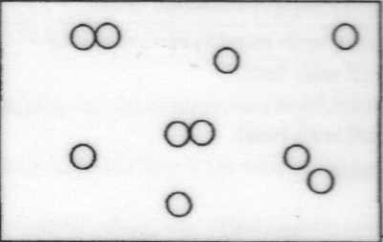
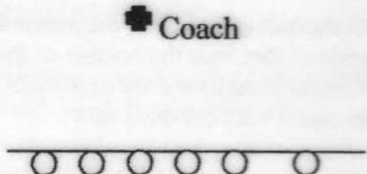
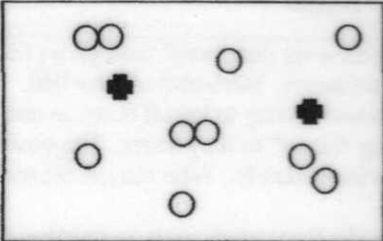
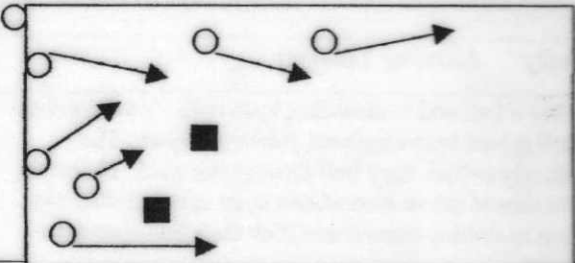
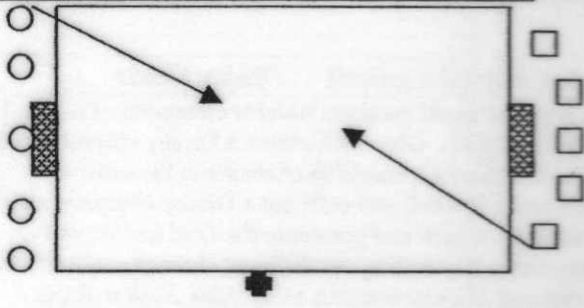


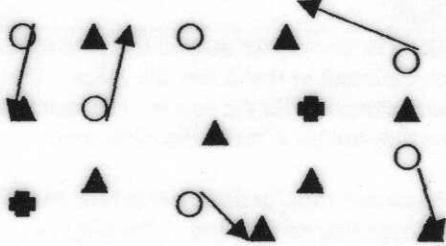
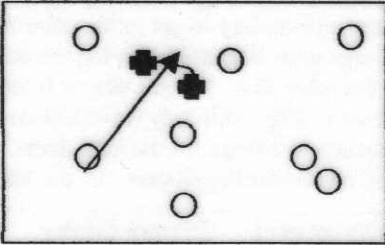
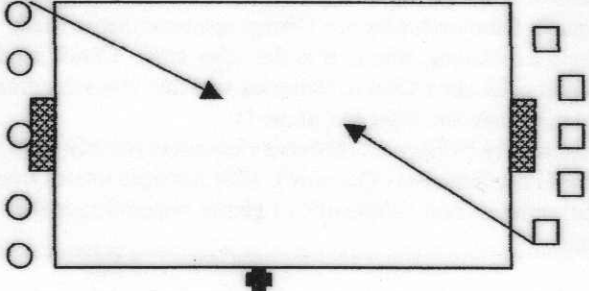
# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 1

|   |  |
|---|--|
| <p><b>1<sup>st</sup> Activity (warm-up) <i>Greetings Game</i></b></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.</p> <p>Progressions: Add dribbling</p>   |    |
| <p><b>2<sup>nd</sup> Activity <i>Red Light, Green Light</i></b></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.</p> <p>Progressions: Add a ball. The coach can move around to make the game more challenging.</p>  |    |
| <p><b>3<sup>rd</sup> Activity <i>Ouch!</i></b></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>   |   |
| <p><b>4<sup>th</sup> Activity <i>Frog Attack</i></b></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.</p> <p>Progressions: Add a ball (for the players, not the frogs)</p>  |  |
| <p><b>5<sup>th</sup> Activity (the game) <i>Disney Game</i></b></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |

