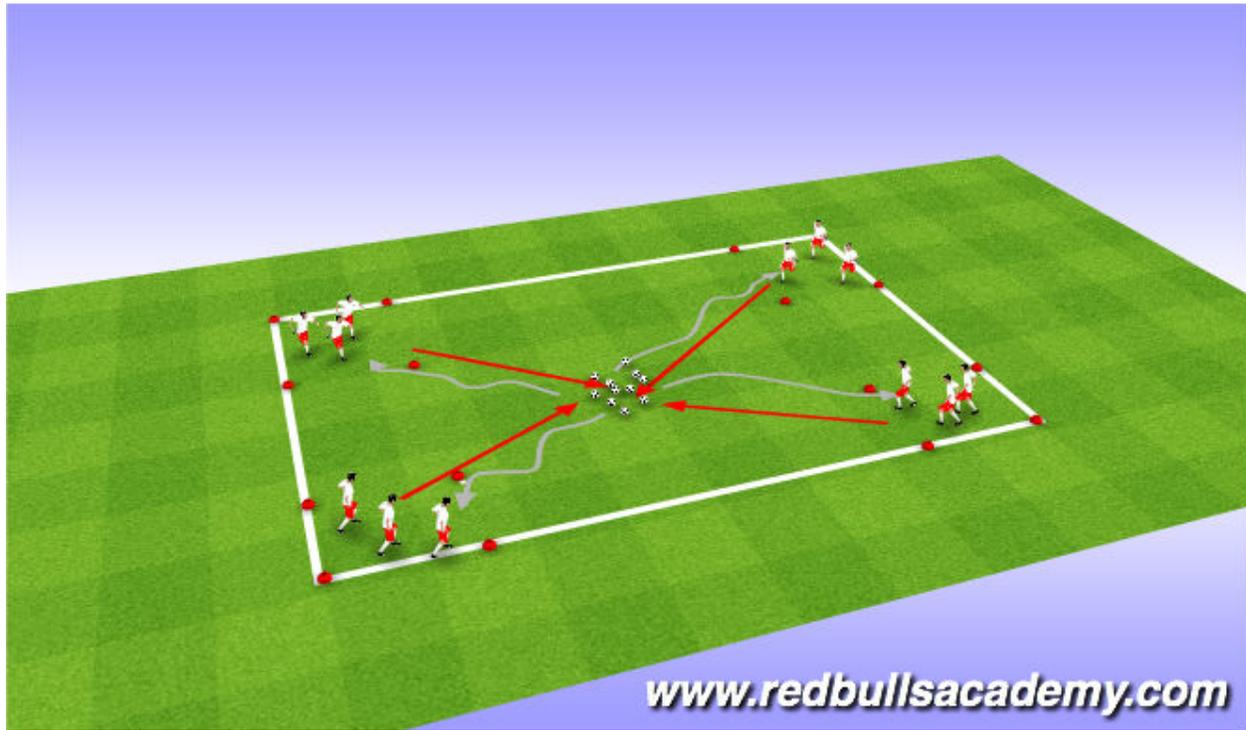


Practice Plan 4 – UMSC Lil’ Strikers

Warm-up: All ages dynamic movement, stretching 5 minutes

SESSION U4-5:

BANK ROBBERY: 15 minutes



Object of game is for each team to collect as many balls as possible

How The Game Is Played: All players are standing in corner of a grid 10x10 all balls are in the centre.

The coach will yell “Bank Robbery”. At that time all players must sprint to the center of the grid collect a ball with his feet and returns to the corner as quickly as possible, he must stop the ball ins is corner grid before going again to collect another center to get another ball. When all the balls have been collected the player (or team) who has collected the most balls wins.

