

Boyne Area 4H
Youth Soccer

Grades K - 1

Practice Lesson Plan Manual

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Under 6 Lesson Plans

Welcome coaches to Boyne Area 4H Soccer. If you are new to soccer, you are probably asking yourself..."What did I get myself into now?" Well, you can relax. Within the context of this manual are daily lesson plans that you can use to develop your players in key areas of soccer.

These plans are by no means finite. As you become comfortable with coaching your team, feel free to be creative. At the end of this manual are suggested websites where you can enhance your creative juices. You should be able to create your own sessions once you understand the essential ingredients.

Each practice session has four main areas:

1. **Warm-up:** Emphasis on preparing the player both physically and mentally for the training session. General motor ability (i.e.) balance, coordination and flexibility) should also be enhanced. All of the above should be followed by stretching of the various parts of the body. Young players don't need stretching, but it's a good habit for them to begin early.
2. **Individual Activities:** This portion will cover fun-filled methods that can improve a young player's technique in a playing non-drill manner.
3. **Small Group Activities:** These games will challenge the player (without the pressure of high numbers) to improve a variety of the needed skills. It also gives the players the opportunity to touch the ball more often.
4. **Large Group Activities:** This time will be used to familiarize the player with the different aspects of playing in a match situation. Each section should last between 10 to 15 minutes (take rests when needed). All activities should start with a brief demonstration, followed by the players moving quickly into activities.

The successful coach is one who can imagine these activities through a player's eyes. By creating a fun-filled environment, the players will be excited to return.

Have a great coaching season,

Boyne Area 4H Soccer Association.

Under 6 --- Session One

Objective: To provide fun, active, age-appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. (Sessions should be about 45 minutes in duration.)

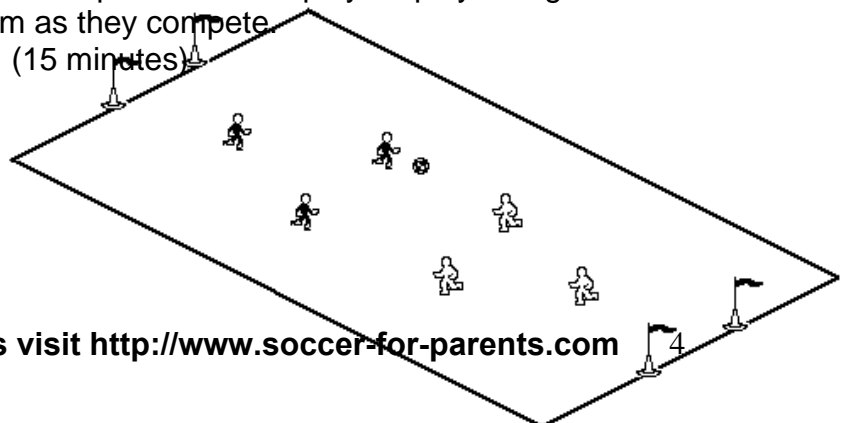
1) Tag: Every child dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. Version 2: Players must tag other players’ knees. (6 minutes)

2) Hospital tag: Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body where they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal the injuries of all the little soccer players so they can continue playing the game. (8 minutes)

3) Body Part Dribble: In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (8 minutes)

4) Red light/Green light: All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with the frequency of “light” changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. (8 minutes)

5) 3v3 or 4v4 Game: Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. REINFORCE the GOOD STUFF! (15 minutes)



Under 6 --- Session Two

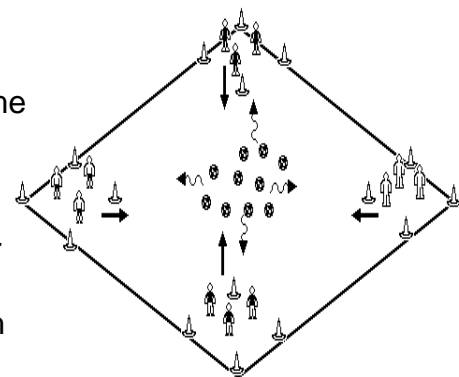
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1) Tail Steal: All players tuck a pinnie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked. (6 minutes)

