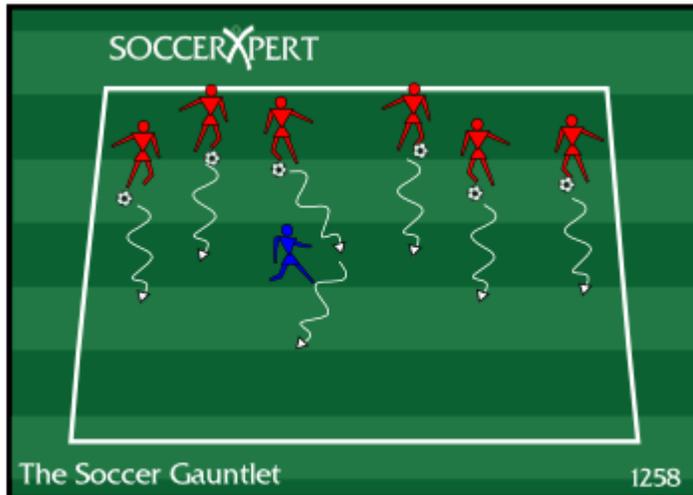


Practice Plan 3 - UMSC Lil' Strikers

Dynamic warm up all ages 5 minutes

Session U4-5:

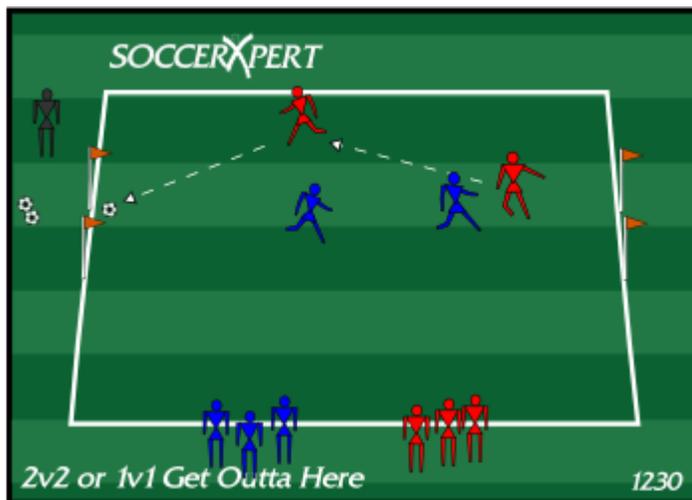
Octopus: 15 minutes



This game is similar to sharks. All the players start at one end of the field with their ball. One player is in the middle of the field without a ball (the octopus). The players with the ball will try to dribble from one end of the field to the other, without losing their ball to the octopus. The octopus is trying to kick the balls away. When a player loses his ball he then joins the Octopus by holding hands, making the octopus bigger. This continues until there is only one player left still dribbling. As the octopus gets bigger, those holding hands must not let go as they pursue the dribblers.

Water break

Shooting Gallery: 15 minutes



Make a grid 5 meters x 5 meters, place nets at opposite ends facing each other. Have all your player standing outside the grid. Place all your balls in the center of the grid between the two nets. You will send in 2 players at a time to kick all the balls into the nets. The player that scores the most goals wins. When the first 2 are finish replace all the balls back into the middle of grid and send in 2 different players. You will need a few extra balls with you for this exercise, so that the players have many opportunities to score.

Water break

Angry Chicken: 15 minutes



Explanation

The aim for this soccer drill is for the young players to get the tail (pinney) from the parents. The parents act as the chickens and the players are the foxes. The parents will need to put a pinney half tucked into the back of their pants/shorts. The players have to chase after them and remove the pinney (acting as a tail). Once the players have all of the pinneys the game ends. If there is a really fast parent then all of the foxes can aim to get the last chicken's tail!

Progression

A useful progression to this drill is to play the first game without soccer balls and then introduce them into the second game. This will help the young players understand what they have to do.

Once the players are comfortable with the parents having the tail see if the players can be the chickens for a while. This drill can be used for older

players by having all chickens and foxes dribbling a ball as a fun warm up game to any session.