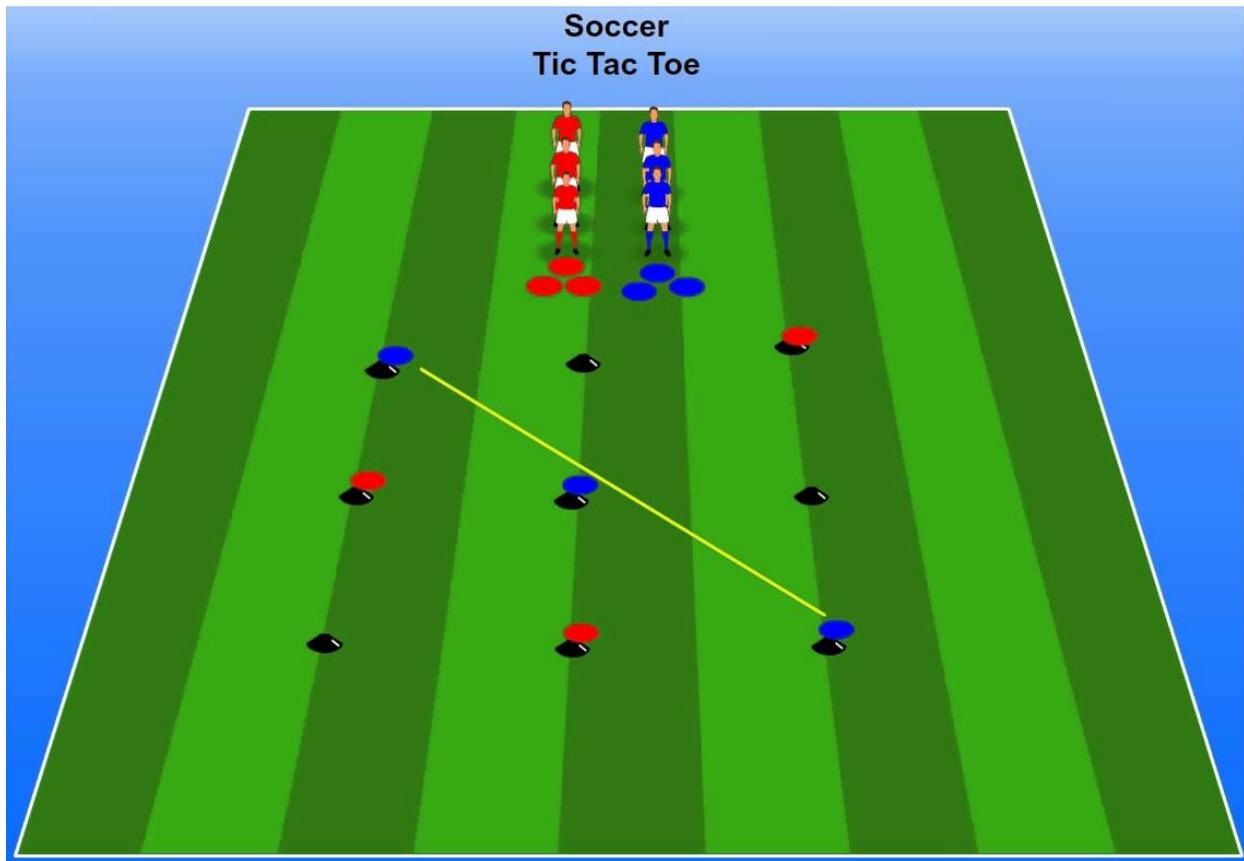
Variations –

Progressions 1: *Players must bring ball back balancing it on their shoulders, can use their head to keep it from falling.*

Progression 2: *Carry the ball back in their hands but must do a keep-up with ever step (drop the ball to their feet, kick it and catch it, and keep repeating this until they reach their corner) Coach can have each team steal from the other corners.*

Water break

TIC TAC TOE: 15 minutes



Objective: For one team to get three of their colours pennies in a row.

SET-UP: 15x15 grid; 9 pylons, 2 separate sets of coloured pennies (one for each player)

- At one end coach will set up pylons into 3 row and 3 columns, spaced 1 metre apart.
- At other end of grid, coach will divide team into 2 groups with different coloured pennies.
- At coach's command, 1 player from each group will race to pylons and drop their penny on top of a pylon and race back to beginning, for their next player to go.
- First team to complete 3 coloured pennies in a row wins.
- Players can start the games first without their ball and then progress to dribbling their ball to get to the pylons.

Water break

Freeze Tag: 15 minutes



Description: Assign one player as the tagger or the person who freezes other players. The rest of the players dribble around in the playing area as the tagger tries to freeze players by touching them on the back.

