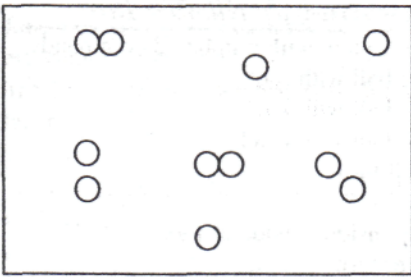
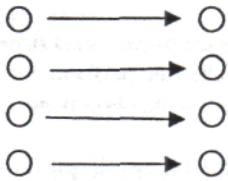
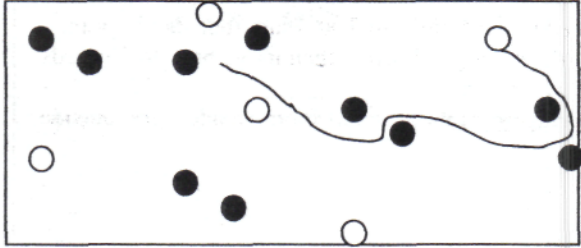


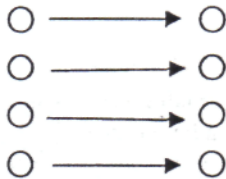
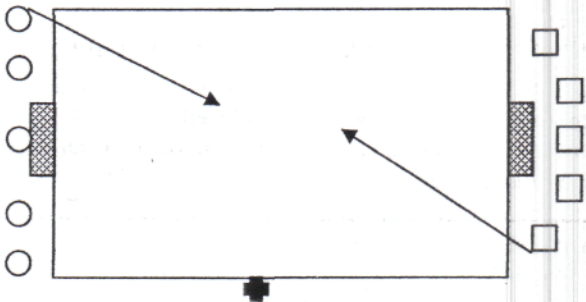
# South Kitsap Soccer Club Academy Session U7/U8

## Practice Plan Week 1

<p><b>1<sup>st</sup> Activity (warm-up) Greeting Game</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. Progressions: Add dribbling.</p>	
<p><b>2<sup>nd</sup> Activity Foot Skill Drill</b></p> <p>While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>	<p><b>Coaching Points</b></p> <p>It is very important that your players do this correctly, because it is the building block of all their skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
<p><b>3<sup>rd</sup> Activity Passing</b></p> <p>A ball between 2 players. Players start 5 yards apart and pass back and forth. Players use inside of foot, toe pointed up, and ankle locked. Plant foot should point towards the target. Players then move back to 10 yards apart and repeat. <b>Progression:</b> right foot, left foot, outside right, outside left</p>	
<p><b>4<sup>th</sup> Activity Goal Chase</b></p> <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. Progressions: Each player has a ball.</p>	
<p><b>5<sup>th</sup> Activity (the game) Numbers Game</b></p> <p>Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds. <b>Progressions:</b> Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.</p>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Don't be afraid to have more than one 1v1 or 2v2 games going on at the same time</li> <li>• Encourage players to shoot whenever they have a clear line of sight to the goal</li> </ul>

South Kitsap Soccer Club  
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Practice Plan Week 2