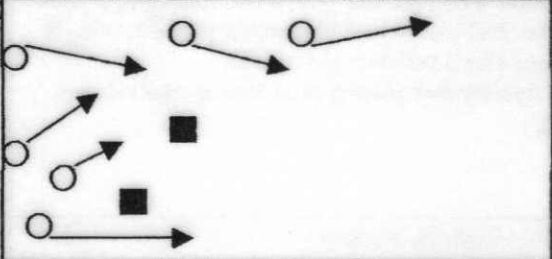
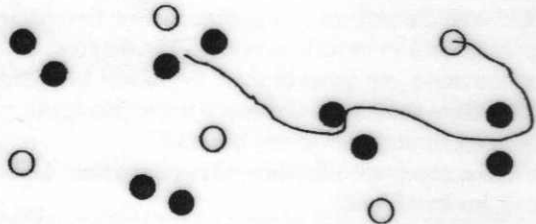
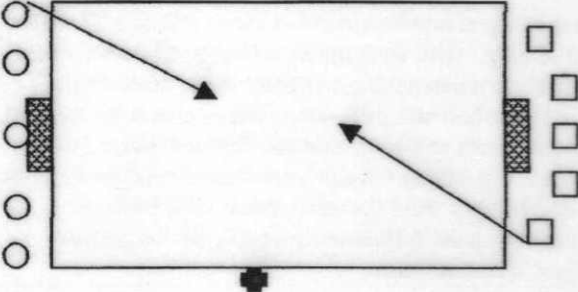
# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 2

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. <span style="float: right;">Improvise, age appropriate</span></li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Bingo</i>   |   |
| <p>A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling "bingo" as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?</p> <p>Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.</p>   |  |
| 4 <sup>th</sup> Activity <i>Moving Targets</i>  |    |
| <p>Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>  |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |

# South Kitsap Soccer Club Academy Sessions

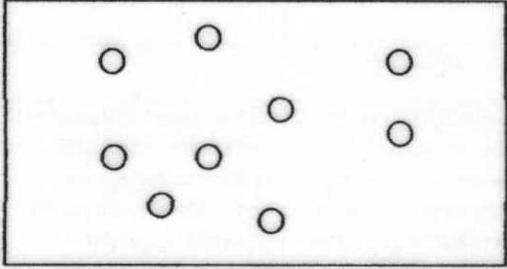
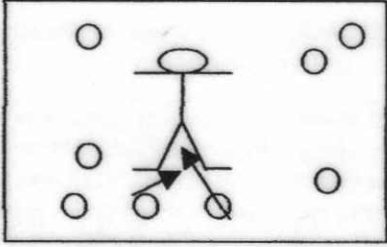
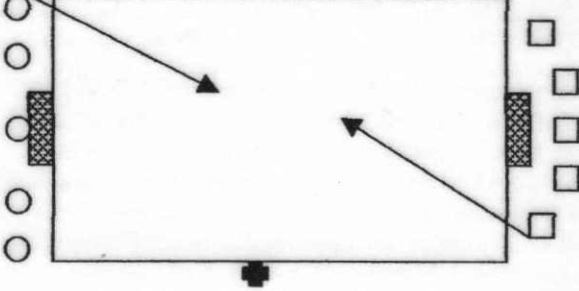
## Practice Plan Week 3

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>   | Coaching Points   |
|--|---|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. Improvise, age appropriate</li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.<br/>High energy from coach brings high energy from players.<br/>Head up<br/>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>   | Coaching Points   |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>   | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.<br/>Head up<br/>Balls of feet<br/>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Frog Attack</i>  |   |
| <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.<br/>Progressions: Add a ball (for the players, not the frogs)</p>   |   |
| 4 <sup>th</sup> Activity <i>Dribbling Maze</i>   |   |
| <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.<br/>Progressions: Each player has a ball.</p>   |   |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>   |   |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.<br/>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |   |



