

U4 PRACTICE #5

Appendix B

U4 SOCCER PRACTICE SCHEDULE EXAMPLE

<p><u>Practice #1</u></p> <ul style="list-style-type: none"> - Regular Tag - Screamers - Touches - Space Invaders 	<p><u>Practice #2</u></p> <ul style="list-style-type: none"> - Freeze tag - Touches - Red light / green light - Space Invaders
<p><u>Practice #3</u></p> <ul style="list-style-type: none"> - Chain tag - Anatomy Soccer - Red light / green light, switch - Bulldozers and Builders 	<p><u>Practice #4</u></p> <ul style="list-style-type: none"> - Freeze tag - Follow the leader - Relays without the ball - Relays with the ball
<p><u>Practice #5</u></p> <ul style="list-style-type: none"> - Regular tag - Touches - Dribbling to a net then shooting - Bulldozers and Builders 	<p><u>Practice #6</u></p> <ul style="list-style-type: none"> - Follow the leader - Relay races with shooting - Easter Egg Hunt - Alligator Pit
<p><u>Practice #7</u></p> <ul style="list-style-type: none"> - Relays without Balls - Ball tag - Easter Egg Hunt - 4 nets 	<p><u>Practice #8</u></p> <ul style="list-style-type: none"> - Touches - Follow the Leader with a ball - Passing with a partner - 4 Nets
<p><u>Practice #9</u></p> <ul style="list-style-type: none"> - Freeze Tag - Juggling - Alligator Pit - Small Sided Scrimmage 	<p><u>Practice #10</u></p> <ul style="list-style-type: none"> - Freeze tag - Juggling - Relays with Shooting - Small Sided Scrimmage

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3.0 - Practices **Refer to Appendix B for a 10 practice lay-out example*

For the first practice ensure that the time and location is clear to all of the parents. A good way to contact parents is through email but also make sure to have their phone numbers in case you need to contact them immediately.

The first thing that you want to do when you have your first practice is to play a fun ice breaker game to give you a chance to get to know their names and to begin to get them more comfortable with a group setting.

3.1 - What are the activities of a coach before a practice?

- Plan the practice remembering that some things may not work. Have a lot of different ideas so if something doesn't work you can do something else.
- Check for safety of the field and the equipment

3.2 - What are the activities of a coach during a practice?

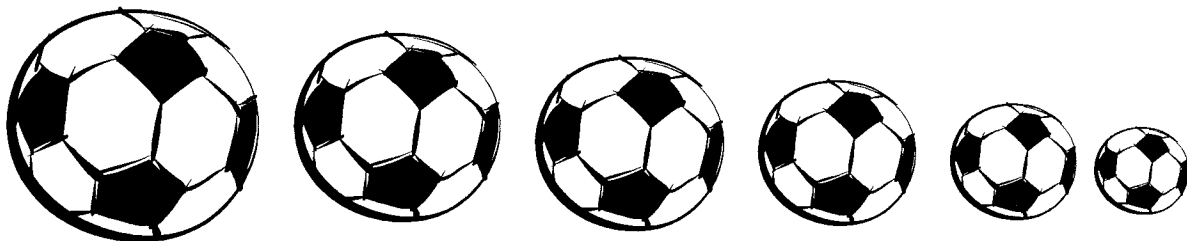
- Encourage and praise
- Control the practice. This is a task in itself. Here patience is a virtue.
- Coach? – If in doubt, “let the game be the teacher”

4.0 - Activities

It is important to build on activities. The best method for this is to start without a ball doing something and then move into giving each player a ball. Remember that once a child sees another kid with a ball then they will want one to.

4.1 - Soccer Related activities without a ball include:

1. **Tag of any kind** - Freeze tag (when you are tagged you stand with your arms outstretched and cannot move until someone runs under one of your arms), chain tag (when you are tagged you make a chain by holding hands), or normal tag are some examples. *Remember to change who is it a few times*
2. **Screamers** - Kids line up on a line and then run as fast as they can to another line about 15 – 20 yards away and scream as loud as they can (not a good one if you have a headache but the kids love it)
3. **Relays** - Line ALL of the kids up and have them go at once and have them run to the other line (15 – 20 yards away) then mix it up and have them do things like hop on one foot or both feet etc.
4. **Follow the leader** - Have them follow you around the field as you do different things like crab walk or hop on both feet etc.



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5.0 - Fun Games and Introductory Activities

Most games can be played in a square made out of flat pylons. It gives the kids a focus point. Though they may not stay in the square at the beginning repetition and reminders will eventually help them to remain in the square. Making a square at the start of practice makes coaching easier because so many games can be played in squares. The square size will be dictated by the number of kids you have.

Some extra games include the following;

5.1 Touches

- Game is played in a square
- Each player has a ball
- The players move the ball around inside the square with their feet
 - Coaching Points
 - Keep ball close (touch, touch, etc)
 - Use both feet (left foot only, right foot only, bottom of the foot only)
 - Stop the ball with the bottom of the foot

5.2 - Space Invaders

- Game is played in a square
- All players have soccer balls and dribble around inside of the square
- A few parents are space invaders; they try to kick the balls of the players out of the square
 - No ball can be kicked out if a player stops the ball with the bottom of the foot as a space invader approaches

5.3 - Bulldog Soccer

- This game is played from one point to another on the field about 15 - 20 yards apart.
- All players line up on a goal line for example
- When the coach says "Bulldog" the players have to run to get to the other marker without being tagged by the coach
- If the coach tags them then they come to the middle and help to tag the next group
- You can then progress into doing this with a ball

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5.4 - Bulldozers and Builders

- In a square set up taller pylons
- Every player gets a ball
- Half of the players are “bulldozers” and the others are “builders”
- The bulldozers knock down the pylons by dribbling their ball into the pylon
- The builders must dribble up next to the knocked down pylons and stop the ball with the bottom of their foot then they can place the pylon back upright

5.5 - Alligator Pit

- In a square spread out some pylons
- The players try to dribble from on side of the square to the other without hitting the pylons or “alligators”

5.6 - Ball Tag

- All of the players are in the square
- Only the people that are it get the balls
- They have to tag someone by dribbling close to them and then tapping them on the ankle with the ball. Once they have done that the person that they tapped takes the ball and is now it

5.7 - 4 Nets

- Set up four nets fairly close to each other and give every player a ball
- They have to dribble their ball and then shoot on any of the nets then move to a different net and see how many goals they can get in 2 minutes

5.8 - Juggling

- Give each player a ball and tell them to throw it up about head height in the air then try to kick it
- Keep repeating this until they develop a sense of when to make contact with the ball

5.9 - Easter Egg Hunt

- Spread all of the balls around near a net
- Tell the players that the balls are Easter Eggs and the net is the basket and they must using ONLY their feet put all of the eggs in the basket
- Time them on it and then do it again to see if they can do it faster