<p><b>1<sup>st</sup> Activity (warm-up) Number Box</b></p> <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 the ball with knee</li><li>3. Stop the ball with head</li><li>4. Do a pull turn</li></ol> <p><b>Progression:</b></p> <ol style="list-style-type: none"><li>5. Do chop inside/outside of foot</li><li>6. Step over turn</li></ol>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"><li>• Make sure your players are always moving when not performing a command.</li><li>• High energy from coach brings high energy from players.</li><li>• Head up</li><li>• You can increase difficulty with added moves such as top touches</li></ul>
<p><b>2<sup>nd</sup> Activity Foot Skill Drill</b></p> <p>While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.</p>	<p><b>Coaching Points</b></p> <p>It is very important that your players do this correctly, because it is the building block of all their skill in soccer.</p> <ul style="list-style-type: none"><li>• Head up</li><li>• Balls of feet</li><li>• Small touches</li></ul>
<p><b>3<sup>rd</sup> Activity Dribble Across</b></p> <p>12 x 12 yard grid</p> <ol style="list-style-type: none"><li>1. Each player with a ball; divide team evenly on sidelines.</li><li>2. Coach calls GO, each player must dribble across grid and at the line perform a turn (pull back, step over pull back, chop inside/outside of foot)</li><li>3. Each turn is worth 1 point—1<sup>st</sup> player to 12 points wins</li></ol>	<p><b>Coaching Points</b></p> <ul style="list-style-type: none"><li>• Knees Up</li><li>• Keep ball close to foot</li><li>• Low center of gravity</li><li>• Stamina</li></ul>
<p><b>4<sup>th</sup> Activity Passing</b></p> <p>A ball between 2 players. Players start 5 yards apart and pass back and forth. Players use inside of foot, toe pointed up, and ankle locked. Plant foot should point towards the target. Players then move back to 10 yards apart and repeat.</p> <p><b>Progression:</b> right foot, left foot, outside right, outside left</p>	
<p><b>5<sup>th</sup> Activity (the game) 1v1, 2v1, 2v2</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 number (make sure there's a matching number at the other end). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different numbers (#1 from one side and #2 from the other side). Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time.</p>	



# South Kitsap Soccer Club

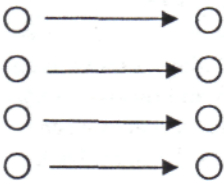
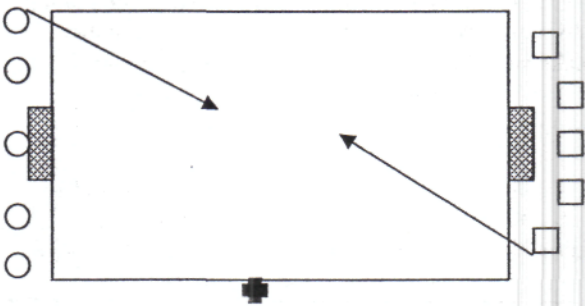
## Academy Sessions U7/U8

### Practice Plan Week 3

<b>1<sup>st</sup> Activity (warm-up) <i>Number Box</i></b> Dribbling in the square with numbered commands <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <b>Progression:</b> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
<b>2<sup>nd</sup> Activity <i>Foot Skill Drill</i></b> While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.	<b>Coaching Points</b> <p>It is very important that your players do this correctly, because it is the building block of all their skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
<b>3<sup>rd</sup> Activity <i>Pass and Move</i></b> 5x5 yard grid 3 players on separate corners <ol style="list-style-type: none"> <li>1. Pass and trap, move without the ball, always form a triangle</li> <li>2. Player in the middle at first just moves to mock defend</li> </ol>	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Inside of foot passing</li> <li>• Lock ankle toe pointed</li> <li>• Good first touch</li> <li>• Should always form a triangle after pass</li> </ul>
<b>4<sup>th</sup> Activity <i>Pass and Turn</i></b> 10x20 yard grid- 4players, 90 second intervals 2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back . <b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
<b>5<sup>th</sup> Activity (the game) <i>1v1, 2v1, 2v2</i></b> Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a number (make sure there's a matching number at the other end). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1. Progressions: Try calling out different numbers (#1 from one side and #2 from the other side). Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time.	

