



Soccer Practice Plans



As kids grow, so does the game: additional players, larger ball, larger field, and larger goals. Players continue to work on the tactics and skills they developed in ages 7–8, but the tactics become a little more complex as they delve deeper into creating and using space to attack. In addition, they learn set plays for attacking the goal and hone their skills in keeping possession of the ball and defending space. Greater emphasis is also placed on winning the ball from an opponent.

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: 9 to 10

Coach:

Team:

Overview

- Use these activities with keepers in each practice to give them position-specific work while remaining players complete regular practice activities.
- Look to 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
10–20 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.com/37MQnxV
10–20 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.com/3slqgYt



Time	Activity	Activity Description	Video Tutorial
10–20 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
10–20 mins.	Standing Dive	This activity introduces diving from a standing position. Start off slow to explain the correct technique. Demonstrate the proper approach as it is described in the video tutorial.	 http://sportsedtv.co/3k2XtUT
10–20 mins.	Catch and Overhead Throw	This video tutorial introduces goalkeepers to throwing the ball overhead. Start off slowly and focus on the technique, rather than distance or power, for this age group. It's important that players' arms are warmed up before practicing this.	 https://sportsedtv.co/3iRQwqe
10–20 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: 9 to 10

Coach:


Team:


Practice Goals


- Establish a spirit of positivity and togetherness.
 - Have fun.
 - Practice different aspects of soccer.
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Set up four cones about five feet apart. Gather the team into a group.</p> <p>SAY: "We're going to talk about four main values, or qualities, that good players include in their games and practices. What are the four?"</p> <p>Have players stand at a cone when they provide a value. The values are caring, honesty, respect, and responsibility. Have another player provide an example of the value, then have that player join the other player at the cone. Assist players if they cannot think of all four.</p> <p>SAY: "We'll work to improve our soccer skills and physical fitness, but these four values are just as important to learn and practice to help you become good players. We'll learn more about these values during our team circles."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Dribbling	<p>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.</p>	
5 mins.	Fitness: General	<p>Gather the team into a group between two cones about 20 feet apart.</p> <p>SAY: "Do you think there's a difference between physical activity and physical fitness?"</p> <p>Listen to their responses.</p> <p>SAY: "Physical activity is any body movement you use while performing a skill or task. Physical fitness is a condition of the body. The fitter your body is, the better you can perform some skills and tasks. I will say an activity. Run to this cone if you think it is a regular physical activity, and run to the other cone if you think it is an activity done for fitness."</p> <p>Examples of physical activity are walking to school and walking upstairs to bed. Examples of activity done for fitness are walking to school for exercise, jogging to improve sport performance, or walking up stairs to strengthen leg muscles.</p> <p>SAY: "All season we will talk and learn about the different areas of fitness during our fitness circles. We'll also work on improving your body's fitness for soccer."</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>	 https://sportsedtv.co/3suG0Zm

Time	Activity	Activity Description	Video Tutorial
25 mins.	Four Versus Four: Passing and Rules 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 them where to move to be in the best position to receive a pass.</p> <p>While playing a game, players will review game rules, including start and restart rules, throw-ins, and corner kicks.</p> <p>SAY: "What happens at the start of a game?"</p> <p>Players' correct response: "Kickoff."</p> <p>SAY: "What happens after a goal is scored?"</p> <p>Players' correct response: "Kickoff."</p> <p>SAY: "What's the call when you kick the ball out-of-bounds beyond your own goal line?"</p> <p>Players' correct response: "A corner kick for the opposing team."</p> <p>SAY: "What's the call when you kick the ball out-of-bounds along the touchline?"</p> <p>Players' correct response: "A throw-in is given to the other team." (Watch the video tutorial to know what aspects of a throw-in to teach.)</p> <p>SAY: "What happens when you kick the ball out-of-bounds beyond the opponents' goal line?"</p> <p>Players' correct response: "A goal kick is given to the other team."</p>	 <p>This is a separate video tutorial to teach the throw-in: https://sportsedtv.co/3skpR8y</p>
58 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: 9 to 10