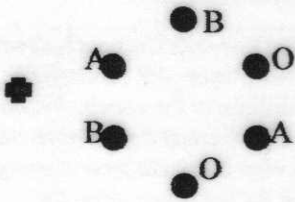
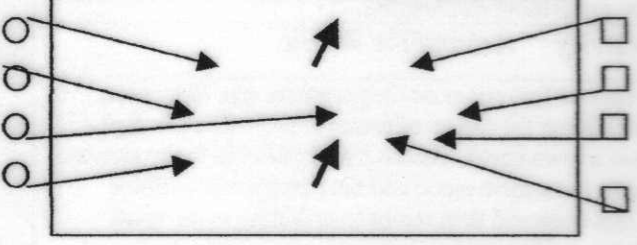
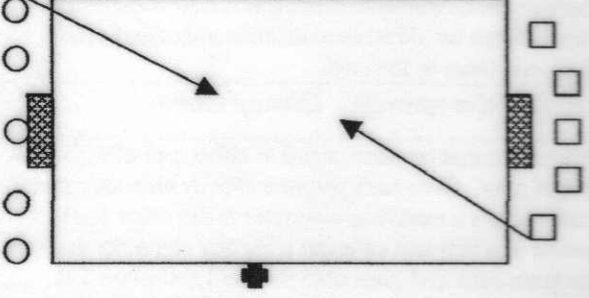
# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 4

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6.                      Improvise, age appropriate</li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Bumper Cars</i>   |   |
| <p>All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p> <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>  |  |
| 4 <sup>th</sup> Activity <i>Tunnel Soccer</i>   |    |
| <p>Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots or so the coach moves on again.</p> <p>Who can score the most points in one minute?</p> <p>Progressions: The coach specifies how the players must kick the ball (laces, inside of foot).</p>   |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |

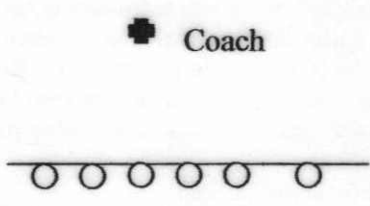
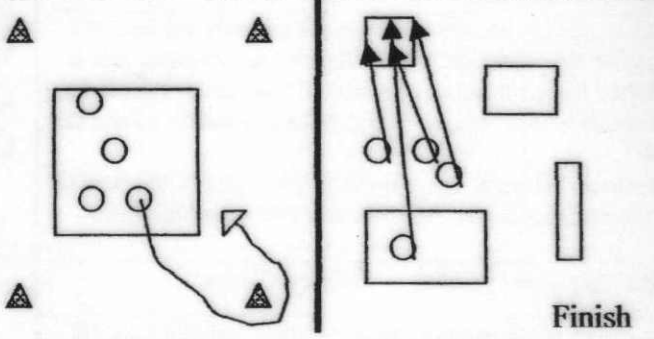
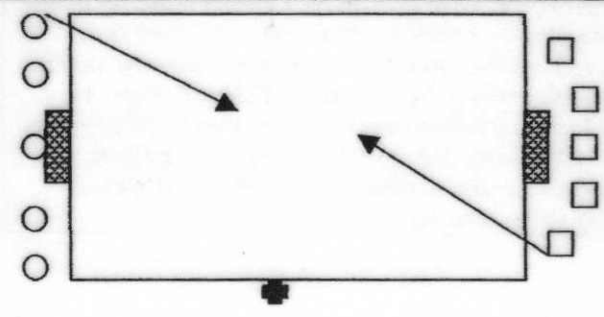
# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 5

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. <span style="float: right;">Improvise, age appropriate</span></li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>(Fruit Salad) 1,2,3 All or 10</i>   |   |
| <p>The coach makes a circle with cones; each player needs to stand by a cone (there should not be any extra cones, just one for each player). The coach assigns a fruit name to each player (apple, orange, banana). The coach calls out a fruit name and any player who has that fruit name must run to a different cone. When the coach yells fruit salad every player must run to a different cone.</p> <p>Progressions: Add a ball for each player.</p>   |  |
| 4th Activity <i>Cross the Bridge</i>  |    |
| <p>Divide the players into two groups, one on each end line of a field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?</p> <p>Progressions: Slide the cones towards the center of the field to make the bridge shorter. Add a bridge keeper to kick balls away.</p>   |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |

# South Kitsap Soccer Club Academy Sessions

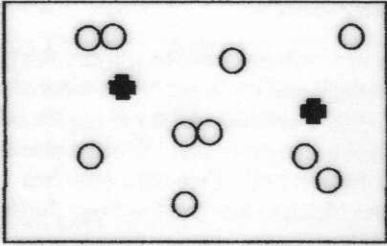
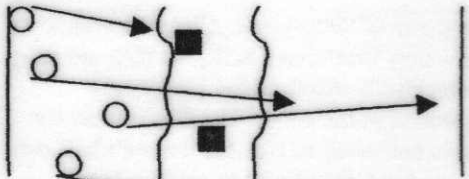
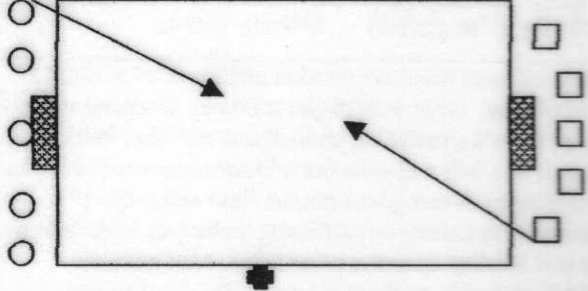
## Practice Plan Week 6

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. <span style="float: right;">Improvise, age appropriate</span></li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3rd Activity <i>Red Light, Green Light</i>  | <div style="text-align: center;">  <p>Coach</p> </div>  |
| <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.</p> <p>Progressions: Add a ball. The coach can move around to make the game more challenging.</p>  |  |
| 4th Activity <i>Around the World</i>  | <div style="display: flex; justify-content: space-around; align-items: center;">  </div>   |
| <p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area.</p> <p>Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.</p> |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time</p>  |  |



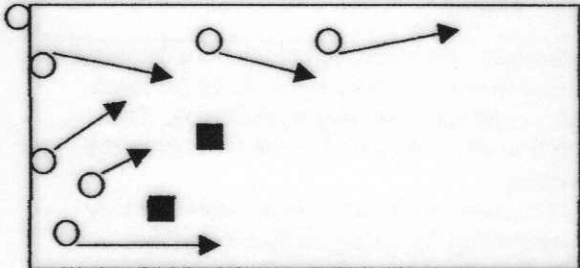
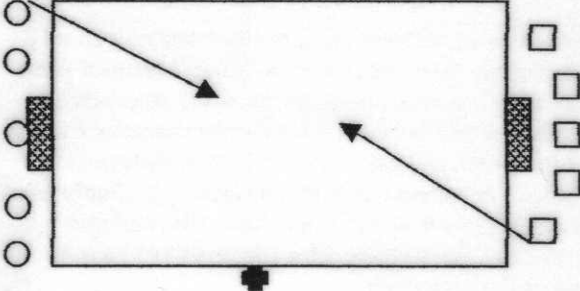
# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 7

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>   | Coaching Points  |
|--|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. <span style="float: right;">Improvise, age appropriate</span></li> <li>7.</li> </ol>  | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>   | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>   | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Ouch!</i>  |   |
| <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>   |  |
| 4th Activity <i>Cross the Ohio River</i>   |    |
| <p>The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places.</p> <p>Progressions: Add a ball for the boaters.</p>  |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>   |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end).</p> <p>Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |

# South Kitsap Soccer Club Academy Sessions

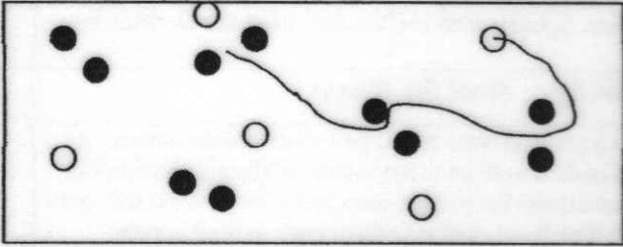
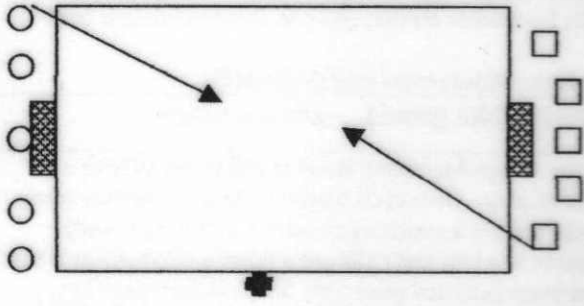
## Practice Plan Week 8