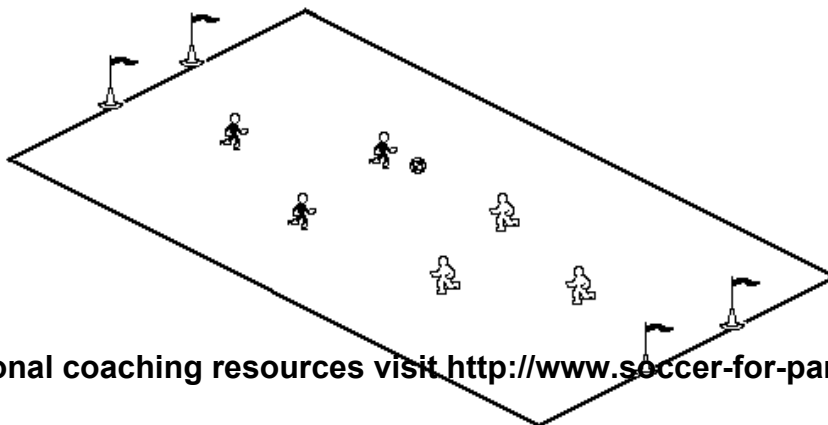
2) Snake: In an appropriate space, have all players dribble their soccer balls, except for 2-3 players. These players (the snake) hold hands or lock arms and work together to tag the other players. The players with dribbling balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and not break into little parts. Encourage fun by having the snake hiss. (8 minutes)

3) Freeze Tag: Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. The way the players can become unfrozen, is if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. Version 2: Freeze monsters can now try and freeze each other by using their soccer ball to „tag” someone else’s soccer ball or feet by kicking their ball. Version 3: Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion. (8 minutes)

4) Capture the Balls: Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach’s command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others’ home bases. Coach calls time and counts up how many balls are in each space to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again. (8 minutes)



5) 3v3 or 4v4 Game: Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete. REINFORCE the GOOD STUFF! (15 minutes)



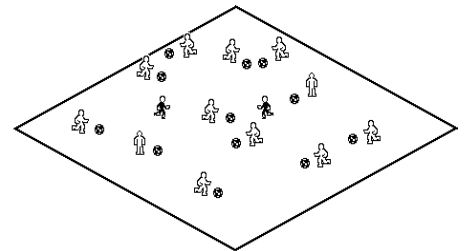
Under 6 --- Session Three

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1) Free Dribble: Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (outsides of the feet and toes), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands...”stop, go, turn, tap”. Kids can carry the ball towards someone and try a move. Version 2: As players get comfortable, the coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (8 minutes)

2) Kangaroo Jack: All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos. (6 minutes)

3 Ball Tag: Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player’s feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. Can have the players tag the coach for 10 or 20 points. Then can have players tag other selected players for 50 or 100 points etc. etc. Version 2: Rather than having players tag each other; have them tag the coach by kicking their soccer ball. The coach moves around without a ball to avoid being tagged. Have players count up how many they got and can do the same variations as in the other game by affixing a lot of points to players. (8 minutes)



4) Moving Goal: 2 coaches use a pinnie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by kicking their ball through the goal. However, the coaches constantly move and turn to force the players to keep their head up and to change direction as they dribble. (8 minutes)

5) 3v3 or 4v4 Game: Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete.
REINFORCE the GOOD STUFF! (15 minutes)

Under 6 --- Session Four

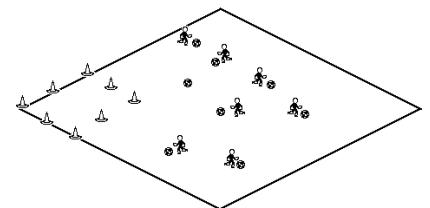
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1) Juggling: Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Have players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. Version 2: Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

2) Paint the Field: Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid. Version 2: Can ask them to paint with only their left foot, then their right foot. (8 minutes)

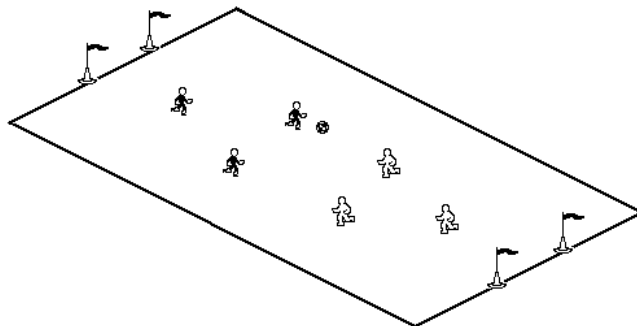
3) Red light/Green light: All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add lights of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