Coaching points

-> Don't let the players put their hands on the soccer ball

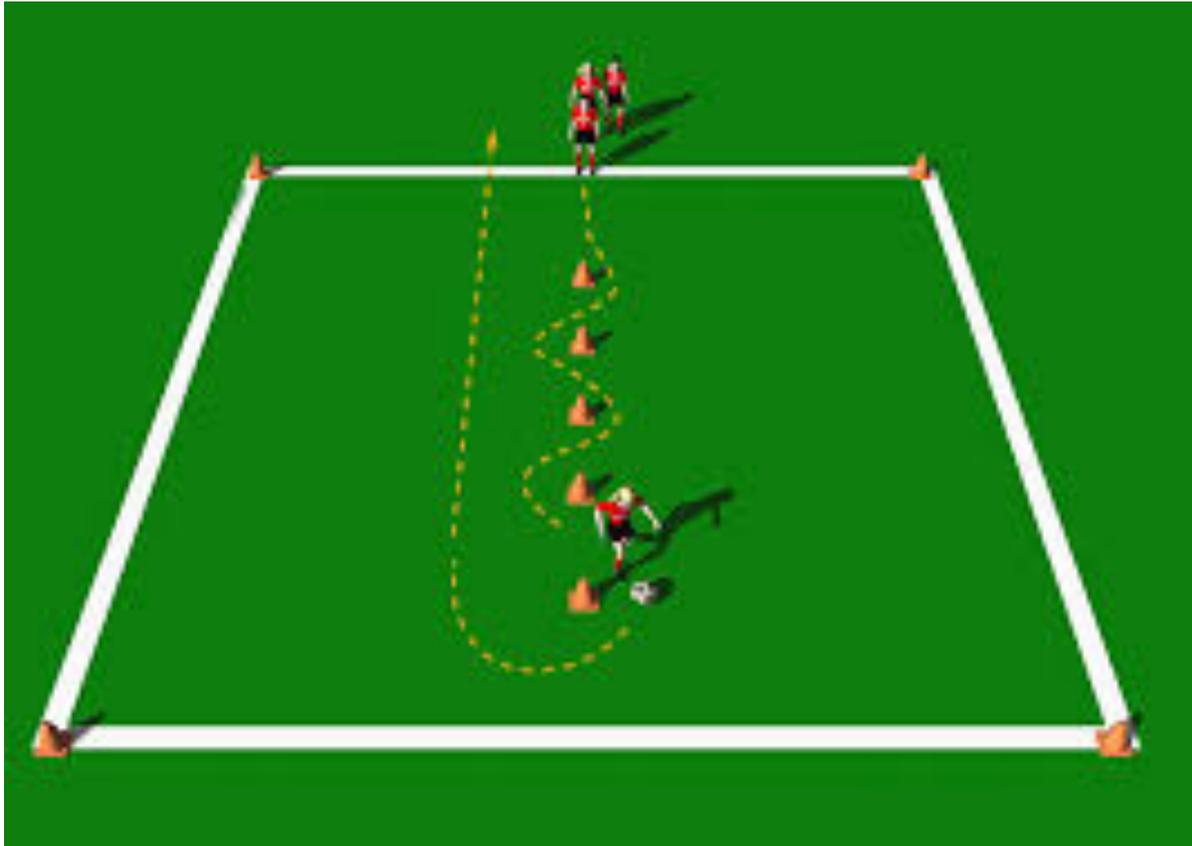
-> See if the players can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn.

Water break

Small Sided Game

Session U6-8

Ball Mastery: 15 minutes

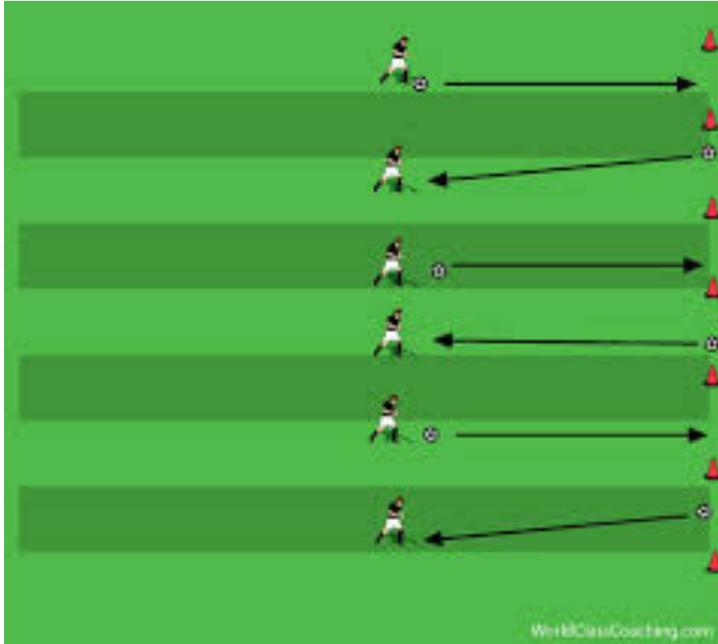


You will set up 2-4 rows of pylon's. Each row will have 6-8 pylon's spaced 1.5 feet apart. Players will be placed into divided into groups with their own balls (try not to have more than 3 players in each row) facing the pylons. They will dribble weaving around each pylons as they work their way to the other end. When finished they will dribble back straight to the beginning without going around the pylons. Each player will start after the player in front has finished the last pylon.

Progression:

This can be turned into a race to see which group can finish first.

Turns: 15 minutes



Players will be divided into groups of 3. One ball is need between the group.

The first player will dribble to a pylon placed 5 meters in front of him. When he has reached the pylon he will proceed to do a number of turns and pass the ball back to his partner. He will jog back to the starting point while his partner dribbles to the pylon and does his turn.

Turns-outside foot, inside foot, top of the ball pullback, behind the standing leg drag. Each turn should be performed with both feet.

Water break

Numbers game: 15 minutes



Organisation. Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.
Procedure. The coach calls a specific number and that number runs into the field. These 2 players now play 1v1 to goal.
Progression. The coach can call out more than one number to create a 2v2 or 3v3

Start 1v1, pass the ball so that any player can receive it. Create 2v1 situations and make sure you pass the ball to the superior numbered players. Coach the spacing between the offensive players. Have them create width to make the job of defending more difficult? Get some parents to play goal.

Water break

Small Sided Game