



Practice Plan

Activity

Coaching Points

1st Activity (warm-up) *Mini Drills – Time: 15 minutes*

Juggling – Everyone should begin to juggle upon arrival to each practice!

Toe taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball.

Ball box (Inbetweens) – with ball between feet, tap ball back and forth between feet rapidly; 30 second intervals. Also, move forward by lightly pushing forward with each foot.

Pull instep push – with ball in front, pull back with right foot and tap forward with instep; repeat with left foot; 10 times alternating each foot.

“Skip Touches” - Start with the right foot in front of the left, and the ball just ahead of the leading foot. Begin by touching the ball forward with the (right) front foot which you then plant on the ground and do a little "hop" (or skip), while your (left) trailing leg comes to the front. When that (left) leg is in front, touch the ball ahead with it, then plant it down for a little "hop" (skip), and continue. Do this for several dozen skips.

“Stepover 180 turn” - Start with the ball between your feet, as it is during your "in-betweenes". Put your weight on your left foot as you swing your right foot up and over the ball (**turning counter-clockwise** towards the left). Plant the right foot down on the left side of the ball and step down. (This is the "stepover" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (**turning clockwise this time**) around with your left foot, back towards the ball. Once you have turned a 180, take the ball with your left foot and begin to move in the other direction.

“Shield Turns” - Start by dribbling forward towards a cone or mark that represents the defender. Just before reaching the mark, begin a series of sharp inside cuts with the inside of the right foot. The first cut turns you to the left, then immediately follow with another cut to be facing backwards, and immediately with another cut to end up facing to what initially was to your right. There should not be any extra steps between ball touches. The entire time the ball is shielded and multiple opportunities for lateral and trail passes are available. When done properly the dribbler can actually "shake-off" the defender and continue downfield.

“Lunges” - Start dribbling the ball forwards then abruptly lunge (take a long deep step) with your left foot, to the left of the ball. Plant your left foot hard and take the ball back to the right with the outside of the right foot, on the diagonal. Accelerate.

- Be sure to have someone demonstrate the correct way to do each drill
- Don't let each activity take more than one or 2 minutes

<p>2nd Activity <i>Knock em Over</i> <i>Time: 5 – 10 Min.</i></p> <p>Players Dribble in an appropriately sized area trying to knock over as many cones as possible in the given time period.</p> <p>Can also play "Pick em Up" where they must pick up the cones as they dribble</p>	<ul style="list-style-type: none"> ▪ Builds on Ball Control and Dribbling ▪ Keep heads up to find other targets
<p>3rd Activity <i>Cooperative Kickball</i> <i>Time: 5 – 10</i></p> <p>Play like regular kickball except</p> <ol style="list-style-type: none"> 1- no outs, everyone must kick before the inning is over 2- all teammates of player that fields the ball must quickly run to form a line behind that player. The player with the ball hands ball over head to next player who hands it through the legs to the next, back to over head etc until end of line. When the end of line is reached, run to the front and yell STOP!. IF runner has not yet reached home plate then it is an out, otherwise it is a run. 3- The kicker must run around and touch all the bases without stopping. The runs ends with either an out or a run scored. 	<ul style="list-style-type: none"> ▪ Can vary so use of hands is not allowed in receiving the ball ▪ Can have the fielding team perform soccer skills rather than handing off the ball
<p>4th Activity <i>Tree Ball</i> <i>Time: 5 – 10 min.</i></p> <p>Set up a target or a series of targets. Players in pairs. Player A strikes ball towards target. Player B will strike ball toward target once it has stopped, Continue with players alternating until target is hit. Have them move to next target(s).</p>	<ul style="list-style-type: none"> ▪ Can also have players strike the ball while it is still moving ▪
<p>5th Activity <i>Tiger Ball</i> <i>Time: 5 – 10 min.</i></p> <p>Mark off a field about 30x20 yards with two 5v5 yard squares at each end. Start with 8 players on the field, 6 players with a ball each, and 2 players as the "tigers" or defenders. On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares. The tigers must work together and can only attack and win one ball at a time. If a dribbler loses his ball to the tigers he can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field. If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out. Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the "tigers" and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players.</p>	<p>Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens. There are many books which go more in depth about first and second defender tactics</p>

Scrimmage 2v2 or 3v3

Homework:

Chose at least one activity below and get at work on it for at least 30 minutes prior to our next practice session.

- Work on your mini drills
- Work on your juggling skills
- Work on your wall work
- Work on feints and moves