Players who are frozen then must hold the ball up over their head and spread open their legs. Other players can unfreeze these players by passing the ball through their legs. Once unfrozen they again start dribbling around in the playing area. If a player dribbles out of the area they are frozen.

Players should keep the ball close to themselves when they dribble and get their head up to see what's going on around them. Get players to touch the ball with every step when they dribble.

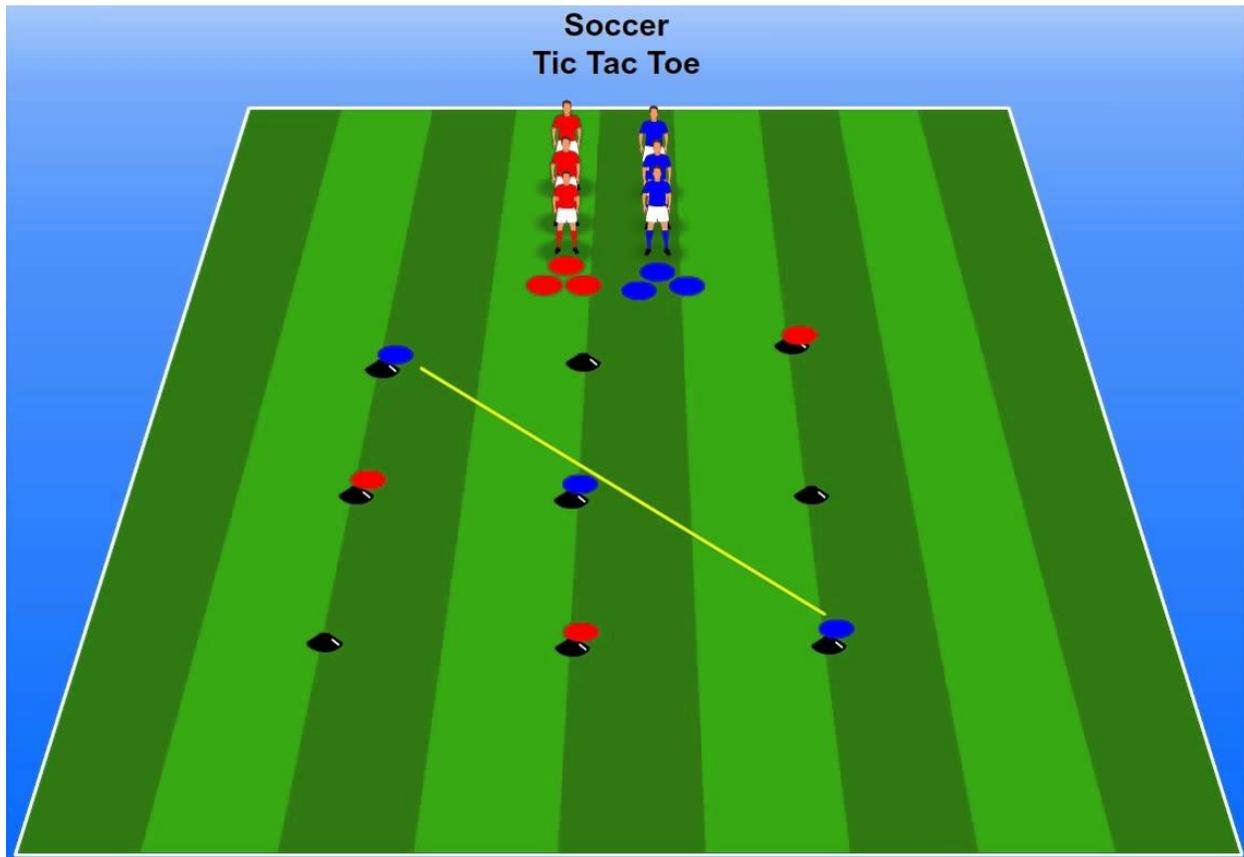
To start game, use a parent as the person who unfreezes players & coach is the tagger. Once players have an understanding, remove the parent "unfreezer" and use a player in this role.

