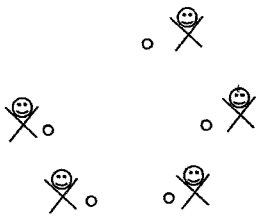
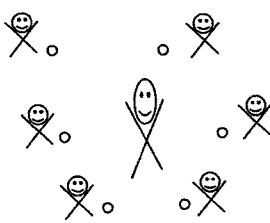
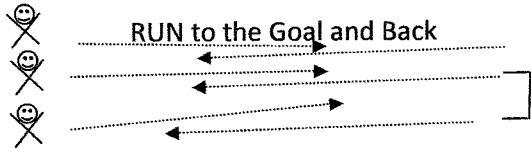
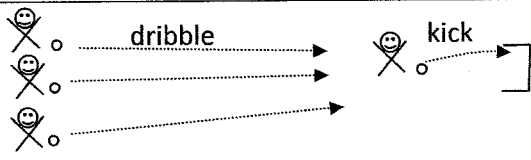


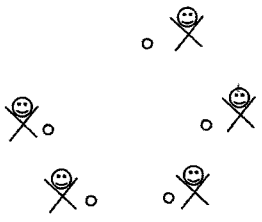
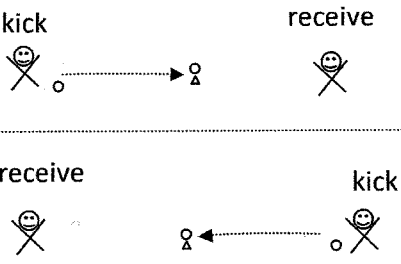
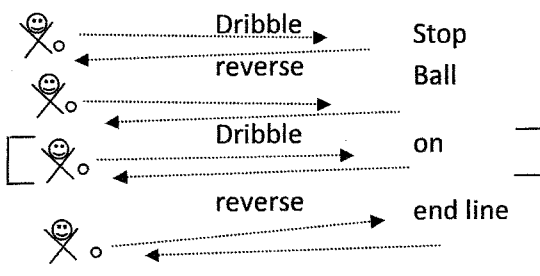
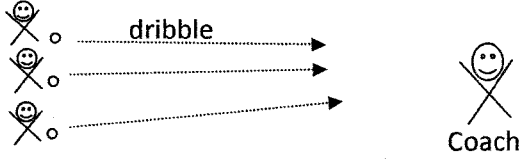
PRACTICE PLAN

WEEK 1

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| <p>Activity #1 – Meet and Greet/Warmups <i>0-5 minutes</i></p> <p>Introduce yourself to the players. Ask the players their names and repeat it to them. Ask them if they have ever played before and talk about the game of soccer by asking questions: Do you score points by throwing the ball into the goal? Do you use your hands? Do we use our feet? (show them a kick). Do we run with the ball? (show them how to run with the ball “dribble”). Emphasize Soccer is played with the FEET.</p> <p>Warmup by doing toe-tops and pretend that the ball is a dog and that they are “petting their dog.” Be gentle with their dog because the dog (ball) is their friend. Let the players know that it is okay to go slow and it is important that the dog is petted by both feet.</p> |  |
| <p>Dribbling: Walk the Dog <i>5 minutes±</i></p> <p>The Coach will tell the players to walk their dog by dribbling slowly around the practice area. The coach will yell “Oh no, My dog got loose” and the players will kick their ball hard and chase it. But they need to be quick or the Dog Catcher (coaches) will get their dog. Once the players have their ball again the Coach will tell the players to “walk their dog”Repeat several times</p> |  |
| <p>Running: Races <i>3 minutes±</i></p> <p>Players will Race from one end of the field to the other. Make sure you tell the players how fast they are and see if they can run faster and race again. Repeat at least three times.</p> |  |
| <p>Dribbling and Kicking: Race and Score <i>5 minutes±</i></p> <p>Players will dribble from one end of the field to the other and kick (Shoot) the ball into the goal. Repeat at least three times. If they are having fun do it more.</p> |  |
| <p>Scrimmage: Even # of players each side (Pinnies not necessary week #1) <i>5 minutes±</i></p> <p>Explain to the Players some simple directions. Ask them which goal they are going to score in? Who is going to score? Which team is going to score first? Etc. Blow the whistle and let them get introduced to the game. It will be Chaotic...but just laugh with them and direct them, help them by kicking the ball some and stop to explain it again if necessary. MAKE SURE THEY HAVE FUN. This may be their first exposure to the game.</p> | |

