



SOCCKER PRACTICE 1

Warm-Up: (5 minutes)

Dynamic Warm Up/Stretches on the court – Start with a slow jog from one side of the gym to the other. Have the players wait for your whistle. Have one player lead by example and the rest follow him or her on the second whistle. Repeat these warm-ups with different exercises including high knees, skips, fanny kicks, hops and side shuffles. If the children get tired have them put their hands above their heads to let more air in.

Have everyone circle up and give each other space for some stretching. You can demonstrate and have the children count to 10 out loud as they touch their toes (try to keep your legs straight), hold one leg up (stretch your quads), arm circles (small then big, forward then backwards), etc. Explain how stretching is good for your muscles and helps you move around better when you play soccer.

Fitness Component: (5 minutes)

Following the warm-up, have the players go to one end of the gym and briefly discuss the fitness concept for that practice.

Key Idea:

Running is good for our hearts and if we run a lot, we won't get as tired when we play soccer. We will be able to run faster for longer periods of time. So let's run!

Remember to have them wait for your whistle. When you blow it the first time, everyone will jog very slowly toward the other end of the gym but on the next whistle everyone will run as fast as they can to the other side. Repeat this two or three times.

Now let's follow the leader. Pick a player to lead the line around the gym. They can jog, do high knees, skip or do fanny kicks and the rest of the players must follow. Switch the leader a few times.

Quick water break! Everyone hydrate, it is important to fuel your bodies with water.

Terminology: (10 minutes)

Out of Bounds– Teach the players that if the ball goes outside of the lines (or cones) coach will blow their whistle and everyone must stop playing.

No Hands– Explain that soccer players cannot use their hands, unless they are the goalie. Coach will blow their whistle if a player uses their hands and stop the game (this may take some time and getting used to).

Soft Touch– Explain that you lose the ball when you kick it away, so we use soft and easy touches with our feet to move the ball. Everyone walk your soccer ball around the gym with no hands. If your ball is rolling away from you and you are chasing it, you are kicking it too hard. Act like it is a dog on a leash, if the dog goes off the leash, he runs away– so keep him close to your foot. When coach blows their whistle, come back.

Goal! – In soccer, we try to score goals by getting the ball into the net. Walk your ball around the gym and when coach blows their whistle, try to do a hard kick into a goal. It is ok to get excited and dance if you score a goal! Repeat 2 or 3 times.

Skills & Drills: (20 minutes)

- Reiterate how important it is to keep the soccer ball close to your foot.

Teaching Points:

“Don't use your hands.”
“Keep the ball close”
“Try to look up.”
“Soft Kicks.”

Description:

Dog Catcher: Players walk or jog around the dog park (gym) and try to keep their dog (soccer ball) close to their foot with soft touches.



Challenge: The coach(es) or a designated player will be the dog catcher. If the dog catcher sees a dog that is too far (3-5 feet) away from a player, the dog catcher will pick up the ball. The dog catcher will give the ball right back and tell the player to continue. Keep expressing the importance of keeping the ball close and not just kicking it away.

Try this a few times and switch who the dog catcher is.

Red Light Green Light: Players line up at one end of the gym. Coach will start at the opposite end of the gym and give commands- Green Light or Red Light.

On Green Light, players will dribble toward coach using soft touches.

On Red Light, coach will turn around and players must put a foot on the ball to stop it and freeze. If a player is still chasing their ball after coach turns around, that player will have to take 10 big steps back. Players will also be penalized for using their hands.

Once a few players reach coach on a green light, switch who is calling Red Light, Green Light and repeat the game 2 or 3 times.

Everyone take a quick water break!

Game / Play: (20 minutes)

Description: Dribble Relays- Divide the group into two or three teams. Set up cones for the players to dribble around and return the ball to their next teammate. Once each team finishes, you can switch up the rules, like only being able to use your right foot, then only left foot. Try to do 3 or 4 relay races, but mention that it is important to keep the ball close, even when you are trying to move quickly.

Quick Scrimmage- Split the players into two teams. Have each team try to score at opposite goals. Remember to try to teach them as they play to not use their hands, and to spread out from each other. Young players will have a tendency to cluster around the ball. If you see this happen, feel free to blow your whistle and explain to them the importance of spreading out and using the whole gym.



Intro to Values (Wrap Up)

TEAM CIRCLE

KEY IDEA: YMCA Five Core Values

“This season we’ll talk about four qualities of a good person and teammate. List the five core values: Love, Honesty, Respect, Responsibility and Service. Now ask the team “Can you tell me ways to show love to other people? Good! The second is honesty. What ways do you show honesty? Next is respect. Do you know what respect is? The fourth is responsibility. One way to show responsibility is to pick up after yourself. Don’t wait for others to pick up for you. Good teammates show these five values to each other.” Ask the team to share ways to show the five values.

