



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DRILLS & SAMPLE PRACTICE PLANS SOCCER



SACRAMENTO CENTRAL YMCA
YMCA of Superior California
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SOCCER

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Dear Volunteer Coach,

The YMCA of Superior California welcomes you to the Youth Sports Program! A goal of the Sacramento YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of all YMCA Youth Sports. Non-competitive games (except 10-13 yr olds score will be kept) are a part of every season, and each child will play an equal amount of time in every game. (as close as possible based on roster of team) Of course, a FUN and friendly environment is characteristic of all YMCA programs.

Thank you for volunteering your time to coach in our youth sports leagues! By volunteering, you are clearly aware of how important your role is to the children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened. To ensure that all children in our programs we ask that you get fingerprinted every three years.

Thank you in advance for taking the time and volunteering. Your time and volunteerism is greatly appreciated! Feel free to contact me with any questions. **Thank you, and enjoy the Season!**

Sincerely,

KJ Johnson

Sports Director

Sacramento Area

YMCA OF SUPERIOR CALIFORNIA

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Youth Sports Philosophy:

The YMCA's philosophy is "Athletes First, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

YMCA Sports: 7 Pillars

- 1. Everyone plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.
- 2. Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
- 3. Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Super Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
- 4. Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Super Sports.
- 5. Family involvement.** YMCA Youth Super Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.
- 6. Sport for all.** YMCA Youth Super Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.
- 7. Sport for fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

PRACTICE PLAN

Be organized yet flexible with practice plans

- warm up with light cardio
- Plenty of activity
- Maximum use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

Giving Explanations

- Clear and concise
- Short and to the point
- Done with enthusiasm

Showing Demonstrations

- Clearly seen by all
- Repeated multiple times from all angles
- Make sure all get to try same amount of times
- Make sure to have all eyes on you during demonstrations

Coaches During.....

Practice:

Recruit parents to help with practice

Always be positive, encouraging and constructive

Plan ahead of time for practice

Arrive early to bond with players and parents

Games:

Things to remind players of during game play

1. Which goal is theirs
2. Don't forget to dribble
3. Who they are guarding
4. Passing
5. Don't reach...hands up!
6. Spread out...move around
7. Keep your head up, eyes up and open while playing
- 8. HOW GREAT THEY ARE DOING!**

Ensure different players get a chance to bring the ball up the court

Keep track of time and your substitutions

Be sure all play equal amount of time

Explain something when they look confused, frustrated, or discouraged.



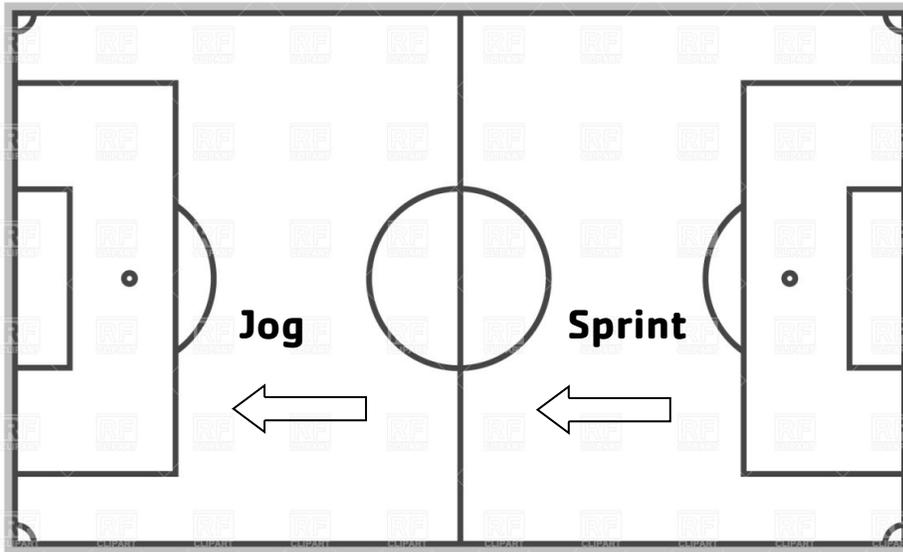
Warm-Up

Begin each practice with a 5 to 10 minutes of warm-up activities to get players loosened up and ready to go.

