



Practice Plan

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Explode</i></p> <p>Every child has a ball and is dribbling in a relatively small space. Outside of the small space place four or five cones 10-15 yards away. The children should dribble inside the smaller area, keeping the ball within close control (1 step away). When the coach yells “Explode” the children have to dribble with speed out of the smaller area around one of the cones and then come back to the smaller area and start dribbling again.</p>	<ul style="list-style-type: none"> ▪ The first touch each player takes after the coach yells explode should be much bigger than normal to allow the players to accelerate ▪ Encourage players to keep their head’s up looking for space so when you yell explode they will know where they can dribble to
<p>2nd Activity <i>Tag</i></p> <p>Mark off a rectangular grid and give everyone a ball. Whoever is “it” carries a practice vest and tries to tag the other players. When the “it” person tags someone they drop the practice vest and whoever was tagged must pick up the practice vest before they can tag anyone. Progressions: Game can be played without a ball. Specify how players must dribble (insides of feet, outsides of feet, soles of feet, right foot, left foot). Specify where players must be tagged (knees, back, etc).</p>	<ul style="list-style-type: none"> ▪ As soon as the “it” person tags someone can they change their speed (explode) to get away from the new “it” person. ▪ Can the people that are not “it” use feints, changes of speed, and changes of direction to avoid being tagged.
<p>3rd Activity <i>Everybody's It</i></p> <p>Mark off a rectangular grid and make sure everyone has a ball. In this game, instead of one person being “it” everyone is “it”. Have everyone dribble around in the area and when the coach says “everybody’s it” then the players can start tagging each other. Progressions: Play without balls the first time, then add them. Play to see who can tag the most people. Play to see who can be tagged the least.</p>	<ul style="list-style-type: none"> ▪ Players must keep their ball close so they can move quickly when needed ▪ Can the players sneak up on people and tag them in the back and then explode away ▪ Can players dribble at someone, turn with the ball and tag the person right before they explode away
<p>4th Activity <i>Crabs on the Beach</i></p> <p>Set up a 20 x 30 yard grid. Have each player except for two stand on one of the endlines, each with a ball. Have two players in the middle of the grid in the crab position (on all fours with belly upwards). The players on the endline must dribble across the beach avoiding the crabs to get to the ocean. The crabs try to kick balls out of the area (or just touch them). When a player has their ball kicked out they become a crab as well. The players that make it across turn around and come back. Progressions: Specify how players must dribble.</p>	<ul style="list-style-type: none"> ▪ Alternate which direction the players must dribble <ul style="list-style-type: none"> ○ It would be more difficult for the dribblers if the field was only 20 yards wide because they would not as much space to get around the crabs ▪ Can the dribblers use feints to deceive the crabs ▪ Once past a crab, can the players explode to get away from danger?
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area