Water break

Small Sided Game

SESSION U6-8:

TIC TAC TOE: 15 minutes



Objective: For one team to get three of their colours pennies in a row.

SET-UP: 15x15 grid; 9 pylons, 2 separate sets of coloured pennies (one for each player) At one end coach will set up pylons into 3 row and 3 columns, spaced 1 meter apart. At other end of grid, coach will divide team into 2 groups with different coloured pennies. At coach's command, 1 player from each group will race to pylons and drop their penny on top of a pylon and race back to beginning, for their next player to go. First team to complete 3 coloured pennies in a row wins.

Players can start the games first without their ball and then progress to dribbling their ball to get to the pylons.

Water break

Passing Receiving: 15 minutes



Have players divide into pairs with one ball space them 7 metres apart from their partner, facing each other.

- Use pylons to separate them from the other pairs, 5-meter separation or more.
- Players will pass ball back and forth with each other.

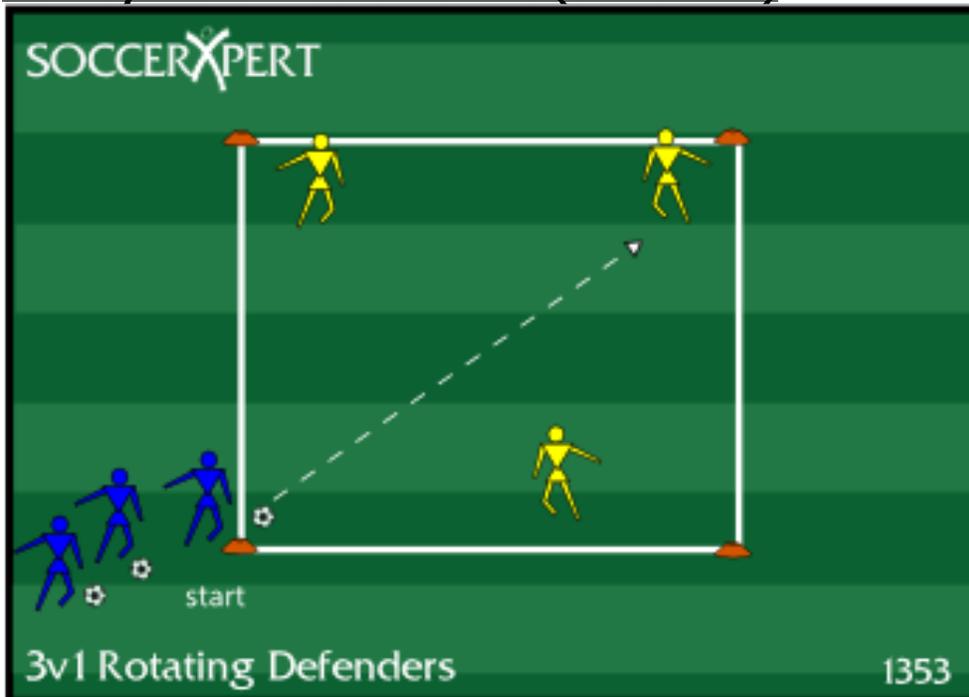
Coaching points:

- 1) Eye on ball
- 2) Contact with inside of foot, follow through with leg when passing.
- 3) Toe up when receiving ball.
- 4) Cushion ball when receiving pass. No big bounce.
- 5) Use both feet to pass and receive.

PROGRESSION: Receive with outside of foot and move ball to the side

Water break

Monkey in the middle: 15mins (3v1 or 2v1)



Create a 10x10 Grid. D

- Divide team into 2 groups, one offensive, one defensive.
- Place 3 players from offensive group into the grid.
- The defensive group will have the balls outside the grid.
- One defensive player will pass the ball into the grid to one of the offensive players and follow pass into grid play defence against the 3 offensive players. 3v1.
- Offensive player will try and keep ball as long as possible passing between themselves.
- Games end when defensive player win's ball or the ball goes out of bounds. Then next defensive player takes his turn.
- If more than 3 offensive players, switch them at this time. When all defensive players have taken a turn switch role of groups.
- Coach spacing of offensive players and movement to create passing options for player with ball.

Water break

Small Sided Game