- Running, Speed walking (to the other side and back)
- Hopping (like a bunny rabbit) (to the other side and back)
- Skipping (to the other side and back)
- Bear crawl (to one side, then do crab walk back)
- Running (to the other side and back)
- High knees (to the other side and back)
- Lunges (lung half court, then run and back)
- Back pedal (to the other side and back)
- Step Slide (to the other side and back)
- Dribbling walking (to the other side and back)
- Dribbling jogging (to the other side and back)

Fitness and Coordination Drills

1. Sprint/ Jog



2. Relay Race: Break players into 2 teams. Have players line up on the goal line.

Relay race examples: running, bunny hops, skipping, dribbling etc.

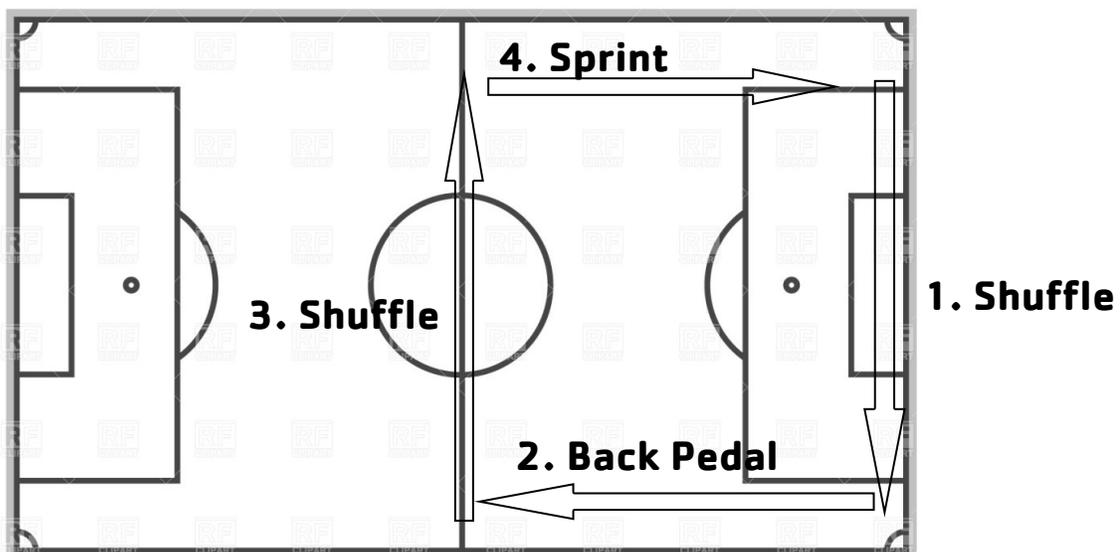
3. Simon Says ("Coaches says")

4. Line Sprints: Start at goal line, Sprint to the goal box, then back to goal line, Mid field and back, goal box on opposite side and back, goal line and back.

5. Jumping over Cones: Set 3-5 cones. Players jump over the cones or can zig-zag through cones.

6. Zig-Zag: Without ball, player 1 zig-zags through cones, player 2 passes ball to player 1. Player 1 kicks ball into goal.

7. **Intermediate players Box Run*



How to Teach Dribbling

The players should be introduced to the following skills.

- Inside of the foot - foundation touches. (3-4 year old)
- Outside of the foot - changing direction and tight spaces. (5-7 year old)
- Laces - dribbling into space at speed. (5-7 year old)

Foundation touches

The player starts working on foundation touches...

- Using the inside of the feet, tap the ball back and forth.
- Keep the ankle locked and toe slightly up.
- The knees should be bent.
- Arms out for balance.

Coaches' Cue:

"Knees bent"
"keep the ball close"
"eyes up"

Using the outside of the foot

Players use the...

- Outside of the foot for changing direction or turning to keep control of the ball in tight spaces.
- The outside of the foot technique is toe up slightly and ankle locked.
- The player touches the side of the ball with the outside of the foot.

Exercise: Have the players dribble a figure eight using the outside of the right and left foot to increase dribbling basics.

The speed dribble

The players use the...

- laces for speed dribbles...getting into spaces fast.

The technique is toe down and ankle locked, taking small touches with the laces.

Exercise: Once players have used the inside or outside of the foot to keep the ball, the player can then accelerate into space.