PRACTICE PLAN

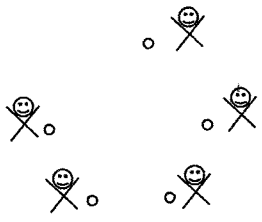
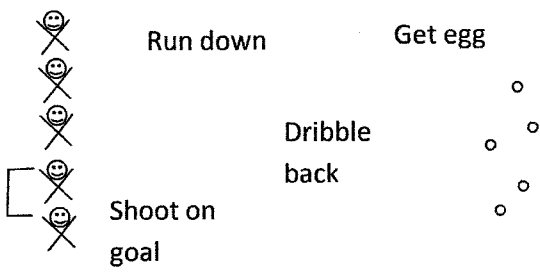
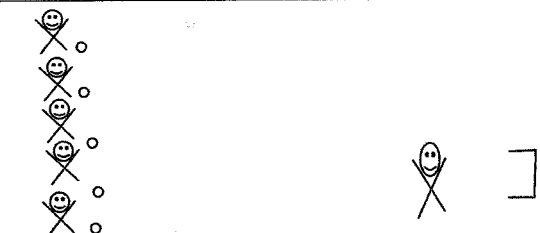
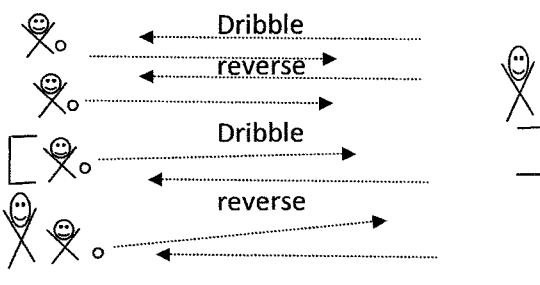

WEEK 2

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| <p>Activity #1 – Name Game/Warmups 0-5 minutes</p> <p>Ask the players their names (Tell them you forgot (you probably did) and repeat it to them. Talk about the game of soccer again by asking questions: Do you score points by throwing the ball into the goal? Do you use your hands? Do we use our feet? (Ask them if they remember how to kick and let them show you). Emphasize Soccer is played with the FEET. Re-emphasize the rules: #1 have fun, #2 No horseplay/rough housing.</p> <p>Warmup by doing toe-tops and pretend that the ball is a dog and that they are “petting their dog.” Be gentle with their dog because the dog (ball) is their friend. Let the players know that it is okay to go slow and it is important that the dog is petted by both feet.</p> |  |
| <p>How to Kick: BattleShip 5 minutes± Every two players need a ball and a mini cone with a ball.</p> <p>Demonstrate how to kick the ball and what part of the foot to use (Laces...NO TOES). Player will kick the ball (as shown by the coach) and try and knock the ball off of the cone (Sink the BattleShip). “Ready, Aim, FIRE” They get a point each time they knock the ball off.</p> <p>Let them know that they do not have to kick the ball hard. Focus on using the Laces and kicking it straight. Demonstrate to them that the Laces part of the foot is flat compared to your pointed toe and exaggerate the miss-direction of the kick if you use the toes.</p> |  |
| <p>Dribbling and stopping: 5 minutes±</p> <p>Players will dribble from one end of the field to the other and STOP the ball on the end line. Show them how to stop the ball using the bottom of their foot. Go slow the first time and challenge them to go faster each time...then race Repeat at least four times.</p> |  |
| <p>Dribbling and stopping: RED LIGHT GREEN LIGHT 5 minutes±</p> <p>Players will dribble from one end of the field to the other when the Coach says “Green Light” and STOP their ball when the Coach says “Red Light”. Go slow the first time and challenge them to go faster each time. Repeat at least four times.</p> |  |
| <p>Scrimmage: 5 minutes±</p> | |

NOTE: Take a Water Break after each Activity.