Coach:


Team:



Practice Goals

- Team play
- Passing
- Rules of the game

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Divide players into groups of two partners.</p> <p>SAY: "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 partner 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: Passing	This exercise will get players warm as they rehearse passing and defending techniques. It is a great way to start any practice.	 https://sportsedtv.co/3jXcrf8
5 mins.	Fitness: General	<p>Gather the team into a group.</p> <p>SAY: "Who can tell me what 'warm-up' means?"</p> <p>Listen to their responses. They might mention getting the body ready to do more strenuous activity, increasing blood circulation, and moving muscles so they are more flexible and will help prevent injuries. Discuss their responses and other possible responses.</p> <p>SAY: "Raise your hand if you think the muscles actually get warmer during warm-up activities?"</p> <p>Listen to their responses.</p> <p>SAY: "They do get warmer from the blood circulating and your body moving. Give me some examples of good warm-up activities."</p> <p>Choose one for the team to try.</p> <p>SAY: "The warm-up is an important part of a good fitness program. We will do a warm-up activity at every practice."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
15 mins.	Four Versus Four: Team Play and Movement	<p>This is a four versus four game using cones or small goals. The team size can be adapted, if needed. Place the cones or goals about 20 yards apart.</p> <p>SAY: "Play as a team."</p> <p>Teams get a point for scoring and for four consecutive passes.</p> <p>Emphasize keeping possession of the ball by effective passing, ball control, and support play. Players learn to provide support to their teammates with the ball during full game play.</p> <p>SAY: "Other than good passing and receiving skills, what else does the passer of the ball need?"</p> <p>Players' correct response: "Someone to pass to, supporting teammates."</p> <p>SAY: "Where should supporting teammates be?"</p> <p>Players' correct response: "In open space."</p> <p>SAY: "Any open space?"</p> <p>Players' correct response: "A space in which the passer can get the ball to them."</p>	 <p>This is a separate video tutorial to practice passing and first touch: https://sportsedtv.com/2VSu2MN</p>
20 mins.	Six Versus Six: Restarts and Throw-Ins	<p>This is a six versus six game. Remind the players of the offsidess rule, and make sure it is followed in the game. This will prepare them for the rule during the season. Also have players follow the standard restart rules.</p> <p>If players struggle with throw-in form, stop the game for five minutes to practice 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 as described in the video.</p> <p>Set up and practice goal kicks and corner kicks during the game too.</p>	 <p>This video tutorial teaches the throw-in: https://sportsedtv.com/3skpR8y</p>
53 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: 9 to 10

Coach:


Team:



Practice Goals

- Crossing and scoring
 - Defending and marking
 - Dribbling
-

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the team into a group near two cones about 10 feet apart.</p> <p>SAY: "What are some of the official's duties during a game?"</p> <p>Discuss their responses.</p> <p>SAY: "Who makes the calls during the game? Can you disagree if you think an official's call is not right, or do you accept the official's call even if you think it's wrong? If you think you can discuss the call with the official, stand at this cone. If you think the official makes the call and you accept it, stand at this cone."</p> <p>All players should choose a cone.</p> <p>SAY: "You need to have respect for the officials at all times. They are in charge on the field during a game. Don't argue with them; accept their calls and decisions. But if you have a question, ask the official or me during a break."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Crossing and Scoring	<p>This video tutorial provides 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 helps players learn to dribble and cross as well as make a run into the box and score off a cross.</p>	 <p>https://sportsedtv.co/3xQ8fCH</p>
5 mins.	Fitness: Cardio-respiratory	<p>Gather the team into a group.</p> <p>SAY: "Who can tell me what cardiorespiratory fitness is? When you have good cardiorespiratory fitness, your heart picks up oxygen from your lungs and takes it all through your body."</p> <p>Ask three players to demonstrate. Have one ball ready.</p> <p>SAY: "Let's set up our own blood vessels to carry oxygen to the muscles."</p> <p>Set up and perform the activity: Have the three players spread out in a zigzag pattern down the field and pass the ball from one to the next, with player one being the heart, player two the lungs, player three the legs, and then back to player one.</p> <p>SAY: "We need to run more to improve our body's ability to get oxygen to our muscles. That is improving our cardiorespiratory fitness."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
15 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 players of the aspects mentioned in the video tutorial.</p> <p>Then move on to practice; follow the activity shown 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.</p> <p>After the pass, the defender runs to get close to the attacker quickly. From there, they should slow down, pressure the dribbler by getting close to them, and wait 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.com/3CV5HXw</p>
20 mins.	Four Versus Four: Defending and Marking	<p>The focus is on marking in these four versus four games. The defense earns a point when a defender stays between the ball handler and the goal. The offense earns a point when the ball handler slips past the defender.</p> <p>SAY: "Where is the best place for the defender to be to mark an opponent?"</p> <p>Players' correct response: "Between the opponent and the goal."</p> <p>SAY: "Mark your opponent!"</p>	 <p>This is a separate video tutorial on one versus one defending:</p> <p>https://sportsedtv.com/3iOSs2B</p>
53 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: 9 to 10

Coach:

Team:

Practice Goals

- Ball control
- Two-touch passing
- Match scenarios

Time	Activity	Activity Description	Video Tutorial
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3

mins.

Team Circle

Gather the team into a group.

N/A

SAY: "Give me some examples of being dishonest in practices and games."

Listen to their responses. After each response, have the players change the examples into acts of honesty. Take three examples.

SAY: "Honesty is an important value that all players should be practicing every practice and game, especially if a coach isn't there to help you make the right decision or if an official doesn't see the play."

10

mins.



Warm-Up: The V-Turn

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.



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



Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Cardio-respiratory	<p>Gather the team into a circle.</p> <p>SAY: "What fitness area improves when we run more and strengthen our heart and lungs? Cardiorespiratory fitness. When we run more during practice to improve our cardiorespiratory fitness, what will start to happen?"</p> <p>Listen to their responses. Discuss getting fatigued if they run too fast early in the practice.</p> <p>SAY: "If you don't want to tire early in the practice, we can use a special test to help you judge how fast to run. It's called a talk test. A talk test can tell if you're running too fast for your body and need to slow down. Now jog to the goal and back with your partner saying 'soccer.' You should not be out of breath while you're talking; if you are, slow down."</p>	N/A
17 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. The activity should be kept to two touches. Halfway through, reverse the direction of the passes.</p>	 <p>https://sportsedtv.com/2VSu2MN</p>
20 mins.	Six Versus Six Game: Corner Kicks	<p>Begin each play in these six versus six games with a corner kick. Scores off a corner kick are worth two points.</p> <p>Review corner kick rules, and enforce offsides rules, throw-ins, etc.</p> <p>Team size can be adapted as needed, with larger teams for more comfortable players.</p>	 <p>This video tutorial explains the most important aspects of shooting:</p> <p>https://sportsedtv.com/3ALcUYI</p>
55 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: 9 to 10

Coach:



Team:


Practice Goals

- Crossing and finishing
 - Dribbling
 - Passing
-

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the team into a group.</p> <p>SAY: "What are some examples of showing you care about your teammates?"</p> <p>Listen to their responses. After each response, ask for an example of the same sign of caring that players could do outside of practice. Discuss the on-field and off-field examples at the same time—then ask for another example.</p> <p>SAY: "Those were all great ideas to show caring to your teammates. Have you seen someone else show an act of kindness toward another teammate?"</p> <p>Discuss their responses.</p> <p>SAY: "It's important to show caring on and off the field—that means both during practice and outside of practice. Teams that show they care about each other play better together."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 mins.	Warm-Up: Goalkeeper (GK) to Cross and Finish	<p>On a small field, Goalkeeper 1 (GK1) distributes the ball to Player 1 (P1), who dribbles downfield and crosses to P2. P2 dribbles and shoots toward cones guarded by GK2. GK2 then distributes to P2, who dribbles outside and crosses to P1, who shoots on GK1. Then P3 and P4 take P1 and P2's places.</p> <p>GK1 restarts the pattern by distributing to P3, who takes the ball down and crosses to P4.</p>	 <p>This is a separate shooting technique tutorial: https://sportsedtv.co/3ALcUYI</p>
5 mins.	Fitness: General	<p>Gather the team into a group.</p> <p>SAY: "If you participate in soccer practice every week, do you think that's enough to keep your body fit to play soccer? Do you think you'll improve your body's fitness in different areas?"</p> <p>Listen to their responses.</p> <p>SAY: "You need to be active outside of soccer practice to keep your overall fitness at a level that helps your soccer playing. What are some activities you could do outside of practice?"</p> <p>Listen to their responses. Discuss practicing skills such as catching the ball off the chest and killing the bounce alone or with a partner. Ask one player to demonstrate using one ball. Have all players try.</p>	N/A
12 mins.	Dribbling: Close Control and Acceleration	<p>This activity helps players improve at dribbling. It introduces the difference between keeping the ball close while dribbling slower and dribbling faster with longer touches.</p> <p>Coach the 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>The video tutorial describes the correct technique.</p>	 <p>https://sportsedtv.co/3xRnjQG</p>

Time	Activity	Activity Description	Video Tutorial
25 mins.	Four Versus Four: Passing and Support	<p>Play with the target player in the attacking half in these four versus four games (without GKs). The offense scores a point when they successfully get the ball to the target player.</p> <p>SAY: "When the target player has the ball, what should teammates do to continue an attack?"</p> <p>Players' correct response: "Provide support and prepare for a return pass."</p> <p>In game two, teams are four versus two or four versus three, depending on their skill proficiency.</p> <p>Goals from the target player feed count double.</p>	 <p>This is a separate activity for players to work on passing technique and moving:</p> <p>https://sportsedtv.com/3k1jQd7</p>
55 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: 9 to 10


Coach:

Team:


Practice Goals


- Dribbling
- Defending
- Corner kicks

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the team into a circle.</p> <p>SAY: "I want everyone to think of one thing that you can do to make you a better player. I'll go around the circle, and when it's your turn, tell everyone what you think you can work on."</p> <p>Go to each player one at a time (assist them, if necessary). Allow them the option to pass.</p> <p>SAY: "It's important to look at your own game to see where you can improve."</p>	N/A

10 mins.	Warm-Up: Dribbling	<p>This dribbling activity will warm up players while giving them more dribbling experience. It also includes turning on the ball.</p>	 https://sportsedtv.co/3xM3xWE
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Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Muscular Strength and Endurance	<p>Gather players into a group in a small area.</p> <p>SAY: "I want everyone to find a partner and balance back-to-back while sitting like a chair. I will time you for one minute."</p> <p>Model the activity for the group.</p> <p>SAY: "What muscles did you use to hold yourselves up?"</p> <p>Point to the muscle groups in the front and the back of your legs.</p> <p>SAY: "You use different muscles to perform different activities. Using specific muscles during practice improves your muscular strength and endurance—that is, how hard you can kick the ball and how long you can keep going before your muscles get tired."</p>	N/A
10 mins.	Defending: Tackling from Behind	<p>The purpose of this activity is to get defenders comfortable with making a tackle from behind when the opportunity is there. Explain that when players pressure from behind, they can tap the ball away if they see an opening in the dribbler's legs. 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.</p>	 <p>https://sportsedtv.com/3g85x5C</p>
15 mins.	Six Versus Six: Corner Kicks (Defense)	<p>Using half the field, play six versus six; begin each play with a corner kick. The defense scores a point each time the offense fails to score on the play.</p> <p>SAY: "How can you prevent the opposition from scoring at corner kicks?"</p> <p>Players' correct response: "Mark them tightly."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
15 mins.	Six Versus Six: Marking	<p>In these six versus six games, the defense earns a point if it wins the ball.</p> <p>Make the focus close marking by midfielders and defenders.</p> <p>SAY: "What do defenders need to do when their opponent gets the ball?"</p> <p>Players' correct response: "Tackle the opponent."</p>	 <p>This is a separate video teaching the defending one versus one technique:</p> <p>https://sportsedtv.co/3iOSs2B</p>
58 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: 9 to 10