4) Pirate Ship: Set up a 20x20 grid (Pirate ship deck) with a small 6x6 grid (safe shark cage) just in one of the corners of the field. Coach makes up variations and adds them to their pirate ship journey one at a time. Variations on the ship can be: Scrub the deck-players must roll the ball back and forth with the sole of their foot, then coach can ask them to do this while moving all around the Pirate Ship deck. Hoist the sail-players can knock the ball back and forth between their feet (foundation), then dribble all around the Pirate Ship deck as fast as they can. Walk the plank-players must do toe touches on their soccer ball, then dribble all around the Pirate Ship deck as fast as they can. Shark attack-Coach (aka: „Shark”) runs after players and they have to try and dribble their soccer ball into the 6x6 (safe shark cage) before the „shark” catches them. (8 minutes)



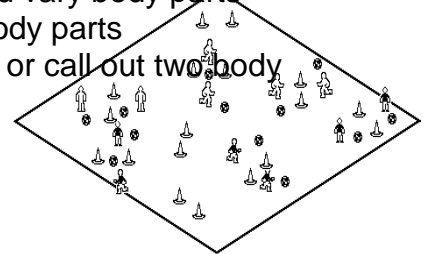
5) 3v3 or 4v4 Game: Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goal keepers. Let the players play and give plenty of positive feedback to them as they compete.

REINFORCE the GOOD STUFF! (15 minutes)



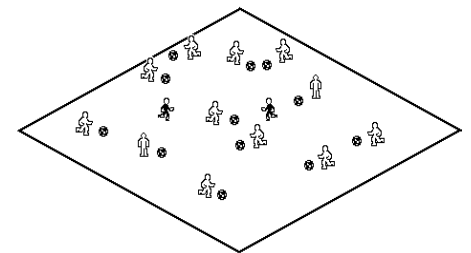
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1) Body Part Dribble: In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (6 minutes)



2) Gates: Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score in 30 seconds and when playing a second time ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this. (8 minutes)

3) Ball Tag: Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player's feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. Can have the players tag the coach for 10 or 20 points. Then can have players tag other selected players for 50 or 100 points etc. etc. Version 2: Rather than having players tag each other; have them tag the coach by kicking their soccer ball. The coach moves around without a ball to avoid being tagged. Have players count up how many they got and can do the same variations as in the other game by affixing a lot of points to players. (8 minutes)

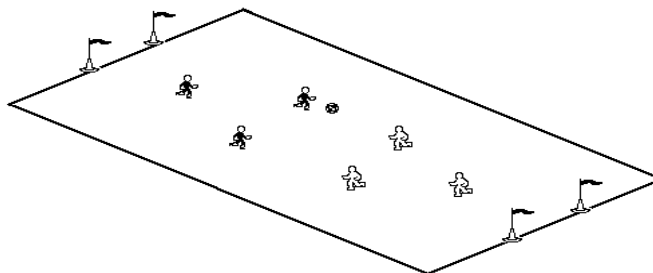


4) Cops and Robbers: Coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops. Variation (If don't have stand-up cones): ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking

their soccer balls at them. Cops must replace the soccer balls on the cones as quickly as possible. (8 minutes)

5) 3v3 or 4v4 Game: Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete.

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Under 6 --- Session Six

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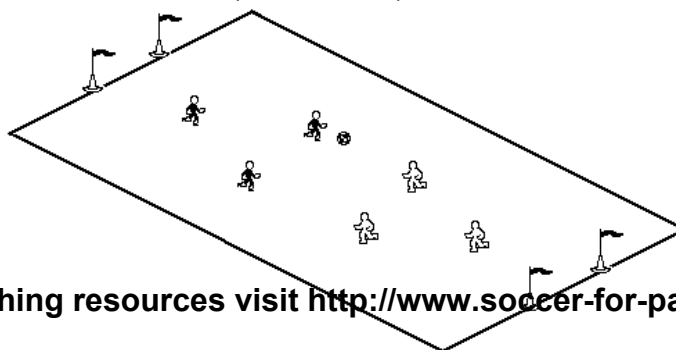
1) Tag: Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. Version 2: Players must tag other players on their knees. (8 minutes)

2) Juggling: Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Have players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. Version 2: Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)

3) Tail Steal: All players tuck a pinnie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked. (6 minutes)