South Kitsap Soccer Club  
Academy Sessions U7/U8

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 the ball with knee</li><li>3. Stop the ball with head</li><li>4. Do a pull turn</li></ol> <p><b>Progression:</b></p> <ol style="list-style-type: none"><li>5. Do chop inside/outside of foot</li><li>6. Step over turn</li></ol>	<ul style="list-style-type: none"><li>• Make sure your players are always moving when not performing a command.</li><li>• High energy from coach brings high energy from players.</li><li>• Head up</li><li>• You can increase difficulty with added moves such as top touches</li></ul>
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 inside of the foot then the outside of the foot, then the top of the 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 skill in soccer.</p> <ul style="list-style-type: none"><li>• Head up</li><li>• Balls of feet</li><li>• Small touches</li></ul>
3 <sup>rd</sup> Activity <i>Dribble Across</i>	Coaching Points
<p>12 x 12 yard grid</p> <ol style="list-style-type: none"><li>1. Each player with a ball; divide team evenly on sidelines.</li><li>2. Coach calls GO, each player must dribble across grid and at the line perform a turn (pull back, step over pull back, chop inside/outside of foot)</li><li>3. Each turn is worth 1 point—1<sup>st</sup> player to 12 points wins</li></ol>	<ul style="list-style-type: none"><li>• Knees Up</li><li>• Keep ball close to foot</li><li>• Low center of gravity</li><li>• Stamina</li></ul>
4 <sup>th</sup> Activity <i>Passing</i>	
<p>A ball between 2 players. Players start 5 yards apart and pass back and forth. Players use inside of foot, toe pointed up, and ankle locked. Plant foot should point towards the target. Players then move back to 10 yards apart and repeat.</p> <p><b>Progression:</b> right foot, left foot, outside right, outside left</p>	
5 <sup>th</sup> Activity (the game) <i>1v1, 2v1, 2v2</i>	
<p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a number (make sure there's a matching number at the other end). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different numbers (#1 from one side and #2 from the other side). Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time.</p>	



# South Kitsap Soccer Club

## Academy Sessions U7/U8

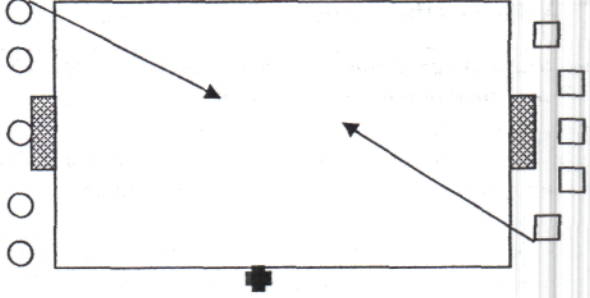
### Practice Plan Week 5

<b>1<sup>st</sup> Activity (warm-up) Number Box</b> Dribbling in the square with numbered commands <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <b>Progression:</b> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
<b>2<sup>nd</sup> Activity Foot Skill Drill</b> While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.	<b>Coaching Points</b> <p>It is very important that your players do this correctly, because it is the building block of all their skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
<b>3<sup>rd</sup> Activity Pass and Move</b> 5x5 yard grid 3 players on separate corners <ol style="list-style-type: none"> <li>1. Pass and trap, move without the ball, always form a triangle</li> <li>2. Player in the middle at first just moves to mock defend</li> </ol>	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Inside of foot passing</li> <li>• Lock ankle toe pointed</li> <li>• Good first touch</li> <li>• Should always form a triangle after pass</li> </ul>
<b>4<sup>th</sup> Activity Pass and Turn</b> 10x20 yard grid- 4players, 90 second intervals 2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back. <b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
<b>5<sup>th</sup> Activity (the game) 1v1, 2v1, 2v2</b> Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a number (make sure there's a matching number at the other end). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1. Progressions: Try calling out different numbers (#1 from one side and #2 from the other side). Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time.	

# South Kitsap Soccer Club

## Academy Sessions U7/U8

### Practice Plan Week 6

<b>1<sup>st</sup> Activity (warm-up) Number Box</b> Dribbling in the square with numbered commands <ol style="list-style-type: none"> <li>1. Stop the ball with foot</li> <li>2. Stop the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <b>Progression:</b> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
<b>2<sup>nd</sup> Activity Foot Skill Drill</b> While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the foot (shoelaces) then does a pull turn all with the same foot. Then repeat with the other foot.	<b>Coaching Points</b> <p>It is very important that your players do this correctly, because it is the building block of all their skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
<b>3<sup>rd</sup> Activity Pass and Move</b> 5x5 yard grid 3 players on separate corners <ol style="list-style-type: none"> <li>1. Pass and trap, move without the ball, always form a triangle</li> <li>2. Player in the middle at first just moves to mock defend</li> </ol>	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Inside of foot passing</li> <li>• Lock ankle toe pointed</li> <li>• Good first touch</li> <li>• Should always form a triangle after pass</li> </ul>
<b>4<sup>th</sup> Activity Pass and Turn</b> 10x20 yard grid- 4players, 90 second intervals 2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back. <b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.	<b>Coaching Points</b> <ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
<b>5<sup>th</sup> Activity (the game) 1v1, 2v1, 2v2</b> Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a number (make sure there's a matching number at the other end). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1. Progressions: Try calling out different numbers (#1 from one side and #2 from the other side). Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time.	



