



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Soccer Practice Plan

5-6yo & 7-9yo – Week 1

- 1) Team Circle, Introductions, Stretching – 5-7 Minutes – Simon Sez Stretching is a fun thing for these kids.
- 2) Warm Up Activity – 5-10 Minutes – Body Parts(Dribbling) - Give every kid a ball and set up a big square of cones. Let every kid start “moving the ball with their feet” around in the area. Assign body parts to numbers(1 is foot, 2 is knee, 3 is head, 4 is bottom) and when you call out that number, they have to put that part on the ball. Do this for a few minutes to get them working on dribbling and moving around. The littlest ones will think it is pretty funny.
- 3) First Activity – 5-10 Minutes – Red Light, Green Light(Dribbling) – Start all of the kids in a line with a ball. Tell them to dribble to the other line(marked by cones) but they can only move when you say green light and have to stop and put toes on the ball when you say red light. COACHING POINT – Encourage the kids to keep the ball close to them! Remind them that if they kick the ball too far away, they could lose it and won't be able to put their foot on it at red light!
- 4) Second Activity – 5-10 Minutes – Sharks and Minnows(Dribbling/Control/Defense) – Put each kid on the same line with a ball. You are now the shark and they are the minnows. Be silly with this! “Shark is hungry!” and lick your lips. Take it easy on them the first couple of times, then turn up the heat. The object is to run from one line to the next without losing their ball to the hungry shark. Once a kid gets “eaten” they become a shark. Do this a few times but keep every kid involved and try to make sure a different kid wins every time.
- 5) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 6) Third Activity – 10 Minutes – The Gate Game(Dribbling/Control) – Set up a square like the one you warmed up in, but then use the flat cones to create 7 or 8 “gates” within it. Tell the kids to see how many gates they can dribble through in 1 minute. Make sure you time it and continue to encourage them throughout. When the time is up, see how many they got. Start low: “Did anyone get through 5 gates?” “What about 10?” That way, every kid gets to raise his/her hand. Do another round and see if they can top that total. COACHING POINT – Impress upon them that they can use ANY part of their foot to move and to continue keeping the ball close.
- 7) Fourth Activity – 10 Minutes – Coach v Kid(Dribbling/Scoring) – Get an assistant coach or parent to help. Set up 2 “goals” with cones and send a few kids to each goal. The first kid at each goal will start 15-20 yards from the goal and dribble up and shoot. You will play pretty lazy defense but at least give them the idea that you want to try to take the ball from them. This will force them to change direction and try to get around you. Once the child shoots, they go back to the line and the next kid tries. If you have 8 kids, do two stations of 4 kids each. If you have 9 kids you can do three stations of 3 kids each. More repetitions are better. Make it tougher as you go.
- 8) Cool Down – 5-10 Minutes – Passing Circle(Passing/Names) – Get the kids in a circle and you join in too. You start with the ball. Call the name of the person you are passing it to and then knock the ball to them using the inside of the foot. That person will then pick another person to pass to, call their name and send it over. COACHING POINT – Let them practice swinging their foot a few times before you start. Demonstrate without using a ball and let them get comfortable. If they use their toes that is okay, just nicely remind them to use the inside of their foot. This is also a great time to wrap up and ask what they have learned. You can also use this time to come up with a team name!
- 9) Parent Meeting – 5-10 Minutes – Work on getting the snack list filled out, hand out jerseys and talk about expectations. Confirm contact information and give the parents your information.



