Shooting

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a group near two cones 10 feet apart.</p> <p>SAY: "Let's imagine we're playing in a game and one of your teammates passes to you. The pass is kicked too far away from you, and you can't get to the ball. Pretend you say, 'What a terrible pass! Get out of here until you learn how to play soccer!'" How would you change your comment to sound more positive and make the person feel better?"</p> <p>Listen to their responses.</p> <p>SAY: "It is important to make positive comments and not get upset when your teammates make mistakes. This shows you care about your teammates."</p>	N/A
10 mins.	Warm-Up: The V-Turn	<p>Demonstrate the V-Turn technique to the players, emphasizing the key points from the video tutorial. From there, players will each practice in their own space. This will get them moving and improve their ball control and dribbling ability.</p>	

<https://sportsedtv.co/3iMRBQ5>



Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Cardio-respiratory	<p>Gather players into a group.</p> <p>SAY: "Put your hand up in front of you and make a fist. What did we pretend our fist was at the last practice?"</p> <p>Wait for correct response: "The heart."</p> <p>SAY: "What does our heart do?"</p> <p>Wait for correct response: "Pumps blood."</p> <p>SAY: "Open and close your fist. Put your hands over your chest and feel what is happening. Now, let's run to the goal and back. Will our heart beat faster or slower?"</p> <p>Listen for correct response: "Faster"</p> <p>SAY: "Put your hands over your chest. Is your heart moving faster or slower? When you run during soccer, your heart beats faster, just like a fist opening and closing, and your lungs breathe faster. They slow down when you slow down. Making your heart beat faster helps to improve your cardiorespiratory fitness."</p>	N/A
12 mins.	Passing: Triangle	<p>This triangle passing activity is a great way for players to learn two-touch passing and improve their first touch. Make sure to watch the video tutorial to know what to emphasize. Reinforce accurate passes and that players correctly receive the ball on the back foot across their cone.</p>	
			https://sportsedtv.co/2VSu2MN

Time	Activity	Activity Description	Video Tutorial
15 mins.	Four Versus Four Game: Shooting	<p>This is a four versus four (or four versus three or four versus two) game where players shoot under pressure using the appropriate shooting technique.</p> <p>The video tutorial explains which aspects of the shooting technique to emphasize and the importance of having a shooting attitude. Players should shoot with their laces or instep, not their toe. To attack the goal in the game, focus players on shooting with good technique under pressure.</p> <p>SAY: "What do you have to do if you want to score?"</p> <p>Players' correct response: "Shoot"</p> <p>SAY: "Where should you shoot?"</p> <p>Players' correct response: "At the goal. The whole goal is the target."</p> <p>Encourage taking a shot whenever the opportunity is there. If you don't shoot, you won't score!</p>	 <p>This explains the most important aspects of shooting: https://sportsedtv.co/3ALcUYI</p>
45 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 5



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 Ages: 7 to 8


Coach:

Team:

Practice Goals


- Shooting
 - Dribbling
 - Passing
-



Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a group.</p> <p>SAY: "Think about the rules in soccer. I am going to tell you a rule. Raise your hand if you think it's something you should let the official know happened."</p> <p>Examples: handball, tripping, kicking the ball out-of-bounds, running into the goalie</p> <p>SAY: "You should let the official know about all of those rules being broken, even if the official does not see it. Raising a hand or telling officials is an honest thing to do when you break a rule, even if it's an accident. It's important to be honest when you break a rule in practice and in games. This will make you a better player and a better person."</p>	N/A

10 mins.	Warm-Up: Shooting	<p>Follow the activity in the video tutorial to warm up players and help them improve at shooting. Give positive reinforcement, and help them work on their technique.</p>	
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<https://sportsedtv.co/3ALcUYI>



Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Cardio-respiratory	<p>Gather players into a group.</p> <p>SAY: "Find your own space, then put your fist up in front of you. We pretend our fist is our what?"</p> <p>Wait for a response: "Heart."</p> <p>SAY: "What does the heart do?"</p> <p>Wait for response: "Pumps blood and beats faster when we run or move faster."</p> <p>SAY: "When I say, 'Go,' run in your own space and make your fist open and close faster at the same time. When I say, 'Stop,' stop as fast as you can."</p> <p>Begin.</p> <p>SAY: "When you run, your heart beats faster. Every time your heart beats faster, it gets stronger because it is a muscle. Muscles get stronger when you use them. Soccer is a great way to keep your heart healthy and strong and improve your cardiorespiratory fitness."</p>	N/A
12 mins.	Dribbling: Close Control & Acceleration	<p>This activity helps players improve their dribbling. It introduces the difference between keeping the ball close while dribbling slower and dribbling faster with longer touches.</p> <p>Coach players to keep the ball close to them during the first four cones and under control using many small touches. Use a stronger touch to accelerate toward the final cone.</p>	 <p>https://sportsedtv.com/3xRnjQG</p>