# South Kitsap Soccer Club Academy Sessions U7/U8

## 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 the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
2 <sup>nd</sup> Activity <i>Foot Skill Drill, Juggling</i>	Coaching Points
<p>While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the 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 skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
3 <sup>rd</sup> Activity <i>Pass and Turn</i>	Coaching Points
<p>10x20 yard grid- 4players, 90 second intervals 2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back .</p> <p><b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.</p>	<ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
4 <sup>th</sup> Activity <i>Pass and Defend</i>	Coaching Points
<p>10x20 yard grid, 4 players, 90 second intervals</p> <ul style="list-style-type: none"> <li>• 1 Player on each end line, each with a ball</li> <li>• 2 players in the middle; 1 offensive and 1 defensive player</li> <li>• X works to receive a pass from S and pass back to S</li> <li>• O works to defend X from receiving a pass</li> <li>• Go all out for 90 seconds, Then switch players in the middle</li> </ul>	<ol style="list-style-type: none"> <li>1. Work on good passes (ankle locked, toes pointed up)</li> <li>2. Pass to feet</li> <li>3. Work on coming back to ball</li> </ol>
5 <sup>th</sup> Activity (the game) <i>Outta There</i>	Coaching Points
<p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p><b>Progressions:</b> Start with 1v1 and progress to 2v2.</p>	<p>This game should be <b>very</b> fast paced</p> <ul style="list-style-type: none"> <li>*As soon as the ball goes out of bounds throw another ball in immediately</li> <li>*The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them</li> <li>*Vary how balls are distributed into the playing area</li> </ul>

# South Kitsap Soccer Club

## Academy Sessions U7/U8

### 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 the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
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 inside of the foot then the outside of the foot, then the top of the 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 skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
3 <sup>rd</sup> Activity <i>Pass and Turn</i>	Coaching Points
<p><i>10x20 yard grid- 4players, 90 second intervals</i></p> <p>2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back .</p> <p><b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.</p>	<ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
4 <sup>th</sup> Activity <i>Pass and Defend</i>	Coaching Points
<p><i>10x20 yard grid, 4 players, 90 second intervals</i></p> <ul style="list-style-type: none"> <li>• 1 Player on each end line, each with a ball</li> <li>• 2 players in the middle; 1 offensive and 1 defensive player</li> <li>• X works to receive a pass from S and pass back to S</li> <li>• O works to defend X from receiving a pass</li> <li>• Go all out for 90 seconds, Then switch players in the middle</li> </ul>	<ol style="list-style-type: none"> <li>1.Work on good passes (ankle locked, toes pointed up)</li> <li>2.Pass to feet</li> <li>3.Work on coming back to ball</li> </ol>
5 <sup>th</sup> Activity( the game) <i>Outta There</i>	Coaching Points
<p><i>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</i></p> <p><b>Progressions:</b> Start with 1v1 and progress to 2v2.</p>	<p>This game should be <b>very</b> fast paced</p> <ul style="list-style-type: none"> <li>*As soon as the ball goes out of bounds throw another ball in immediately</li> <li>*The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them</li> <li>*Vary how balls are distributed into the playing area</li> </ul>



