

Practice Plan: Dribbling/Passing Time 45 min.

Rules Of The Road

Red light, green light

- Green light: Dribble under control
- Red light: Stop with foot on
- Yellow light: Slow or if ready dribble backwards
- If anyone "crashes" they have to bring their truck to the garage and fix it
- Gas station: Tap the ball back and forth with the inside of the feet to fill the gas tank
- Add more ideas

Time 10 minutes

Setup

Field/space 20x20

Each player has a ball and gets to pick what kind of construction vehicle they are

Progression

1) Add parents as the rats on site who will try to steal the ball
To keep the rats away do 5 toe touches on the ball

Coaching Points

Practice our soccer skills at the construction site

Red, yellow, green light commands with players dribbling in the grid

Eyes up, looking at where you are going

Keep the ball close and under control

Water Break

Clear The Construction Yard

Think back on last weeks "drag back turn"

Time 10 minutes

Setup

Field/space 20x20

3 or 4 equal teams located at the corners of the grid

As many cones as you have in the center of the grid

Make sure there is a demonstration of dribbling in, picking up a cone, doing a turn, and dribbling back to your line

Coaching Points

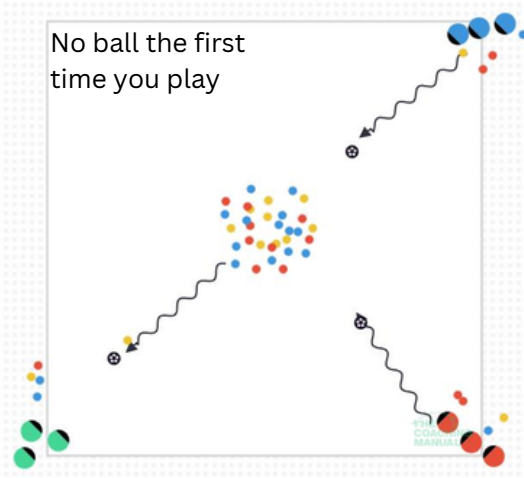
Keep the ball under control but dribble quickly

Each team wants to collect as many cones so you need to dribble fast

Teams count their cone pile at the end

Drag back turn

No ball the first time you play



Water Break

Practice your Passing

Time 4 minutes

Setup

Parent and child team up

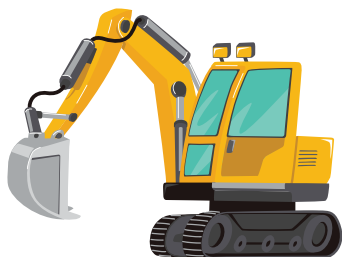
One ball between them

3 to 4 yards apart

Coaching Points

Take at least one step forward when striking the ball

Inside of foot? Laces? At this age however they find success is the way to go



Wrecking Ball

Passing at a moving target

Time 10 minutes

Setup

20x25 yd field with small goals
Each player will have a turn to run through the construction site
Get in your dump truck and run down the alley and pick up a cone and run back. Stop each time to let players collect their balls

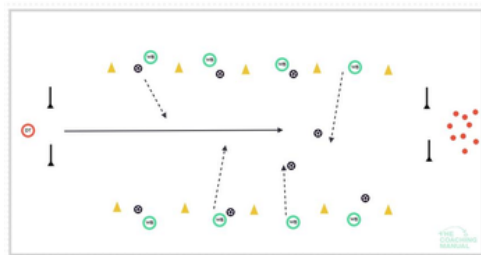
The passers will take a position on the outside of the alley and pass the ball trying to hit the dump truck

Coaching Points

Here's your chance to coach passing individually with players who may not grasp this skill

Make sure everyone get a chance by stopping after a child gets up to three cones

Don't blast it! Pass it on the ground and hit those tires



Water Break

Game Time

Play a game every session

Time 12 minutes

Setup

20x25 yd field with small goals
3v3
Game should start quickly
When rolling ball back in, ask "who's open?" and give the ball to a player in space

Coaching Points

No need to over-coach

Keep your commands simple and positive

Keep any coaching points to the lessons worked on today

Drag back turn
Stay under control
Find some open space

Not ready for 3v3? Go back to a simpler game from past weeks

Homework

Passing

- Encourage parents and kids to take a few minutes this week and pass outside to practice!