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5-6yo & 7-9yo – Week 2

- 10) Team Huddle/Jog Around Field – 5-7 Minutes – Go over names; sit and talk about rules for the game Saturday. Take a jog around the actual game field to familiarize the kids with the field. Point out the corner kick spots, as well as the goalie box and the goal kick spot. Also show them the center of the field and make sure they know about kickoff and that the ball goes to the middle after every goal. This will get them thinking about the rules and hopefully help for the games Saturday. Talk to the players about “Respect”!
- 11) Warm Up Activity – 5-10 Minutes – Follow the leader (Dribbling/Change of Direction) - Have each kid get a partner with one ball between the two. One of the partners starts with the ball. They are the leader. The other will follow behind the leader. The leader will dribble all around while their partner will try to keep up with them and follow what they do. Try to get the player dribbling to keep the ball close to them as well as changing directions. This will be a fun way for the kids to work on their dribbling skills!
- 12) First Activity – 5-10 Minutes – Freeze Tag (Dribbling) – All the kids should have a ball except for one or two who are the freeze monsters! The freeze monsters run around trying to tag the others who are dribbling around trying to get away! When the players get tagged they must sit on their ball, until everyone is tagged. Then you can start over with different people being the freeze monsters. This will work on field awareness, speed dribbling, and control with the ball. (Variation 2: Players can unfreeze each other by tagging them. Variation 3: Players can unfreeze each other by kicking the ball through their legs)
- 13) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 14) Second Activity – 5-10 Minutes – Relay Races (Dribbling/Control) – Set up two start cones that are even with each other. Then about 30 yards out put two more cones that are even with the start cones. Split the kids into two different teams; get them lined up on the start cones. The first race will be without the balls, running one at a time they will race against each other to run around the far cone and back. Do this several times then add the ball to it. COACHING POINT: They must keep the ball close and dribble as fast as they can around the cone and back. Encourage them to use any part of the foot but to keep the ball within a step or so of their bodies. Do this several times until they get the hang of it. Competition will make this a more energetic game.
- 15) Third Activity – 10 Minutes – 1 vs. 1 (Offense/Defense/Shooting) – Split up the kids into two groups. Have half of the kid’s line up on one goal post, and the other half on the other. You stand with the balls in the goal. The first kid in line on both sides must be touching the post, you will then roll a ball out in the middle of the two players. As soon as you roll the ball both players can run after it. They will then have to turn it around and compete with each other to score. This will simulate game situations for Saturday.
- 16) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities
- 17) Fourth Activity – 10 Minutes – Goalie Training- Show the kids the goalie box and go over the rules for the goalies. Have each kid practice playing goalie while you take a few shots on them. Also have them practice taking goal kicks as well as throwing the ball out. Remind them that when they are goalie they can only use their hands when they are in the box!
- 18) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play for the rest of practice. You can use a parent or two as passers if you need more players.
- 19) Parent Meeting – 5-10 Minutes – Get any new parents to fill out the snack list, and confirm their contact information. Pass out schedules and remind parents of the game time for Saturday. Also, take note of anyone not at practice and contact them about Saturday’s game.



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5-6yo & 7-9yo – Week 3

- 20) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk about the game this past weekend. Make sure everyone had fun, and go over with the kids individually all the good things they did Saturday. Also maybe mention some of the rules that maybe they forgot to follow and then some things that maybe they could focus on doing better the next game. Talk to the players about “Sportsmanship”! After that get the kids to spread out and begin a warm up! Have them do jumping jacks, running in place, skipping around, jumping, lunges, etc. Get them pumped up and ready to have a good practice!
- 21) Warm Up Activity – 5-10 Minutes – Kick and Chase (Dribbling) – Have everyone get a ball as well as yourself. Kick your ball far away in one direction and have your kids, as fast as they can, dribble their ball to that ball. Get them to focus on keeping their ball close to them, while still going as fast as they can. Make it a race to see who can get there the fastest. Do this a couple of times. And the final time kick the ball into the goal and have all your players dribble and then score their ball into the goal.
- 22) First Activity – 5-10 Minutes – Knock Down (Dribbling) – Set out a bunch of tall cones all over the field. Have everyone but two people have a ball. The ones with the balls are going to try to knock over all the cones around the field. But at the same time, the two that do not have a ball, are running around picking up any knocked over cones and setting them back upright! Make it a competition between the people with balls and the ones without. When all the cones are finally knocked over, play the game again but switch the ones without the ball! Do this a couple of times. ALTERNATIVE: The players without the balls can also play defense and kick the balls away from the offensive players, while still trying to pick up the cones.
- 23) Second Activity – 5-10 Minutes – Hot Potato Passing (Passing) – Get all your kids in a big circle. And get one ball and the coach starts with it. The object is to pass the ball around the circle but not always passing it to the person beside you. Try to get them to pass it as fast as they can but making good passes at the same time. Once they get the hang of it go for about 20 seconds and whoever has the ball when you call time is out and must cheer on the rest of the team.
- 24) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 25) Third Activity – 10 Minutes – 1 vs. 1 Number Game (Offense/Defense/Shooting) – Assign a number to each one of the kids and have them line up along the goal. Call out two numbers and throw a ball out. The two kid’s numbers you call out will run out and play 1 vs. 1 until one of them scores. Play this as many times as you can and mixing it up each time so that each person goes against each other.
- 26) Fourth Activity – 10 Minutes – Red Light/Green light- Start all of the kids in a line with a ball. Tell them to dribble to the other line(marked by cones) but they can only move when you say green light and have to stop and put toes on the ball when you say red light. COACHING POINT – Encourage the kids to keep the ball close to them! Remind them that if they kick the ball too far away, they could lose it and won’t be able to put their foot on it at red light! It is good to refresh these basic dribbling skills throughout the season.
- 27) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play. COACHING POINT: Use what they learned today and encourage them to put it into the game.
- 28) Parent Meeting – 5-10 Minutes – Remind parents of the upcoming schedule. Follow up on the snack list and any other reminders.