PRACTICE PLAN

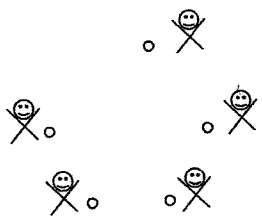
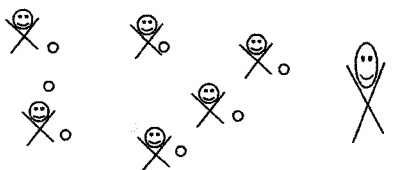
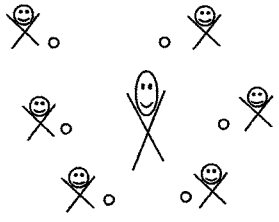
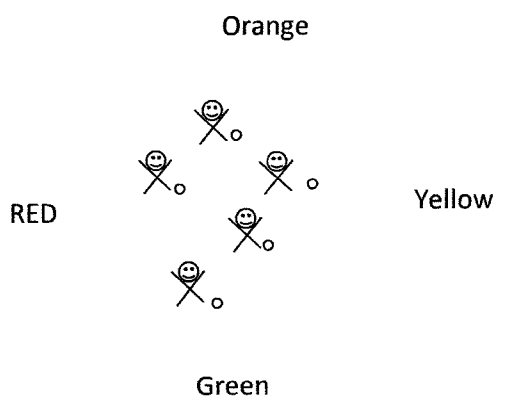
WEEK 3

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| <p>Activity #1 – Meet and Greet/Warmups 0-5 minutes</p> <p>Try and remember the players names but mix some of them up and see if the kids correct you. If not then fix it your self and make sure they listen to each others names. Re-emphasize the rules: #1 have fun, #2 No horseplay/rough housing. And how do we play Soccer?...With our FEET.</p> <p>Warmup by doing toe-tops and pretend that the ball is a dog and that they are “petting their dog.” Be gentle with their dog because the dog (ball) is their friend. Let the players know that it is okay to go slow and it is important that the dog is petted by both feet.</p> |  |
| <p>Awareness, Running, Dribbling, Scoring: Egg Hunt 5 minutes±</p> <p>Scatter the balls at one end of the field. Have the players line up along the end line of the opposite end. On “GO” they run and find their egg (ball) and dribble back and put it in the basket (score in the goal).</p> |  |
| <p>Dribbling/Control: Red Light – Green Light 5 minutes±</p> <p>The Coach will tell the players that green means go and red means stop. Players must stop dribbling their balls when red is called. Object is to get the ball in the goal.Repeat several times</p> |  |
| <p>Awareness/Dribbling: Wrong Way Game 5 minutes±</p> <p>Have the players line up along the end line of one end of the field. On “GO” they dribble to the other end to try and score...but the coach at the other end starts yelling “Turn Around, You’re going the wrong way!” and the players turn around and go the other way...but when they start getting close you yell the same thing and they turn around and go the other way. After about four times let them score. Repeat one more time.</p> |  |
| <p>Scrimmage: 5 minutes±</p> |  |

NOTE: Take a Water Break after each Activity.

PRACTICE PLAN

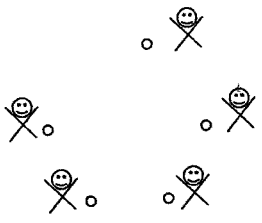
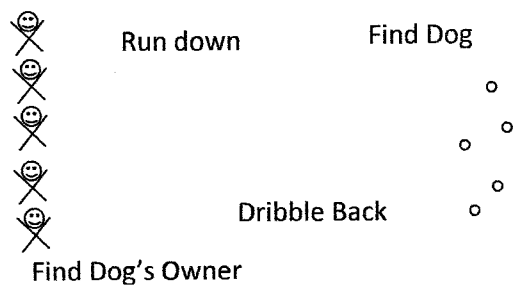
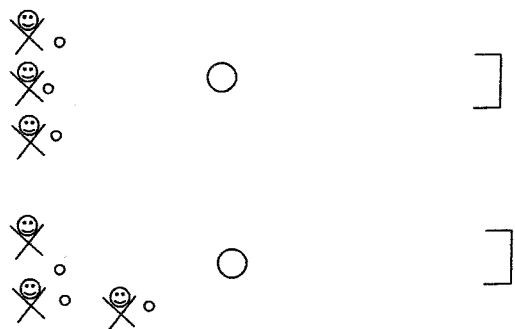
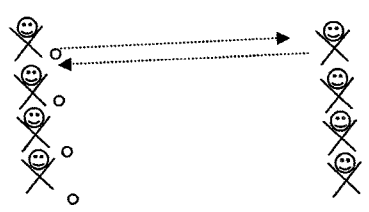