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. <span style="float: right;">Improvise, age appropriate</span></li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Frog Attack</i>   |   |
| <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.</p> <p>Progressions: Add a ball (for the players, not the frogs)</p>   |  |
| 4 <sup>th</sup> Activity <i>Sharks and Minnows</i>  | <p>When someone is trying to stop their ball from being taken away, Can they keep their body in between the ball and the defender?</p> <p>Can we spin away from pressure (a defender)?</p>   |
| <p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won't have balls, but they are on the prowl for someone else's. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else's ball away or kick the person's ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>  |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |



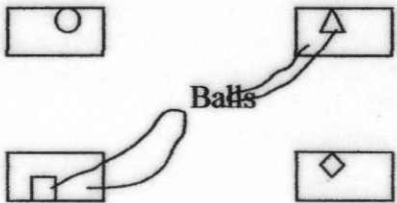
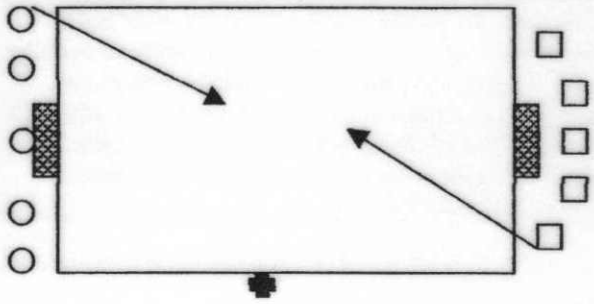
# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 9

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6.                      Improvise, age appropriate</li> <li>7.</li> </ol>   | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Shadow Running</i>  | <p>■ Stretching can be added to this game</p>  |
| <p>Everyone has a pair again. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. The person can stop to stretch, change direction, pretty much whatever they want. Play for 20 seconds at a time.</p> <p>Progressions: Add a ball for each player.</p>   |  |
| 4 <sup>th</sup> Activity <i>Goal Chase</i>  |    |
| <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>   |  |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |    |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |  |

# South Kitsap Soccer Club Academy Sessions

## Practice Plan Week 10

| 1 <sup>st</sup> Activity (warm-up) <i>Number Box</i>  | Coaching Points  |
|---|--|
| <p>Dribbling in the square with numbered commands</p> <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> <li>5.</li> <li>6. Improvise, age appropriate</li> <li>7.</li> </ol>  | <p>Make sure your players are always moving when not performing a command.</p> <p>High energy from coach brings high energy from players.</p> <p>Head up</p> <p>You can increase difficulty with added moves such as top taps.</p> |
| 2 <sup>nd</sup> Activity <i>Foot Skill Drill</i>  | Coaching Points  |
| <p>While standing with the ball at their feet, the player touches the ball with the inside of foot then the outside of the foot, then the top of foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>  | <p>It is very important that your players do this correctly, because it is the building block of all their skills in soccer.</p> <p>Head up</p> <p>Balls of feet</p> <p>Small touches</p>  |
| 3 <sup>rd</sup> Activity <i>Coconut Shy Game</i>  | Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?   |
| <p>Everyone pairs up and stands 10 yards apart; one of the players needs a ball. In between the players is a ball on top of a disc cone. The players pass the ball back and forth trying to knock the ball (coconut) off of the cone. The person who knocks the ball off the cone puts in back on while the other person retrieves the game ball. Which pair can score the most points in a minute?</p> <p>Progression: Specify what surface they must use to strike the ball.</p>  |  |
| 4 <sup>th</sup> Activity <i>Steal the Bacon</i>   |  |
| <p>Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)</p> <p>Progressions: Players must dribble the balls.</p>  |    |
| 5 <sup>th</sup> Activity (the game) <i>Disney Game</i>  |  |
| <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p> |    |