# South Kitsap Soccer Club Academy Sessions U7/U8

## 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 the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
2 <sup>nd</sup> Activity <i>Foot Skill Drill, Juggling</i>	Coaching Points
<p>While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the 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 skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
3 <sup>rd</sup> Activity <i>Pass and Turn</i>	Coaching Points
<p>10x20 yard grid- 4players, 90 second intervals 2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back .</p> <p><b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.</p>	<ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
4 <sup>th</sup> Activity <i>Shooting cones in the Safety Zone</i>	Coaching Points
<p>Play small-sided games with the team. Instead of scoring on the goals there should be a group of cones placed in an end zone at the end of the area. Teams score points by passing the ball so that it knocks over cones in the opponent's end zone. Play to a set number of points, a time limit, or until one of the team's cones are knocked down.</p> <p><b>Progressions:</b> Specify how players must strike the ball. Have the cones spread out or place them close to each other. Put some cones close together and other far apart, assigning different point values to the cones.</p>	<p>Does the team make good decisions on which cones to try to attack</p> <ul style="list-style-type: none"> <li>• Can they head in one direction and then switch to another point of attack</li> <li>• Heading to another cone to try to knock it over before the opponents can get there</li> </ul>
5 <sup>th</sup> Activity (the game) <i>Numbers Game</i>	Coaching Points
<p>Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds.</p> <p><b>Progressions:</b> Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.</p>	<p>Don't be afraid to call out more than one number at a time to have either:</p> <ul style="list-style-type: none"> <li>▪ More than one 1v1 game going on at the same time OR</li> <li>▪ A 2v2 game going on</li> </ul>

# South Kitsap Soccer Club Academy Sessions U7/U8

## Practice Plan Week 10

<b>1<sup>st</sup> Activity (warm-up) <i>Number Box</i></b>	<b>Coaching Points</b>
<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 the ball with knee</li> <li>3. Stop the ball with head</li> <li>4. Do a pull turn</li> </ol> <p><b>Progression:</b></p> <ol style="list-style-type: none"> <li>5. Do chop inside/outside of foot</li> <li>6. Step over turn</li> </ol>	<ul style="list-style-type: none"> <li>• Make sure your players are always moving when not performing a command.</li> <li>• High energy from coach brings high energy from players.</li> <li>• Head up</li> <li>• You can increase difficulty with added moves such as top touches</li> </ul>
<b>2<sup>nd</sup> Activity <i>Foot Skill Drill</i></b>	<b>Coaching Points</b>
<p>While standing with the ball at their feet, the player touches the ball with inside of the foot then the outside of the foot, then the top of the 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 skill in soccer.</p> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Balls of feet</li> <li>• Small touches</li> </ul>
<b>3<sup>rd</sup> Activity <i>Pass and Turn</i></b>	<b>Coaching Points</b>
<p><i>10x20 yard grid- 4players, 90 second intervals</i></p> <p>2 players in the middle, 2 players on each end line with a ball. X's check to S and receives a pass, traps, then passes back to S. Then X makes a run to other S and receives a pass, traps, then passes back.</p> <p><b>Progressions:</b> Right foot trap/left foot trap, right foot pass/left foot pass.</p>	<ul style="list-style-type: none"> <li>• X's work on good traps</li> <li>• Coming back to the ball</li> <li>• Good passes</li> <li>• Important that S makes well placed passes</li> </ul>
<b>4<sup>th</sup> Activity <i>Shooting cones in the Safety Zone</i></b>	<b>Coaching Points</b>
<p>Play small-sided games with the team. Instead of scoring on the goals there should be a group of cones placed in an end zone at the end of the area. Teams score points by passing the ball so that it knocks over cones in the opponent's end zone. Play to a set number of points, a time limit, or until one of the team's cones are knocked down.</p> <p><b>Progressions:</b> Specify how players must strike the ball. Have the cones spread out or place them close to each other. Put some cones close together and other far apart, assigning different point values to the cones.</p>	<p>Does the team make good decisions on which cones to try to attack?</p> <ul style="list-style-type: none"> <li>• Can they head in one direction and then switch to another point of attack</li> <li>• Heading to another cone to try to knock it over before the opponents can get there</li> </ul>
<b>5<sup>th</sup> Activity (the game) <i>Numbers Game</i></b>	<b>Coaching Points</b>
<p>Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds.</p> <p><b>Progressions:</b> Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.</p>	<p>Don't be afraid to call out more than one number at a time to have either:</p> <ul style="list-style-type: none"> <li>▪ More than one 1v1 game going on at the same time OR</li> <li>▪ A 2v2 game going on</li> </ul>