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Soccer Practice Plan

5-6yo & 7-9yo – Week 4

- 29) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk about the game this past weekend. Be sure to talk about the positive aspects of the game and congratulate your players on their hard work, as well as let them know that they are doing a good job. The word of the week is positive attitude, so be sure to define what it means to have a positive attitude and ensure that they have a positive attitude at practice, as well as games. For a warm up play follow the leader without the ball and the coach being the leader. Start off with a jog and have them follow you around. Do other warm up activities such as skipping, hopping, lunges, stretches, and so on. This is a fun way for the players to get a proper warm up but to also get them listening to you as a coach.
- 30) Warm Up Activity – 5-10 Minutes – Body Parts Dribbling (Dribbling) – Give every kid a ball and have them stay in a small area of the field. Have every kid dribble around the area, keeping the ball close to them and trying to not run into anyone else. Call out different body parts (foot, head, elbow, knee, and bottom) and when you call out these body parts the players have to put that body part on the ball. Repeat this several times, mixing the order up of the body parts and just making it fun for the kids while they work on their dribbling skills.
- 31) First Activity – 5-10 Minutes – Ouch! (Dribbling, Looking up) – Have all the players get a ball. The coach jogs around the playing area and the players try to kick their balls and try to hit the coach. Every time the players hit the coach they get a point. The coach should yell ouch each time they are hit to make the game fun. If the players are struggling to hit you then stop for a couple seconds and stand still. This is a great game to encourage players to get their heads up and look for the coach while they are dribbling, as well as working on a proper striking technique.
- 32) Water Break – 1-2 Minutes – During the break, be setting up for your next activities.
- 33) Second Activity – 10 Minutes – Partner Passing - Demonstrate a proper pass with a parent or assistant coach. This should be done using the inside of your foot and following through with your foot towards where you are passing it to. The person receiving the ball should trap the ball, and pass it back. Continue doing this for a while, after about 5 minutes have the players switch partners to mix it up a little.
- 34) Third Activity – 5-10 Minutes – Sharks and Minnows- Put each kid on the same line with a ball. You are now the shark and they are the minnows. Be silly with this! Say “Shark is hungry!” and lick your lips. Take it easy on the first couple of times, and then turn up the heat. The object is to run from one line to the next without losing the ball to the hungry shark. Once a kid gets “eaten” they become the shark. Do this a few times but keep every kid involved and try to make sure a different kid wins every time.
- 35) Fourth Activity – 10 Minutes – Shooting a Rolling Ball – With this drill set up a cone in the middle of the goal about 10-15 yards out, and line up the kids at this cone. You will have all the balls at the goal mouth. You will then roll the ball out to the first player in line, have the players strike the ball first time. This gets them used to kicking a rolling ball and makes for a more game like situation. COACHING POINT- Encourage the kids to strike the ball with the inside of their foot or their laces and not their toe.
- 36) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play.
- 37) Parent Meeting – 5-10 Minutes – Remind parents of the upcoming schedule. Follow up on the snack list and any other reminders.