WEEK 4

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| <p>Warmups 0-5 minutes</p> <p>Get the Players to say each other's names. Warmup by doing toe-tops and pretend that the ball is a dog and that they are "petting their dog." Be gentle with their dog because the dog (ball) is their friend. Let the player's know that it is okay to go slow and it is important that the dog is petted by both feet. Big Stretches.....</p> |  |
| <p>Running and kicking; "Catch the Giant" 5 minutes±</p> <p>See if you can get one of the older brothers or sisters to help out by being the "Giant." Tell all of the players that they must catch the Giant. This will get the kids used to running and dribbling and constantly changing directions with the ball</p> <p><WATER BREAK></p> |  |
| <p>Kicking/Accuracy: "Busy Bees": 5 minutes±</p> <p>Have the players "BUZZ" around like a bunch of bees. Make sure you pretend to hear the bees and begin saying that you don't like bees. Have one of the Assistant coaches kick you with the ball and you fall down and yell "Ouch the bee stung me!" Be very dramatic and the kids will begin stinging you with their ball make sure you move around and stop frequently. They really love this game.</p> <p><WATER BREAK></p> |  |
| <p>Dribbling/Awareness: "Colors" 5 minutes±</p> <p>Players will dribble around inside an area bounded by different colored cones/shirts/etc. (Try and have at least three different colors like red, orange, yellow, green, etc) and yell out a color and have the players dribble to the color. Make sure you go to the wrong color the first time and say that you win (Be silly about it). The kids will tell you that you are wrong and laugh at you. Repeat this numerous times and tell them that they get a point if they are the first ones to the color they are supposed to be going to .</p> <p><WATER BREAK></p> |  |
| <p>Scrimmage: 5 minutes±</p> | |

NOTE: Take a Water Break after each Activity.

PRACTICE PLAN

WEEK 5

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| <p>Activity #1 –Warmups <i>0-5 minutes</i></p> <p>Warmup by doing toe-tops and pretend that the ball is a dog and that they are “petting their dog.” Be gentle with their dog because the dog (ball) is their friend. Let the players know that it is okay to go slow and it is important that the dog is petted by both feet. Now hop up and down like a kangaroo/monkey/Rhinoceros.....</p> |  |
| <p>Awareness/dribbling: Lost Dogs <i>5-7 minutes±</i> <i>This helps with using “other peoples” balls</i></p> <p>Scatter the balls at one end of the field. Have the players line up along the end line of the opposite end. On “GO” they run and find a lost dog (ball), but not their dog and dribble back and find the dogs owner. And Pass the ball to the owner. BUT watch out for the Dog Catchers!</p> |  |
| <p>Dribbling/Kicking: Marbles <i>5-7 minutes±</i></p> <p>Each Team will try and kick their ball into the Larger ball such that the large ball is knocked into the goal. They cannot kick the large ball with their feet. If they do the ball is put back to start. Coaches will need to retrieve balls from the net if they are accidentally kicked in. This will teach controlling their kicks with direction and force and help with team work....Repeat several times</p> |  |
| <p>Kicking: <i>5 minutes±</i></p> <p>Have the players line up opposite each other and kick the ball to the other player. Show them the proper technique of kicking (using the laces/inside of foot, etc.) and show them how to stop the ball (bottom of foot, inside of foot).</p> |  |
| <p>Scrimmage: <i>5 minutes±</i></p> |  |