SOC CER PRACTICE 2



Warm-Up: (5 minutes)

Dynamic Warm Up/Stretches on the court – Today Let’s start by putting our hands straight out in front of us and try to lift our feet to our hands when we walk and touch our toes. We call these Frankensteins. Next, let’s keep our hands out and jog. Let’s bring our knees up to our hands when we jog and slap our knees. We can finish with high knees, skips, fanny kicks, hops and side shuffles- all to the other end of the gym (and back if the gym is small). Remind the players to put their hands above their heads if they get tired, and not to slouch over.

Have everyone circle up and give each other space for some stretching. Try some stretches while sitting down today. You can demonstrate and have the children count to 10 out loud as they touch their toes (try to keep your legs straight), bring one knee to your chest while the other leg is straight then switch, tree trunks (keep your lower half still and twist your upper body back and forward), etc. Tell the players to stay loose as it will help them keep their bodies in good shape.

Fitness Component: (5 minutes)

Following the warm-up, have the players go to one end of the gym and briefly discuss the fitness concept for that practice.

Key Idea:

Jumping is good for our hearts and making our legs strong. Do you think we need strong legs in soccer? YES! We will be able to run faster and kick the ball farther when we pass or shoot. So let’s jump!

Remember to have them wait for your whistle. When you blow it the first time, everyone will start jumping in place with two feet together. You can blow the whistle and have them switch to jumping on just one foot, and then switch to the next foot.

Now let’s test our balance. Balance is important in soccer so we can stay on our feet when we run and not fall over. Everyone stand on one foot and lift your other leg high. Try to count to 10 without falling over or having to hop. Switch legs and try the same thing. See if they can do it again with their eyes closed.

Quick water break! If you feel tired your body is telling you to get water.

Terminology: (10 minutes)

Pass- Teach the players about sharing the ball with players on their team. Passing is the fastest way to move the ball around. We do this by kicking the ball to someone on our team.

Goalie (or Keeper)- Explain that there is one player on each team that is allowed to use their hands and pick up the ball, and that is the goalie. The goalie tries to keep the ball out of the goal, but no other players can use their hands.

Spread out- Demonstrate trying to pass to someone that is very close to you and how silly it looks. Then have the other person move away from you and pass it to them. Tell the players that they should move away from their teammates when they have the ball so they can make better passes.

Look up – Have the players try to dribble their ball around while looking up, and not down at their feet. Give them two minutes to do this around the gym and explain to them that they can see their teammates and see the goal better when they are looking up.

Teaching Points:

“Look up”
“Pass to your teammates”
“Soft Kicks.”



Skills & Drills: (25 minutes)

Description:

Introduce Passing: (5 minutes)

Demonstrate how to pass a soccer ball to each player. Make sure you emphasize passing with the inside of the foot and not with your toes. Show the players how to turn their foot when they pass. Pass the ball to each player and have them stop it and then pass it back with the inside of their foot.

Have the players find a partner or a group of 3 and have them stop the ball and then pass the ball. Remind them to kick it gently so it is easy for their teammate to stop.

If you think they are ready, have them try to pass it back and forward with their teammates on their first touch, without stopping the ball.

Coach in the Middle: (10 minutes)

Have the players spread out in a big circle. Coach is in the middle. Players have one ball and try to pass the ball to any other player in the circle before coach gets to them. Make sure you go slow enough where the players have time to stop the ball and then pass with the inside of their foot.

You may start choosing players to take turns to be "in the middle".

Pass and Shoot: (10 minutes)

Have the players partner up and when you blow the whistle have them pass the ball back and forward with their teammate while moving to the other end of the gym. When they get close enough to the goal, encourage them to shoot! Tell them how important it is to move after you pass, and to not just stand still.

Water break!

Scrimmage: (15 minutes)

Split the players into two teams and before you let them play, tell them to remember to keep the ball close when they dribble and to pass to their teammates. Feel free to stop the scrimmage with a whistle if they cluster up.



Intro to Values (Wrap Up)

TEAM CIRCLE

KEY IDEA: Love

Gather the team into a circle. Stand in the middle of the group with a basketball. Pass to each child and give him or her a turn to pass back to you. "I am going to pass the ball. If a pass comes to you, pass the ball back to me." Work around the entire circle. Talk to the children about having fun and learning when they come to practice.

"Who had a turn to touch the ball?" Wait for their responses. "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would have felt if you did not have a turn?" Listen to the responses. "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns shows love."