



Practice Plan

Author: Phil Johnson, MYSA

U6 - Session #8

Activity: 1. Ballnastics	Diagram
<ul style="list-style-type: none"> ◆ Each player with a ball in their hands. ◆ Gather around the coach. ◆ Hold the ball as high as you can, as low, with one hand, without your hands. ◆ Roll the ball around on the ground. Roll it around your foot, both feet. ◆ Bounce the ball off knee, off the ground, off foot. ◆ Dribble the ball with feet. Use tiny steps, happy feet. 	

Coaching Points:

Activity: 2. Bring The Ball Back to Me	Diagram
<ul style="list-style-type: none"> ◆ Circle the Coach. Each player has their ball in hands. ◆ Give ball to coach as they give their name. ◆ Coach tosses ball out and away. ◆ Each player brings their ball back as fast as possible. ◆ Bring Ball Back: without hands, touching 3 parts of their body, hidden, between your knees, dribbling. 	

Coaching Points:

Activity: 3. Category Dribble	Diagram
<ul style="list-style-type: none"> ◆ Each player with their ball, dribbling around the coach. ◆ Call out a category like favorite ice cream flavor. ◆ All the same favorites quickly run to each other and make a group of "chocolate", "cookies and cream", etc. ◆ Dribble again and call out other categories. ◆ Favorite color, cartoon, cereal, fast food, pets, etc. 	

Coaching Points:

Activity: 4. Walk The Dog	Diagram
<ul style="list-style-type: none"> ◆ "Let's take the dog for a walk", dribble the ball. ◆ Add to the story. Put on a leash. The dog is running. He stops to check a rabbit hole, he chases a cat, he stops to get a drink of water, oh, oh, the dog catcher stops to check his tags, no he's running home and you put him into the kennel [goal], etc. ... 	

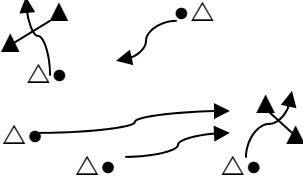
Coaching Points:

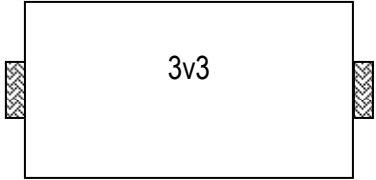


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Activity: 5. Moving Goals	Diagram
<ul style="list-style-type: none">◆ Players are standing on the touchline.◆ Adults are holding a vest outstretched between them.◆ Ideal: set up two of these goals.◆ This is a goal. Players on signal "go" run out to score on these goals.◆ Start without ball, then roll the ball through the goals, then pass the ball through goal with a short foot pass.◆ Have targets walk slowly around for players to dribble to and shoot.	
Coaching Points:	

Activity: 6. 3v3 Game	Diagram
<ul style="list-style-type: none">◆ Play a 3v3 game to two pug goals. No keepers.◆ When ball goes out of bounds, coach throws another ball into play.◆ Avoid chasing the balls out of bounds. When you run out of soccer balls, everyone goes to collect them.◆ Manage the subs frequently.	
Coaching Points:	