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5-6yo & 7-9 yo – Week 5

- 38) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk to the kids about the game this past weekend! Ask them if they had fun, and talk to them about the good aspects of the game you saw. Get them involved and ask them what they thought they did well at this weekend. Ask them if they have any questions about soccer or any of the rules. Also be sure to talk about the word of the week which is caring. For warm up have them run in place, do jumping jacks, shake it out, and stretch.
- 39) Warm Up Activity – 5-10 Minutes – Follow the leader (Dribbling) – Have everyone get in a line, you will be the leader. Have them follow you as you jog around the field. If you jump they must jump; if you reach down and touch the ground they must do it. Keep doing this making up other actions the kids can do. Some others include spinning in a circle, hopping on one foot, jumping up for a header, etc. COACHING POINT: You can use the lines on the field as well. These will help you as you change direction at right angles and whatnot.
- 40) First Activity – 5-10 Minutes – Tag (Dribbling/Control) – Every child has a soccer ball and they dribble around in a defined area. While dribbling they should try to tag other players with their hand. Players cannot leave their own ball to tag someone; the ball has to stay close to them. Ask them to keep track of how many people they tag. Play this a couple of times and ask them how many tags they got. COACHING POINT: Encourage them to tag more people than they did the first time. This is a small and attainable goal!
- 41) Second Activity – 5-10 Minutes – Gates (Dribbling/Control) – Set up as many pairs of cones (gates) all around the field as you can. Players each have a ball and must dribble through the gate in order to score. Players must count as many goals as they got. Play this several times, encourage them to keep their heads up to avoid running into anyone. You can vary this drill by asking them to only use their left foot, or just their right foot.
- 42) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 43) Third Activity – 10 Minutes – Tunnel Game (Passing) – Have everyone get a partner with one ball between the two. One player stands with his legs spread apart, the other player has the ball and tries to pass the ball through their partner's legs. They take turns trying to score points passing through each other's legs. Have them practice for a while and then make it a competition to see which group can pass it through 5 times. Play this for a while until they start to get the hang of it. COACH POINT: Encourage them to pass with the inside of their foot.
- 44) Fourth Activity – 10 Minutes – Pass and Shoot – Set up two lines of your players facing the goal and even with the goal posts. One side has all of the balls. The first player up in line passes the ball to the first person in the other line. That person then dribbles the ball towards the goal and shoots. Have them switch lines after they go so that every kid gets to shoot. Have them focus on making good passes to their teammates and also dribbling as fast as they can to score. This will help them understand using teamwork to score a goal. VARIATION: Move the lines back 15-20 feet and require that each pair makes 2-3 passes before scoring. Work on accuracy.
- 45) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play for the rest of practice. COACHING POINT: Make sure you use what you learned during practice in the scrimmage. For instance, the Pass and Shoot drill teaches the kids that making the extra pass helps the team score a goal. Have a rule that a team must complete 2 passes before they are allowed to score to encourage the passing behavior!



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- 46) Parent Meeting – 3-5 Minutes – Remind parents of the game time for Saturday, encourage them to practice at home, and remind whoever is in charge of snacks for the weekend. Don't forget to send a follow up email on Thursday or Friday!

Soccer Practice Plan

5-6yo & 7-9yo – Week 6

- 47) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk to the kids about the game from this past weekend. Go over what they did well and where they were challenged. Talk about the word of the week, “Responsibility”! Warm up with a game of red light green light, but this time play without the soccer ball and ask the kids to run as fast as they can when you say green light. Play a couple of times so the kids can get warmed up and ready for a great practice.
- 48) Warm Up Activity – 5-10 Minutes – Fun Activity (Dribbling) – Line up all the balls on one side of the field and have the kid's line up across from the balls on the other side of the field. Have each kid do five jumping jacks, and then run as fast as they can to a ball across the field. Have them dribble it as fast as they can back to the other side. Do this a couple of times and change the beginning activity. You can do things like snow angels on the ground, crab walk, lay down, etc. Do this a couple of times and on the last time have them run and get their ball and shoot it in the goal.
- 49) First Activity – 5-10 Minutes – Cone Dribbling (Dribbling/Shooting) – Set up a line or two of cones that are in front of the goal and have the kid's line up with a ball. Have them dribble through the cones as fast as they can, encouraging them to work on keeping the ball close to them and avoid touching any of the cones. Then have them shoot once they get to the last cone. VARIATION: Put a goalie in to make it tougher. COACHING POINTS: Remind them to stay with the ball and to regain control if they lose it. Encourage them to aim for the corners of the goal to make it harder for the goalie to stop it.
- 50) WATER BREAK – 1 Minute – During the break, set up your next activities.
- 51) Second Activity – 5-10 Minutes – Partner Passing (Passing) – Demonstrate a proper pass with a parent or assistant coach. Show using the inside of the foot and making a proper strike on the ball. Pair the kids up and have them practice passing AND trapping the ball. This could get a little sloppy, so have another parent or assistant help you keep the balls in. COACHING POINT: Only do this for a few minutes. You can change partners after a moment or two to change it up. Talk to the team afterwards to point out that good passes make soccer easier and the importance of passing.
- 52) Third Activity – 5-10 Minutes – One Pin Bowling (Passing/Shooting) – Set up a tall cone across from every kid. The goal of this game is for the kids to knock over the cone across from them. Working on aiming and passing/shooting at the cone to knock it over. Get all the kids to go at the same time and keep going until one kid gets to five. Try to give every player some encouragement and assistance throughout the drill.
- 53) Fourth Activity – 5 Minutes – Clean your Room – Set up a square grid with a line down the middle. Split your players into two teams, one on each side of the line inside the grid. Put all of your balls on the center line. The object is for the team to have fewer balls in their “room” than the other when the time runs out. Do 1 Minute and you and your assistant can try to help keep the balls inside the grid. COACHING POINT: This is FUN and is also teaching the kids to be aggressive and active. Don't get too bogged down in trying to “coach” them at this. Go for a few rounds before wrapping up.
- 54) WATER BREAK – 1 Minute
- 55) Fifth Activity – 5-10 Minutes – Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play for the rest of practice.