Time	Activity	Activity Description	Video Tutorial
15 mins.	Four Versus Four: Passing and Rules	<p>This four versus four game helps players practice spreading out down the field so they can receive a pass.</p> <p>Review the rules: starts and restarts, fouls, no use of hands, throw-ins, corner kicks (direct only), and goal kicks.</p> <p>SAY: "What is the fastest way to get the ball down the field, pass or dribble?"</p> <p>Players' correct response: "Pass"</p> <p>SAY: "For Katie to pass down the field, where does Matthew need to go so she can pass to him?"</p> <p>Players' correct response: "Down the field."</p> <p>SAY: "Be in a space where someone can pass to you."</p>	 <p>This video teaches the throw-in: https://sportsedtv.com/3skpR8y</p>  <p>This is a separate activity for players to work on passing technique and moving: https://sportsedtv.com/3k1jQd7</p>
45 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 6



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 Ages: 7 to 8

Coach:



Team:


Practice Goals

- Dribbling
 - Team play and passing activities
 - Defending technique
-

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into two groups. One group will spread out and dribble and pass to each other. The other group will be on one side, as if on the sidelines during a game; they should be silent for the first 30 seconds of the activity.</p> <p>After 30 seconds, have the players on the side cheer and encourage on-field players; continue this activity for 30 more seconds.</p> <p>SAY: "When players are on the sidelines during a game, they should be encouraging their teammates, no matter what's happening in the game. This is being responsible to your team. It helps players keep trying hard even if they are losing or have made some mistakes. How did it feel when you were playing and the sideline players didn't encourage you? How about when they did encourage you?"</p> <p>Listen to both responses, and have players compare feelings.</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Dribbling	This dribbling activity will warm up players while giving them more dribbling experience. It also includes turning on the ball.	 https://sportsedtv.com/3xM3xWE
5 mins.	Fitness: Flexibility	<p>Gather players into a group. Show them a rubber band.</p> <p>SAY: "Let's pretend this rubber band is one of your muscles. See how it moves back and forth, stretching and moving? Let's move our bodies just like the rubber band. Reach and stretch up and down. It's important to stretch slowly without bouncing or jerking."</p> <p>Have the players continue for one minute.</p> <p>SAY: "Our muscles help us to move and stretch. We need to stretch muscles to keep them flexible and able to move easily. When muscles move easily, they don't get injured."</p>	N/A
10 mins.	Defending: Tackling from Behind	The purpose of this activity is to get defenders comfortable with making a tackle from behind when the opportunity is there. Explain to the defenders that when they pressure from behind, if they see an opening in the dribbler's legs, they can tap the ball away. They don't always have to wait for the dribbler to turn around. If the attacker's legs are closed, they should wait for the opportunity to tackle.	 https://sportsedtv.com/3g85x5C

Time	Activity	Activity Description	Video Tutorial
17 mins.	Two Versus Two: Team Play and Passing	<p>Players participate in small, two versus two games. Encourage them to work together, get open for their teammate, pass as often as they can, and focus on moving forward toward the opposing goal.</p> <p>SAY: "Who is on your team?"</p> <p>Players' correct response: Name of teammate</p> <p>SAY: "Which goal are you trying to score in?"</p> <p>Players' correct response: "That one." (Have them point.)</p> <p>SAY: "Where do you kick the ball to score?"</p> <p>Players' correct response: "In the goal." (If they say "In there," have them show you.)</p>	 <p>This is a separate video for a different passing drill: https://sportsedtv.com/3suG0Zm</p>
45 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 7



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 Ages: 7 to 8

Coach:


Team:



Practice Goals

- Passing
 - Defending
 - Applications in match scenarios
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a group. Choose one player to demonstrate with you. Let the player know you'll be passing the ball and that they should pretend to be in position to score a goal. Make a bad pass to the player. Identify that the bad pass was your mistake.</p> <p>SAY: "Raise your hand if you think it's part of learning when you make a bad pass."</p> <p>Give the players time to raise their hands.</p> <p>SAY: "Now raise your hand if you think a bad pass means you are not a good player."</p> <p>Give the players time to raise their hands.</p> <p>SAY: "Everyone makes mistakes, and when you make one, it does not mean you're not a good player but that you might want to practice more."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
12 mins.	Warm-Up: Passing	<p>First, demonstrate how to properly receive the ball with one touch and pass with the second. The video tutorial breaks down the proper technique of passing so you know which aspects to focus on in your demonstration.</p> <p>Next, follow the activity in the video tutorial. This gives players more practice on the fundamental skills of passing and receiving.</p>	 https://sportsedtv.co/3suG0Zm
5 mins.	Fitness: Muscular Strength and Endurance	<p>Gather players into a group.</p> <p>SAY: "Get down on the ground and do the crab walk."</p> <p>Continue for 30 seconds to one minute.</p> <p>SAY: "Are your arms and legs getting tired? You used many of your arm and leg muscles to do the crab walk. What part of the body do you use the most for soccer? That's right—your legs. The more you practice soccer, the stronger your leg muscles will get. Then your legs can keep going much longer before they get too tired. What can we do to get our legs stronger for soccer?"</p> <p>Let them answer "running" and "kicking."</p> <p>SAY: "Right. Now pretend you have a soccer ball in front of you. Start to dribble the imaginary ball in a small area around you. When I yell 'Go!' dribble away from the other players as fast as you can. When I yell 'Shoot!' pretend to kick the ball toward the goal."</p> <p>Repeat this activity for a couple minutes.</p>	N/A

Time	Activity	Activity Description	Video Tutorial
12 mins.	Group of Three: Passing and Moving	<p>Introduce, demonstrate, and explain how to use passing and support to move the ball forward. Practice combining passing and support to move the ball forward.</p> <p>Begin a three versus one practice. Each team of three gets the ball from one end of the field to the other by passing the ball without running. One player is a defender.</p> <p>SAY:</p> <ul style="list-style-type: none"> • "Move to a good place to support." • "Pass and move." • "Defender, try to get the ball." 	 <p>This is a different exercise to practice passing and moving and get into the habit of getting open:</p> <p>https://sportsedtv.co/3k1jQd7</p>
17 mins.	Four Versus Four: Defending and Marking	<p>This is a four versus four, three versus three, or two versus two game with an emphasis on each player marking one of the opposing players and staying with them.</p> <p>Players execute good one-on-one defense close to their own goal by marking, pressuring, and tackling.</p> <p>The video tutorial shows which aspects of the defensive technique to emphasize.</p> <p>SAY: "What should you do when your opponent gets close to your goal?"</p> <p>Players' correct response: "Get close to the opponent so you can challenge for the ball."</p> <p>SAY:</p> <ul style="list-style-type: none"> • "Mark" • "Pressure" • "Tackle" 	 <p>This is a separate video drill on one versus one defending:</p> <p>https://sportsedtv.co/3iOSs2B</p>
49 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 8



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

 Ages: 7 to 8

Coach:



Team:


Practice Goals

- Crossing and scoring
- Dribbling
- Ball control

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into groups of two and give each group one ball. Players should dribble and pass the ball to each other, making sure to distribute the ball to their partners.</p> <p>SAY: "Each of you should say two good things about your partner's skills. Then come back to me in a group. Begin."</p> <p>Wait for them to regroup.</p> <p>SAY: "What were some of the comments your teammates told you?"</p> <p>Listen to their responses.</p> <p>SAY: "What is the value, or quality, called when you go out of your way to say something good about a teammate's playing?"</p> <p>Listen to their responses and encourage the players to discuss their responses, as needed.</p> <p>SAY: "Caring is one of our core values. You show you care about your teammates when you encourage them."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Crossing and Scoring	<p>Make sure to watch the video tutorial to get a visual of how to set up and run this exercise.</p> <p>One player dribbles down the side of the field and crosses the ball to a player running into the box who will shoot on goal.</p> <p>This activity will help players learn to dribble and cross as well as make a run into the box and to score off a cross.</p> <p>Goalkeepers are not needed.</p>	 <p>https://sportsedtv.co/3xQ8fCH</p>
5 mins.	Fitness: General	<p>Gather players into a circle.</p> <p>SAY: "What do our bodies need to do every day to keep going?"</p> <p>Wait for their responses. Discuss sleeping and resting, eating, and doing regular activities.</p> <p>SAY: "There's one more thing that's really important: being active and exercising. Let's pretend it's a day that you do not have soccer practice. With no soccer today, what should we do to move our bodies?"</p> <p>Wait for their responses. If a player suggests biking or swimming, have everyone act out that activity. Act out three activities.</p> <p>SAY: "It's important to be active when you don't have soccer practice. Your body needs to move every day."</p>	N/A
7 mins.	Dribbling: Inside and Outside	<p>This activity, shown in the video, will help players improve their ball control and reinforces the habits of using the inside and the outside of both feet. Count how many they can do in a row without a mistake, and encourage them to try for 5 or 10 in a row.</p>	 <p>https://sportsedtv.co/3xMujy4</p>