4) Freeze Tag: Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (with ball) try and dribble around and tag other players (who also have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. The way the players can become unfrozen, is if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. Version 2: Freeze monsters can now try and freeze each other by using their soccer ball to „tag“ someone else’s soccer ball or feet by kicking their ball. Version 3: Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion. (8 minutes)

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(8 minutes)

2) Hospital tag: Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body where they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal all the injuries of the little soccer players so they can continue playing the game. (6 minutes)

3) Snake: In an appropriate space, have all players dribble their soccer balls, except for 2-3 players. These players (the snake) hold hands or lock arms and work together to tag the other players. The players with dribbling balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and not break into little parts. Encourage fun by having the snake hiss. (8 minutes)

4) Crab Soccer: Set up a grid roughly 8yd x 10yd. Have 3-4 players inside the grid acting as crabs. These crabs do not have a soccer ball. Other players start at one end of the grid and when the coach says “Go”, they dribble their soccer balls to the other end of the grid. The crabs try to kick their soccer balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs. (8 minutes)

5) 3v3 or 4v4 Game: Separate players into two teams and play a game of 3 against 3 or 4 against 4 without goalkeepers. Let the players play and give plenty of positive feedback to them as they compete.
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Under 6 --- Session Eight

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2) Red light/Green light: All players have a ball and dribble in a limited space (or towards the coach). When the coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

3) Shrek/Spiderman/Spongebob: Place a couple players in pennies and have everyone else get a soccer ball. Set up a 20 yd x 15 yd grid and have the players with soccer balls dribble around in the space. The players in pennies are Shrek (or Spiderman or Sponge Bob, etc.) and try to tag the players who have soccer balls. When players are tagged they go to into the goal (castle, spider net etc. etc.) and can only get back out if a teammate with a ball tags them or the coach uses his/her magic powers to let everyone free. Use any character or images you like for this and make sure all players get a chance to be one of the special characters at some point during every practice. (8 minutes)

4) Cops and Robbers: The coach sets up 8-10 stand-up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks are robbed). Rotate who gets to be cops. Variation (If don’t have stand- up cones): ½ group (cops) take soccer balls and put on top of disc cones. Other ½ of group (robbers) try to knock over those soccer balls by kicking their soccer balls at them. Cops must replace the soccer balls on the cones as quickly as possible. (8 minutes)

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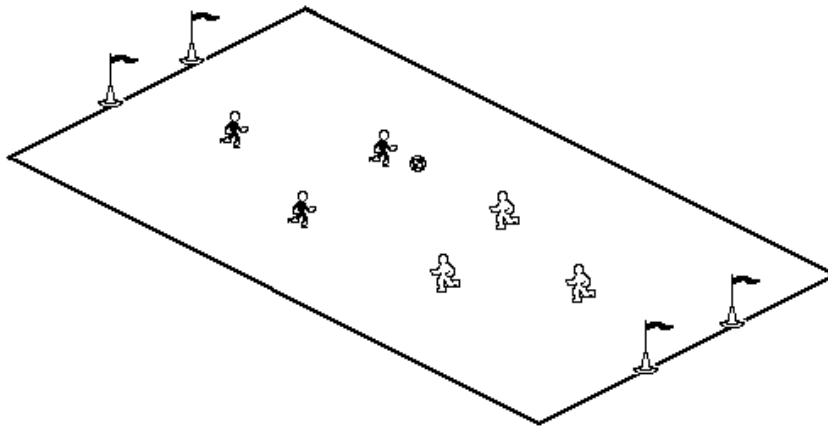
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Further Information

The practice plans provided in this manual are just intended for suggestions. There is a myriad of information available to you on the internet for you to incorporate into your lesson plans. There's always more than one way to skin the cat (apologies to you cat lovers). In fact, the sky's the limit in terms of your creativity with the kids. Here are some suggestions:

Free online videos demonstrating soccer skills:

<http://bigfootsoccer.com/>

http://www.soccertricks.org/soccer_skills.html

<http://www.joesoccer.com>

<http://www.soccerpracticevideoclips.blogspot.com/>

Great websites for lesson plans and skill development:

<http://www.footy4kids.co.uk/> (our favorite)

http://www.mayouthsoccer.org/pages/6_practice_plans.cfm

<http://usyouthsoccer.org>

http://www.ussoccer.com/articless/viewArticle.jsp_280734.html

If you have any questions, please feel to contact Jeff Burke at jrburke9631@sbcglobal.net or call him at 582-3259