



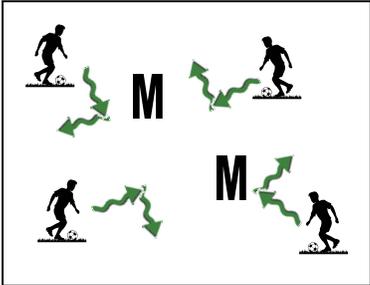
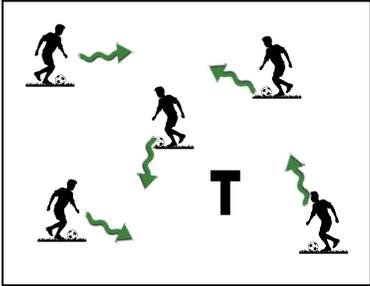
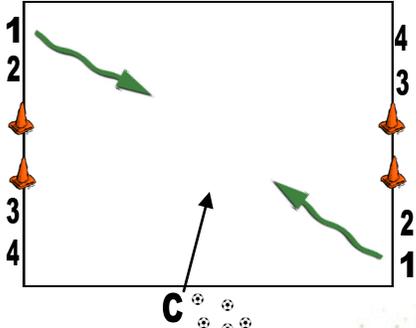
**KCSL**  
Kosciusko County Soccer League

# Practice Plan

Team	Theme	Date
All	Dribbling	9/8/12

Don't forget to use the ASAP method

**Announce the skill. Show (or demonstrate) the skill. Attend to your players while they practice the skill. Progressions (slowly add some pressure to further develop the skill).**

	Activity Detail	Coaching Points
Warm-Up/ Dynamic Stretching	<b>Simon Says.</b> In 20 x 20 area using cones, play Simon Says. When Simon says "foot, knee, sit, elbow, head, etc" you have to do the command. You may integrate "move faster" or "move slowly". If Simon doesn't issue the command child simply gets a "gotcha". Progressions: 1 minute without ball, 1 minute with ball in hands, 4 minutes with ball at feet. Note: No eliminations.	<ul style="list-style-type: none"> <li>Your goal during Simon says is getting the kids more familiar with the ball.</li> <li><b>Use Simon Says game to introduce "foundation" and "stair-step" foot-work skills.</b></li> </ul>
Individual Skills/ Activities	<b>Monster Turnaround.</b> In 20 x 20 area using cones, organize one ball per player and one or two "monsters" (can be coaches) without a ball. Players run around with ball at their feet. To score a point, they have to run towards a monster and execute a turn away from the monster. If they get too close, the monster can kick the ball away, which they have to retrieve. Progressions: Turn using sole of foot or outside of foot instead of instep. Try with opposite foot.	
Small Group Activities	<b>Tigerball.</b> In 20 x 20 area, each player has a ball, except for the "tiger". At coach's signal the tiger tries to steal a ball from one of the players. To win it, he must steal the ball with his feet and hold it above his head, then take it to the coach. The player who loses ball becomes another "tiger". The last player with a ball is the winner and becomes first "tiger" in the next round. Progressions: Use opposite foot only.	
Larger Group Activities	<b>Numbers Game.</b> Two teams of equal numbers. Coach calls out a number and that number goes out on the field. The remaining players stay on the goal line. Matching numbers play each other until a goal is scored. After a goal or set period of time, coach calls out another number. Progressions: Call out same number at each end. Call out different combinations of numbers so players interact with other players. Give advantages to deal with numbers up or numbers down situations, etc.	
Cool Down/ Notes	Your practice sessions will typically end working up towards game time. Cool down not necessary.	<ul style="list-style-type: none"> <li>Use all parts of foot during dribbling, but keep ball close and in control.</li> <li>Suggest not looking at ball while dribbling is they don't have to.</li> </ul>

