



YMCA of the Greater Tri-Cities

Day 1 Practice Outline

**IDEA:**

I= Introduce
D= Demonstrate
E= Explain
A= Attend to each player

Develop and use a practice agenda each week! A well-organized coach is able to teach more and have more fun than a coach who is stressed out from “trying to think on the spot”. Children need and appreciate structure. Provide it for them. Children have short attention spans! Watch your players; they will tell you when they’re bored. If they’re “not getting it”, then you need to figure out a new way to teach it! Teach the basics! Teach the skills! Have fun!

I. Introduction 5 mins.**A. Introduce yourself**

- ❖ Share with your parents a little bit about yourself. Explain your coaching philosophies. Let them know how you’ll communicate with them (phone or email). Ask a parent to collect phone numbers / email address.
- ❖ Hand out appropriate documents to your parents.

B. Safety Rules:**C. Know your player’s names!**

- ❖ It’s a good idea to write their names onto sticky name badges for the first and second practice. Place a name badge on the front and back of each player. YOU write their names so you can read them from afar. Parents will appreciate this too.

d. Establish a “control system” from day one. This will work wonders on days when there are several teams practicing on the field on the same day. Raising your voice to compete with all the other noise isn’t the best option.

- ❖ IE: When I blow my whistle two times, everyone comes running to me
- ❖ IE: If I shout “freeze”, everyone freezes and hands on the knees

E. Break ice with players. Pick the best way for you.

- ❖ IE: Sit in a circle with your team and ask a question, like “What is your favorite kind of ice cream?” Pass the ball around the circle, and whoever is holding the ball gets to speak.

F. Give quick outline of what you are going to do today.**II. Stretch: 5 mins.****III. Field Dynamics** (show and explain the following) *10 mins.*

What is “Out of Bounds”: Have the kids dribble the ball around the perimeter of the field explaining what happens when a ball is kicked out of bounds.

IV. Stations 30 mins.

- ❖ *Pick a couple different stations/drills that the kids can do while you and assistant help lead the stations*
 - *Passing with a partner (focus on stopping the ball)*
 - *Dribbling in and out of cones*
 - *Kicking the ball into the net.*

VI. Wrap it up- Whatever time left. *5 mins.*

- ❖ Talk about what you learned today
- ❖ Suggest some home practice ideas
- ❖ Encourage, Encourage, Encourage

Soccer Drill/Games

Walk the Dog: Kids walk around while dribbling the ball. When the coach yells "My dog got loose!" the kids kick the ball as hard as they can, and then run after it to start dribbling again.

Egg Hunt: have the kids turn their backs to you and kick each of their balls about 20 yards away from the goal. When you yell "go!" the kids turn around, locate their ball, and run to it. Then they dribble it back and kick the ball into the basket (net).

OUCH!!: Set up a square approximately 20' by 20' and have the kids kick the ball at the coach. If the ball hits the coach, he/she yells "ouch!"

Hungry Hippo: Set up about 5 cones in a straight line, spaced 4 feet apart. The cones are volcanoes. The kids have to dribble through the cones and then kick the ball into the net (hippo's mouth) so the hippo can eat.

Turtle/Rabbit/Monkey: This is a spin on red light/green light. When you yell turtle, the kids have to dribble the ball slowly. When you yell rabbit they go fast. When you yell monkey they dance around the ball and make monkey noises.

Pirates: Set up a 30x30' square. One kid is the pirate, and the rest of the kids are sailors dribbling the ball around. The pirate knocks balls out of the square. The last kid in the square with a ball becomes the new pirate.

Earthquake: Set up cones in a 20x60' rectangle. The kids dribble forward until you yell "earthquake!". Then they have to switch directions to avoid being swallowed up by the hole in the ground.

Dribbling

Every player with a ball.

Rules

- Every player must keep moving and not run into anyone else.
- When coach says "one" they must stop and put a foot on the ball.

Tell players that when you say go they will dribble the ball around the field. When you say Stop they have to stop the ball with their foot. Each time they stop show them different ways to dribble the ball and then have them practice.

Keep away is to give 1/2 the players balls and tell the others to take a ball away and try to keep it. Players with a ball after 1 minute win. Repeat 2 or 3 times.

Arrange them in pairs. If you have an odd number, have one play with you. Play 1v1 keep away for 1 minute. Player in possession after 1 minute is winner. Rearrange the pairs and go again for a total of 3 or 4 times.

Camp Town Races

Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. This really teaches them to try to do it fast while maintaining possession. This drill really helps players deal with the balls that pop out of the bunch.

Numbers

The exercise is good for 1 vs 1 dribbling skills. It is especially good on a hot day as the kids defending can rest a bit. Divide the kids into 2 groups. If you have ten kids, say, assign each kid a number between one and five. So each team has a number one, a number two, etc. Try to make sure the kids with the same number are evenly matched. Set up two very wide "goals" with pylons. Spread the five kids on each side across each goal line. Call out one or more numbers, and those kids come out to play 1 vs 1, 2 vs 2, etc. and the rest of the kids stay spread across the goal line as defenders. Throw a ball from the sideline into the centre and let them play it until a goal is scored, the defenders stop it, or it goes out of bounds.

Variation: Colours. Use two each of different coloured pinnies, armbands, or stickers to place on shirts, as younger kids will have trouble remembering numbers.

Hat-Dance (toe-tap)

Lightly tap the top of the ball using the front sole of the foot, alternating taps with either foot. Try to keep the ball from moving by tapping gently from the top. When the ball can be kept still, try "Around the World" by taking slightly larger steps as you come down from each tap so that you manage to circle the ball.

Inside roll

Roll the ball to the inside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the outside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.