Time	Activity	Activity Description	Video Tutorial
20 mins.	Four Versus Four: Dribbling	<p>The objective in this four versus four dribbling activity is for players to be able to pass, receive, and use the “push and run” to move the ball forward under pressure during the game.</p> <p>To push and run, the player with the ball kicks it past the defender—pushes it—and runs after it. The defender will have to turn around, which slows them down.</p> <p>Focus on getting players to make a good decision about whether to pass or dribble. Encourage them to pass if a teammate is open but to dribble if they get into a one-on-one situation.</p> <p>Novices have difficulty making these decisions, so be patient in your explanations and be prepared for less than perfect decision-making.</p> <p>SAY: “What are some ways to get past a defender with the ball?”</p> <p>Players’ correct response: “Dribble. Kick it past and run after it.”</p> <p>SAY:</p> <ul style="list-style-type: none"> • “Run past an opponent with the ball if you can.” • “Pass if you need to.” • “Look for space behind the defender.” • “Push and run.” <p>Encourage better players to use alternative ways, other than push and run, to beat the defender. These could include faking a shot or passing the ball to one side of the defender and running around the other side.</p>	 <p>This is a separate video tutorial that teaches how to dribble with the inside and the outside of the foot:</p> <p>https://sportsedtv.co/3CUHq4b</p>
45 mins.	Total Time	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



Soccer Session 9



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

 Ages: 7 to 8

Coach:

Team:

Practice Goals

- Dribbling
- Games
- Applying learnings from the season

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into groups of two.</p> <p>SAY: "Tell your partner two or three ways you saw other players show respect this season. I'll give you two minutes."</p> <p>After two minutes, group all players together again.</p> <p>SAY: "Tell us about some of the examples of respect that you saw."</p> <p>Listen to their examples and discuss.</p> <p>SAY: "It's important to notice if respect is being practiced and to talk about what we see. This season we have been working on both soccer skills and being good teammates. Improving both of those tells me you have respect for yourselves and your teammates."</p>	N/A



7
mins. **Warm-Up:
Dribbling**

This activity helps players get in the habit of using different parts of their feet to dribble and teaches them how to switch back and forth from one foot to the other. This will get the players warm while improving their ball control.



<https://sportsedtv.co/3CUHq4b>

5
mins. **Fitness: Healthy
Habits**

Gather players into a circle.

N/A

SAY: "Everyone is going to run in place. Let's start. Pretend that your body is going to run out of energy because you ate too many chips and drank a soda before practice. Start running slower and slower, and now stop! Now let's pretend that you ate a peanut butter sandwich and drank a glass of milk and a glass of water before practice. Let's run in place."

Continue for 30 seconds.

SAY: "See how you're able to run much longer and keep your energy? Eating healthy foods and drinking plenty of water are healthy habits for every day. You should drink water several times a day and drink even more when you're exercising. Also, make sure to get enough sleep, exercise, brush your teeth, and say 'No' to alcohol, tobacco, and other drugs. Keep your body healthy!"

10 mins. **Four Versus Four: Passing Focus**

In this four versus four activity, each team tries to pass frequently. The focus is to pass and move. To keep possession of the ball in the game, focus on receiving in the game. The objective is to be able to receive the ball under pressure during the game.

SAY: "When the ball comes to you, what should you do?"

Players' correct response: "Stop it."

SAY: "Then what?"

Players' correct response: "Dribble or get ready to pass or shoot."

SAY: "If you want to pass to the right, where should your first touch move the ball?"

Players' correct response: "To the right."

SAY: "What about if you want to pass or dribble to the left?"

Players' correct response: "The first touch should go left."



This is a separate video tutorial to practice passing and moving:

<https://sportsedtv.co/3k1jQd7>

20 mins. **Four Versus Four: Fun!**

After a short break, the players again play four versus four. This time, moderate the coaching. Comment on any notable moments and give some positive reinforcement, but let the players relax and enjoy their last practice of the season.

N/A

45 mins. **Total Time**

Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.