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- 56) Parent Meeting – 5 Minutes – Remind parents of the game time for Saturday, announce who has snack duty, and encourage the kids to practice at home too. Remember to follow up with any players that did not show up for practice.

Soccer Practice Plan

5-6yo & 7-9yo – Week 7

- 57) Team Huddle/Warm up Exercises – 5-7 Minutes – Talk to the kids about the game this past weekend. Have a conversation about the past game, get them involved and ask them what they thought they did well. Talk about “Honesty”! Jog around the track/field once to get the juices flowing.
- 58) Warm Up Activity – 5-7 Minutes – Snake (Dribbling) – All players dribble the soccer ball in a set area, except for two players. Those two players will hold hands or lock arms to create a snake. The snake runs around and works together to “tag” the rest of the players who are dribbling around by kicking their balls away. Once a person is tagged they are now a part of the snake as well. Try to keep the snake together and not get separated. Play until everyone is tagged. Have the players dribbling keep the ball close to them and shield it with their body.
- 59) First Activity – 5-7 Minutes – Paint the Field (Passing) – In a designated area have your players get a partner and a ball. Explain to them that the soccer ball is a paint brush and where ever it rolls it will paint the field. The goal of this game is to work together with their partner and paint as much of the field as they can in a set time. COACHING POINT: If the kids just stay stationary passing the ball back and forth, they will not paint much of the field. Instead, have them pass, and then move to another open space avoiding other pairs.
- 60) Second Activity – 5-7 Minutes – Lose Your Shadow (Dribbling/Control) – Have your players get a different partner. One partner will have the ball and will dribble around and try to lose their shadow which is the other player. The player without the ball should run around trying to keep up with the person with the ball. After a set time switch between leader and shadow. COACHING POINT: Have the player following work on staying right at the dribbler’s back or side. This is similar to playing good defense during a real game, so you are teaching both controlled dribbling as well as defensive pressure. Just being there beside the offensive player can create turnovers.
- 61) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 62) Third Activity – 10 Minutes – Enemy at the Gates (Spacing/Passing) – Set up a handful of gates around the field. Split up the players into two teams. Each team has a ball and works together to pass through as many gates as they can in a minute. Do this a couple of times and after the teams get comfortable passing through the gates take one of the balls out and play a competitive game with only one ball. COACHING POINT: Talk to the kids about locating themselves in areas where they can make easy passes and get the ball easily through the gates. This game would be a great time to talk about not huddling up as a group and staying spread out.
- 63) Fourth Activity – 5-7 Minutes – Follow the Orange Brick Road – Set up a bending line of cones in front of the goal. At the end of the line have a parent or coach play goalie. Each player dribbles in and out of the cones and then tries to score in the goal. Set up two lines of cones so that kids don’t have to wait in line much. By the time they get back in line, they only have to wait a minute to do it again. While parents are being goalies, you can be giving tips to players on what you saw and how they can improve.
- 64) WATER BREAK – 1-2 Minutes – During the break, be setting up for your next activities.
- 65) Fifth Activity – 10 Minutes – Controlled Scrimmage – Using two goals (if available) or make two goals using cones, get a game going. Split up the kids into two groups and just let them play for the rest of practice. COACHING POINT: During this scrimmage, use your whistle to “Freeze” play from time to time and show your players where they have opportunities to spread out and to incorporate



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some of the passing/spacing skills you went over at practice.

- 66) Parent Meeting – 5 Minutes – Remind parents of the game time for Saturday, snack responsibilities, and information about any make up games. Follow up with an email shortly afterwards.