Outside roll

Roll the ball towards the outside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the inside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.

Drag Back

Alternating feet and using a skipping-type step, pull the ball backwards with light touches.

Push Forward

Alternating feet and using a skipping type step, push the ball forward with light touches.

Tic-Toc (Boxing)

Using the inside front edges of the feet, knock the ball back and forth rapidly between the feet, so that the ball is in constant motion and the ball is redirected with every touch. Basically, the ball is being "boxed" from one side to the other, then back again.

Pull-Back/Push Forward

Use sole of foot to pull ball back, then immediately use front of same foot to push it forward. Alternate feet.

Passing

Have them find a partner, one ball per pair. First have them pass the ball back and forth awhile standing about 3 yards apart. Stop and tell them to do two-touch passing Stop tell them that you want to count the number of passes in a minute and to start on your command. Start and time for one minute. Tell them to do one-touch passing. Time them for one minute while they count. Now tell them to pass and move after they pass. Tell them to keep track of their partner, to avoid the other players, and not to dribble (two- or three -touch).

Give and go

This one is good for getting the kids to move after they make a pass. Everyone spaces themselves around the center circle. Give the ball to one person and they call out someone's name and pass to them. They then run to the receiver's position in the circle. The receiver upon hearing their name called steps forward to receive the pass and yells "I got it!" The sequence is then repeated. Several things are accomplished besides getting them used to movement. The "I got it!" yell addresses the problem of nobody playing the ball in a game because they thought the other was going to play it. We all learn each other's names quickly. After a few practices, they get it down so they look pretty sharp. Then you toss in another ball. They love it! Now they have to think a bit because people are moving and two are busy with the other ball.

Monkey in the Middle

All players form a circle and choose someone (the "Monkey") to be in its center. The players forming the circle pass one ball among them while the person in the center tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the center. Some level of competitiveness develops but never on an individual basis and the "losers" quickly gets a chance to redeem themselves.

Other Drills and Games

Run and shoot

Have the players in two lines by the centre circle. Have a player from one line start moving towards the net and feed him/her a ball from beside the net. They have to dribble toward the net and shoot.

Cone soccer

Play 1v1 with one player against one player, each has a cone as a goal. This is every player; nobody stands and watches. The object is to hit the cone; there are no boundary lines, etc. This is nothing but 1v1 dribbling with a little bit of long passing/shooting, etc. They figure out very quickly that they have to beat their man and nothing else will do. After about five minutes, everybody switches to somebody they haven't played yet. .

Possession

Picture a square about 20 yards to a side. Coach is at one corner. Two teams are at each of two corners to immediate right and left of coach. Coach serves balls between the two teams first players in line from each team attempt to receive ball and turn and pass to their own team. Second player to the ball attempts to defend, prevent turn, or gain possession and turn and pass to his team. Score one point for turning and passing and successful reception. This keeps the two players in line and the second players in line who are the receivers into the game. Receivers cannot enter field but can adjust position along a line to receive pass. Coach can vary the service to handicap one player or another, serve hard, soft, air balls, or into the space beyond the two lines, etc. Coach controls time and with cones lays out the space for play (if no one can turn and pass within a few seconds, no points and the next players are up; dribble out of bounds and the same thing-- get back in line and coach serves another ball).

Line Drills

Although you should limit the number of line drills, the following drills are very helpful in teaching younger players important fundamental aspects of the game (all these are on a field stepped off to regulation size, preferably with a regulation goal).

Players rotate positions:

- Simple cut back move: 1 line. Have players start at midfield and dribble half way down sideline with coach providing minimal pressure. When coach says 'cut' the player cuts the ball toward the middle and then finishes with a shot. As season progresses, coach adds more pressure.
- Reverse move (U6s can begin to do this; U7s ought to be able to do it): 1 line. Players and coach stand on endline next to goal. Coach passes ball ahead. Player has to run and reverse ball, then turn and shoot (or dribble back and shoot).
- Pass to partner: 2 lines: one along sideline and another toward the center of the field. Same as above, but this time, when coach says pass, the player passes to the wide-open teammate. The teammate must be yelling 'pass it to me.' The play finishes with a shot. As season progresses, coach adds more pressure. Also, this is the foundation for 2 v 1 or 3 v 1...As season progresses, a defender is added and is coached on how to intercept/steal a pass.
- Throw-in play: 2 lines: one along sideline and another toward the center of the field. The coach (standing on the field 4-5 feet in front of players on the sidelines) has a ball and rolls it out of bounds. He tells the first player in line along the sideline to 'go get it and throw it in.' The coach points to where it went out of bounds and tells the player to throw it in from there, encouraging the player to hurry and watching for proper technique. The throw in goes to the teammate who is yelling 'pass it to me.' The throw in made in front of the waiting teammate. After the throw is made, both players run to the goal. The play finishes with a shot. As season progresses, coach adds more pressure. This can be done with 3 v 1. As season progresses, a defender is added and is coached on how to intercept/steal a throw-in.
- Goal kick play: 3 lines: one taking goal kick and 2 lines 10 yards ahead of kicker. Kicker kicks to one of the players who, with other teammate, runs and takes a shot. Coach is lightly covering one of the targets. As season progresses, a defender is added and is coached on how to intercept/steal the kick and score an easy goal. This might be done with a dad kicking to another dad. The players are shown how to run and intercept for an easy shot.
- Kick Off - Offense and Defense -Position the players the way they will be in the game. Defenders touch finger tips, offensive players positioned around their half of center circle. Teach center forward to pass at 45 degree angle to partner who starts run as soon as ball is kicked. Emphasize not kicking straight ahead. Teach defenders how to handle kicks straight at them and kicks off to the side.

