

WEEK ONE

FOCUS- BASIC BALL SKILLS

The first week is time you should spent getting to know your players and acquainting them with you and soccer.

The first few minutes of the first meeting should be spent organizing uniforms (jerseys, shorts and socks, if provided by your community league) and learning names.

If this is completed, proceed with the practice plan.

PRACTICE PLAN 1.1: BASIC BALL SKILLS

START 1 min

Collect players at an identifiable and routine location (ex. stand on the BLUE cones).

WARM-UP GAME 3-5 mins

Example: Freeze-Tag

- Have players skip or gallop while moving around the defined area.
- Rotate "IT(s)" every 30 seconds- 1 minute.

STRETCH 2-3 mins

Have players stand in a circle, and lead them in gentle stretches and movements.
(ex: touch toes, calf stretch, quad stretch, hamstring stretch, hip circles, arm circles)

BALL INTRODUCTION 1 min

(Ball bag has been closed up until this point for your own sanity)

Have players sit/ line up and hand out balls to them one by one.

SKILLS & DRILLS 20-25 min approx.

- | | |
|--------------------------|-----------|
| ▪ Bum Ball | 5 mins |
| ▪ Pirates | 5-10 mins |
| ▪ Shark Attack | 5 mins |
| ▪ Red-Light, Green-Light | 5 mins |

BREAK 5 mins

- Clear the field of play. Clean up balls, cones, etc.
- Organize game

MINI GAME 30 mins

See "EWZSA Modified Laws for U4 / U5" for rules and set up

APPENDIX

BUM BALLS 3 mins

SETUP:

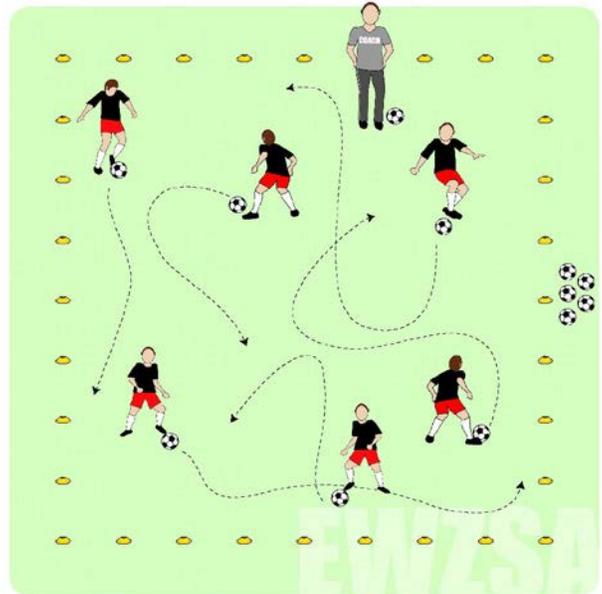
- Each player needs one (1) ball
- A 5m by 5m box marked out by discs or cones. *(adjust size as needed)*

GAMEPLAY/RULES:

- Players begin spread out inside the box, with a ball in their feet.
- They are to dribble around inside the box.
- Coach calls out a body part, which players are to touch to the ball (ex: head, shin, stomach, hair, ear, bum – which is the funniest, of course).
- Players should use feet to stop the ball before putting the required body part on the ball.

PROGRESSION

- Have players use a specific part of their foot.
 - Only the insides of feet.
 - Only the outsides of feet (Note: remind players to keep their toes pointed down).
 - Only the left foot.
 - Only their right foot.



PIRATES 5-10 mins

SETUP:

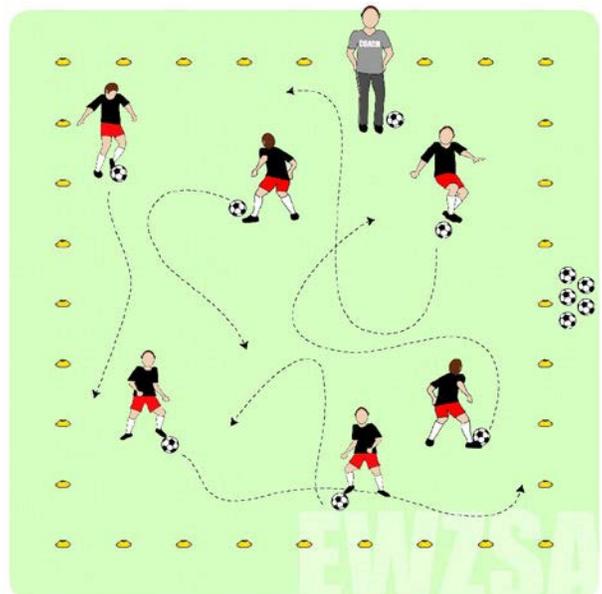
- A 5m x 5m square area marked off by discs or cones. *(adjust size as needed)*
- One (1) ball per player

GAMEPLAY/RULES:

- The goal of this game is to kick the other players' balls out of the square while protecting their own ball.
- You may explain that the players are "PIRATES" and pirates love to steal treasure – they do this by kicking other player's treasure (*their ball*) out of the box. Caution them about leaving their own "treasure" unattended while attacking others.
- Once their ball has been kicked out, they are to retrieve it and return to the game.
- Play for 1-2 minute intervals and give them a rest.
- If the game stalls (they are standing and only protecting their balls), as the coach, join in and attack players' balls to get them moving. You can also count down from 10 and that usually gets them moving.

PROGRESSION:

- To add consequence to the ball being kicked out, each player must do a task (e.g. 5 push-ups or sit-ups) before returning to the game.



SHARK ATTACK 5 mins

SET UP:

- A 5m x 5m square area marked off by discs or cones. (*adjust size as needed*)
- One (1) ball per player (one or two do not need a ball)

GAMEPLAY/RULES:

- Select two players to be “IT,” they are the “SHARKS.” These players (2) do not need a ball.
- All other players each need one ball; they are “FISHIES.”
- The goal is for the sharks to kick all the FISHIES balls out of the box within a time limit.
- FISHIES are to protect (*shield*) their ball and not let the SHARKS kick their ball out.
- When a ball is kicked out, the FISHIES are to retrieve it and return to the game
- When the time limit is reached, switch “IT’S.”

PROGRESSION:

- To add consequence to the ball being kicked out, each FISHIE must do a task (*ex. 5 jumping jacks, sit-ups, etc.*) before returning to the game.



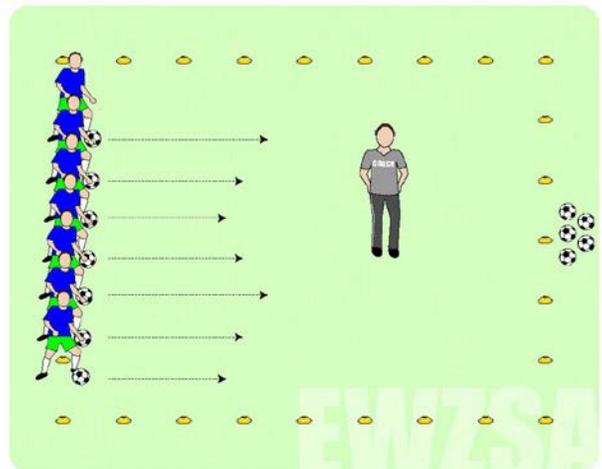
RED-LIGHT, GREEN-LIGHT 5 mins

SET-UP:

- A 5m x 10m rectangle, marked out by discs or cones. (*adjust size as needed*)
- One (1) ball per player

GAMEPLAY/RULES:

- Line up all players at one short (5m) end of the box with a ball.
- Explain objective and rules to players:
 - Objective is to reach the other side of the box first.
 - When coach says “Green-Light!” that means go. When coach says “Red-Light!” that means stop.
- Caution them that if their ball rolls too far away, they will have to go back to the beginning (or the coach might kick it away...)
- Once all players have reached the end, restart and play game back to starting position.



PROGRESSION:

- Assign different skills to different color lights. Be Creative!
Example:
 - “Purple-Light!” - switch directions.
 - “Orange-Light!” – stop the ball, and do a 360° turn. (*with or without ball*)