

Practice Plan

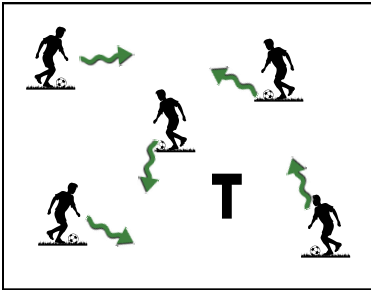
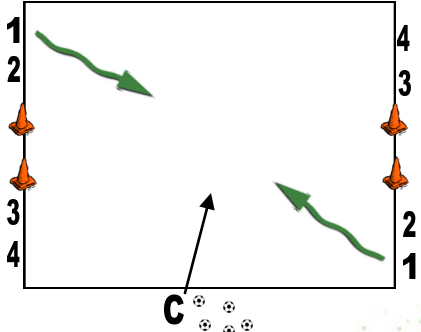


KCSL
Kosciusko County Soccer League

Team	Theme	Date
	Dribbling 2 (Designed for U9 age group. Modify as needed.)	

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 (8 min)	Gather all the kids together to discuss throw-ins. After demonstrating the proper technique, have kids pair up anywhere on the field and practice correct throw-ins to each other.	<ul style="list-style-type: none"> This serves the dual purpose of spending some time teaching the proper technique to some players that simply don't know it, AND throw-in practice is actually an excellent method of dynamic stretching for your players.
Individual Skills/ Activities (8 min)	Simon Says. 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"> Since this is week 2, move more quickly to "foundation" and "stair-step" footwork skills. Older ages may start with it immediately.
Small Group Activities (15 min)	Tigerball. 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 (15 min)	Numbers Game. 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"> Use all parts of foot during dribbling, but keep ball close and in control. Suggest not looking at ball while dribbling is they don't have to.

A large amount of information used here was provided by www.coachingsoccer101.com. Please visit the site for more coaching instruction and practice session ideas: www.coachingsoccer101.com/drills.htm. If you have any questions, contact your Director of Coaching, Troy Burns, at familyburns@ymail.com.