Coach:

Team:


Practice Goals


- Dribbling
- Passing
- Off-the-ball and getting open to support a teammate with the ball

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the team into a circle.</p> <p>SAY: "I want you to think back to our last practice. Remember talking about improving our games? Each player said one thing they could improve on in their game. Tell me how many of you feel you have tried to improve your game from the last practice?"</p> <p>Call on players to share.</p> <p>SAY: "All good players look honestly at themselves and how they are playing to see where they can improve their game. It's important to be honest with yourself about how you're playing; you don't need to feel bad about needing to improve your skills. The more you improve individually, the more you contribute to the team."</p>	N/A

12 mins.	Warm-Up: Passing	This exercise will get players warm as they rehearse passing and defending techniques.	 <p>https://sportsedtv.co/3jXcrf8</p>
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Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Flexibility	<p>Gather the team into a circle.</p> <p>SAY: "Is there such a thing as stretching your muscles too far, or should you stretch as far as you can to improve your flexibility?"</p> <p>Listen to their responses.</p> <p>SAY: "Muscles should stretch only until you feel a slight pulling. You should never feel pain while stretching. If you do, you're stretching too far."</p> <p>Choose a stretch for the team to try.</p> <p>SAY: "I want you to stretch until you feel a slight pulling. Everyone will have different levels of flexibility, but all of you need to stretch properly to stay flexible and prevent injuries."</p> <p>Remind players to avoid bouncing when stretching.</p>	N/A
15 mins.	Group of Three: Passing and Moving	<p>Introduce, demonstrate, and explain how to use a first-touch pass (give and go) to beat a defender.</p> <p>Practice first-touch passing.</p> <p>Players in two versus one games will look to pass to a target player. In this game, the defender must go to the player with the ball, and two attackers must get the ball to the target player.</p> <p>SAY:</p> <ul style="list-style-type: none"> • "Give the pass." • "Go for the return." • "Return the pass behind the defender." 	 <p>This is a different exercise to practice passing and moving and get into the habit of getting open:</p> <p>https://sportsedtv.com/3k1jQd7</p>

Time	Activity	Activity Description	Video Tutorial
20 mins.	Six Versus Six: Dribbling Focus	<p>Players attempt to beat their opponents with the dribble in these six versus six games. Instruct players not to bunch up; there should be space behind the defenders. The offense earns a point when a dribbler beats an opponent.</p> <p>SAY: "When should you try to beat a defender with the ball?" (You may need to set this up: "Should you try it in this situation or that situation?")</p> <p>Players' correct response: "When there is space behind the defender."</p> <p>SAY: "In what part of the field are you likely to find the most space?"</p> <p>Players' correct response: "Wide" (along the sides of the field).</p> <p>SAY: "How can you beat the defender most easily?"</p> <p>Players' correct response: "Push the ball past the defender and run."</p>	 <p>This is a separate video tutorial on dribbling: https://sportsedtv.com/3iPD4mB</p>
55 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: 9 to 10

Coach:



Team:

Practice Goals

- Crossing and finishing
- Dribbling
- Six versus six game for players to utilize what they've learned over the season

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Divide the team into groups of four or five players. Give each group a scenario in which one player makes a mistake. Direct them to problem-solve and decide as a group what would be a good response. Give them two minutes to discuss.</p> <p>Bring the team back together and discuss each group's decision. Have players agree or disagree with each group's response by raising their hands.</p> <p>SAY: "All of you have done a good job in problem-solving. It's important to show you care about your teammates. You can do this by forgiving their mistakes."</p>	N/A
10 mins.	Warm-Up: Crossing and Scoring	<p>Watch the video tutorial to see 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 teaches players to dribble and cross, make a run into the box, and score off a cross.</p> <p>Goalkeepers are not needed.</p>	 <p>https://sportsedtv.co/3xQ8fCH</p>



Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Safety	<p>Gather the team into a group.</p> <p>SAY: "Is everyone remembering to wear their shin guards?"</p> <p>Gently tap your head with your fist.</p> <p>SAY: "Is my head hard or soft? Right—it's hard because my skull is hard. It's made out of bone. Raise your hand if you think bones can break. Right—we all know that bones can break. If you tap your shin guards, they are hard just like bones. They give extra protection and keep you safe while playing soccer."</p>	N/A
10 mins.	Dribbling: Inside and Outside	<p>This activity helps 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; encourage them to try for 5 or 10 in a row.</p>	 <p>https://sportsedtv.com/3xMujy4</p>
25 mins.	Six Versus Six	<p>Include offsides rules and restarts in this open six versus six game.</p> <p>Encourage players to apply what they have learned over the course of the season: passing and moving, staying spread out on offense, close marking on defense, dribbling when appropriate, and shooting when they have the opportunity.</p> <p>Encourage them to implement the cross and finish pattern from the warm-up.</p>	 <p>This is a separate video tutorial for an activity teaching how to dribble with the inside and the outside of the foot:</p> <p>https://sportsedtv.com/3CUHq4b</p>
53 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: 9 to 10

Coach:


Team:

Practice Goals

- Dribbling
 - Game activities
 - Applying learnings from the season
-

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather the team into a group near two cones about 10 feet apart.</p> <p>SAY: "What's one important thing you can do at the end of every game to show respect for your opponent?"</p> <p>Listen to their responses. Discuss shaking or slapping hands and saying "Good game."</p> <p>SAY: "Let's say some kids on the other team start walking away following a game. What should you do? If you think you should let them walk away without saying anything or trying to shake hands, stand at this cone. If you think you should say 'Good game' and hold your hand out anyway, stand at this cone."</p> <p>All players should choose a cone. Ask why players voted the way they did.</p> <p>SAY: "You should shake hands and or say 'Good game' following every game; this shows respect for your opponent. If the other team turns away and doesn't participate, you shouldn't change your behavior."</p>	N/A



Time	Activity	Activity Description	Video Tutorial
10 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.com/3CUHq4b
5 mins.	Fitness: Training and Conditioning	<p>Gather the team into a single-file line. Players will run two distances, one longer than the other. Have the team run the shorter distance first and come back to the starting spot. Then have the team run the longer distance.</p> <p>SAY: "Do your muscles feel tired? Running farther, especially if you're a little bit tired, is called overloading the muscles. Running a longer distance adds more for the muscles to do. It's training the muscles to make them stronger and able to move longer before getting tired the next time you play. You'll get stronger and have more endurance every time you overload the muscles."</p>	N/A
10 mins.	Four Versus Four: Passing Focus	<p>These four versus four games give teams an extra point for four consecutive passes.</p> <p>Keep possession of the ball by effective passing, ball control, and support play. Players learn to provide support to their teammates with the ball during full game play.</p> <p>SAY: "Other than good passing and receiving skills, what else does the passer of the ball need?"</p> <p>Players' correct response: "Someone to pass to—supporting teammates."</p> <p>SAY: "Where should supporting teammates be?"</p> <p>Players' correct response: "In open space."</p> <p>SAY: "Any open space?"</p> <p>Players' correct response: "A space in which the passer can get the ball to them."</p>	 <p>This is a separate activity for players to work on passing technique and moving:</p> <p>https://sportsedtv.com/3k1jQd7</p>

Time	Activity	Activity Description	Video Tutorial
30 mins.	Six Versus Six: Fun!	After a short break, the players play six versus six. 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
58 mins.	Total Time	<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>	