Dribbling Drills

- 1) **Red Light, Green Light:** Each player is lined up, with a soccer ball. Have them dribble when you say GREEN LIGHT, YELLOW LIGHT: slow, RED LIGHT; stop. Try to trick them by saying purple light, blue light, pink light, ect
- 2) **Bee Sting:** All the kids are little bees and their job is to sting the coach. The way they do that is by kicking the ball and hitting the coach with it the soccer ball.
- 3) **Sharks and Minnows:** Pick a kid (or 2 depending on the class size) to be the sharks. Have the rest of the kids be minnows line up on the base line with a ball. The point of the game is for the minnows to dribble the ball across the gym without the sharks taking their soccer ball. If a shark took their soccer ball they become sharks as well. Keep going until all the minnows have been the sharks (Play a few times)
- 4) **Zig-Zag Cone Dribbling:** Place about 5 cones out in a zig-zag pattern. Have each kid dribble to each cone. Wait till each kid is at least at the 3rd or 4th cone before the next one goes.
**dribble zig-zag with one foot (they will be forced to use inside and outside of foot)*
- 5) **Beehive:** Set up cones in a circle. Each player has a ball, in the beehive. Players dribble inside field randomly using correct techniques and avoiding other players. Players should practice inside and outside foot dribbling, stopping changing direction and pace, and maintaining control while in the beehive. The players try to kick other players out of the beehive, while keeping there own ball. If a players ball is kick out of the beehive then there out.
- 6) **Follow the leader:** Have players pair up, each player with a ball. Leader dribbles while second player follows, also dribbling. Remind players to keep their heads up. Encourage creative dribbling - changes in direction, pace, and technique. Stress control and change leaders frequently.
- 7) **One-on-One:** Players pair up, each couple with a ball in a grid. Player with the ball is "on the attack" and the other player is the defender. The attacking player tries to dribble to any of the cones (aside from the one behind her/her) and touch the cone with the ball. Defending player tries to prevent this. Players switch possession of ball when attacker accomplishes her goal or when ball goes out of bounds.
- 8) **Clean up my room:** Scatter all the soccer ball around the field. Have the players line up near the goal. When coach yells "GO", players run and get a soccer ball, dribble to the goal and score.
- 9) **Colors:** Have 3-4 different colored cones scattered around the field. Have the players start in the middle of the field with a soccer ball. Every time the coaches yells a color the players dribbles there ball to the color cone.

Dribbling Drills

10) **Monster Invasion:** Tell the players that a Monster is coming to try to steal their pet ball and that they must keep it away from the Monster by dribbling it around the field (tell them they must stay inside the field). The Coach or a parent is the monster. Ideas: drag your leg like Frankenstein, make monster noises, make a face, and say things like "Don't let me get your ball!!" But don't actually scare them. The idea is just to have them try to get away. Don't catch the players, just have fun. This is a SoccerHelp.com practice game that is a drill.

11) **Play a basic soccer dribbling concentration game...the soccer coach assigns numbers to each soccer skill...**

1. = toe taps on the soccer ball
2. = outside of the foot dribble
3. = foundation touches
4. = laces dribble

The soccer coach calls out a number and the players have to perform the specific basic soccer dribbling move. These #'s games get the kids thinking about how to use the soccer move and provide lots of repetition.



How to Teach Passing

Teach through a game of Battleship:

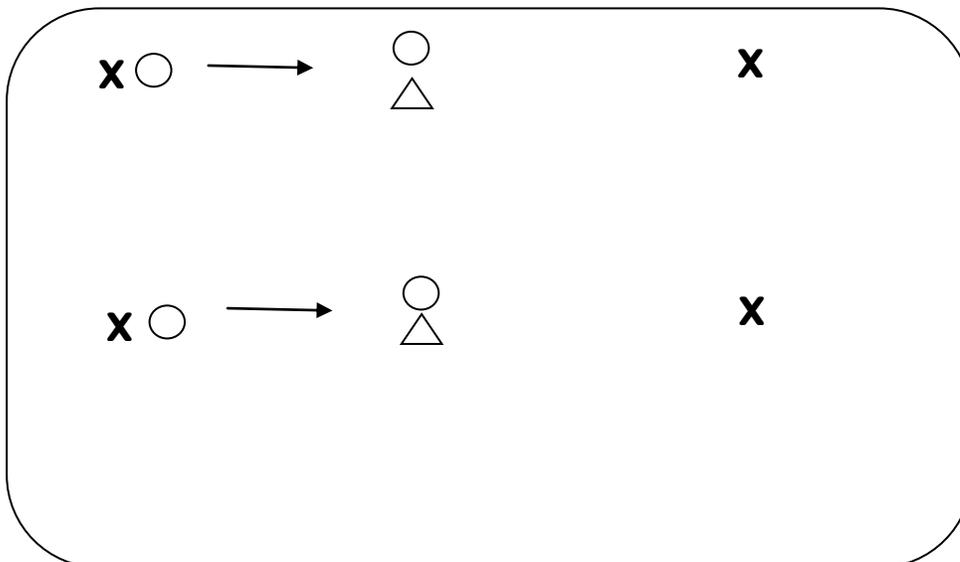
1. Demonstrate how to kick the ball and what part of the foot to use (Inside of the foot....NO TOES).
2. Player will kick the ball (as shown by the coach) and try and knock the ball off of the cone (Sink the BattleShip).
"Ready, Aim, FIRE"
3. They get a point each time they knock the ball off.
4. Let them know that they do not have to kick the ball hard. Focus on using the Laces and kicking it straight. Demonstrate to them that the Laces part of the foot is flat compared to your pointed toe and exaggerate the miss-direction of the kick if you use the toes.

Coaches' Cue:

"Inside of foot"

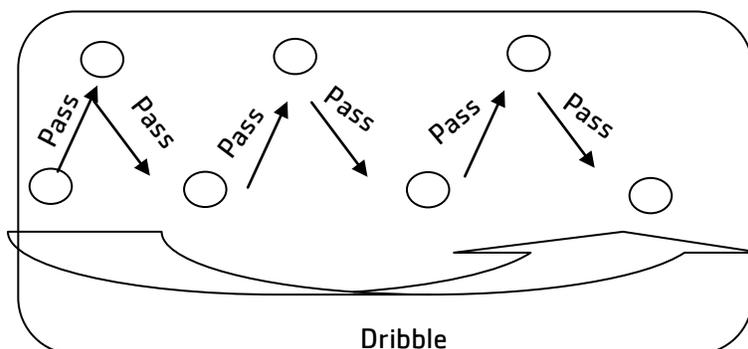
"eye on target"

"kick through the ball"



Passing Drills

1. **Partner Pass:** Players partner up. The pairs should line up 3-5 feet apart from each other. Facing each other, passing the soccer ball to each other.
2. **Monkey in the Middle:** Have player in groups of 3-4. The object of the game is for the players on the outside to pass the ball to each other. One player in the middle, there goal is to steal the ball.
3. **Passing Relay Race:** Divide players into 2 teams. Set up cones in two straight lines. Have players at each cone. The players will pass the ball down the line. Forward then back.
4. **Battleship:** For this drill, have players in pairs. Each pair will have a soccer ball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players with a ball on top. The object of the game is for the player to hit the ball of the cone.
5. **Hot Potato Pass:** In this drill, one player is positioned at the center of the circle with a soccer ball. All the other players circle around the one player in the middle. On the coaches command the player in the key passes the ball to the player, that player immediately passes back to the player in the center. This back and forth passing continues clock wise. A new player then assumes the center position.
6. **Shuffle Pass:** Player line up in two lines on the baseline about 5-6 feet apart from one another. Players will shuffle to other side passing back and forth.
7. **Angle Pass:** Forces players to trap in a certain direction and utilize control. Have one player at each cone. Player 1 would pass to Player 2, after player 1 runs to the cone they passed to. Player 2 receives the pass from player 1 then passes to the next cone, after passing will follow the pass. This concept will be very important in the future.



How to Teach Shooting

Shooting uses the same technical elements as passing, with the important difference being that the goal is to pass the ball beyond the goalkeeper.

1. The player should look up to see the position of the goalkeeper.
2. Approach the ball.
3. Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
4. Keep the head steady and eyes on the ball.
5. Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
6. Hips and knee of kicking foot are pointed in the direction of the shot.
7. Follow through to keep the ball low (weight going forward, landing on the kicking foot).

Coaches' Cue:

"See the goalie"

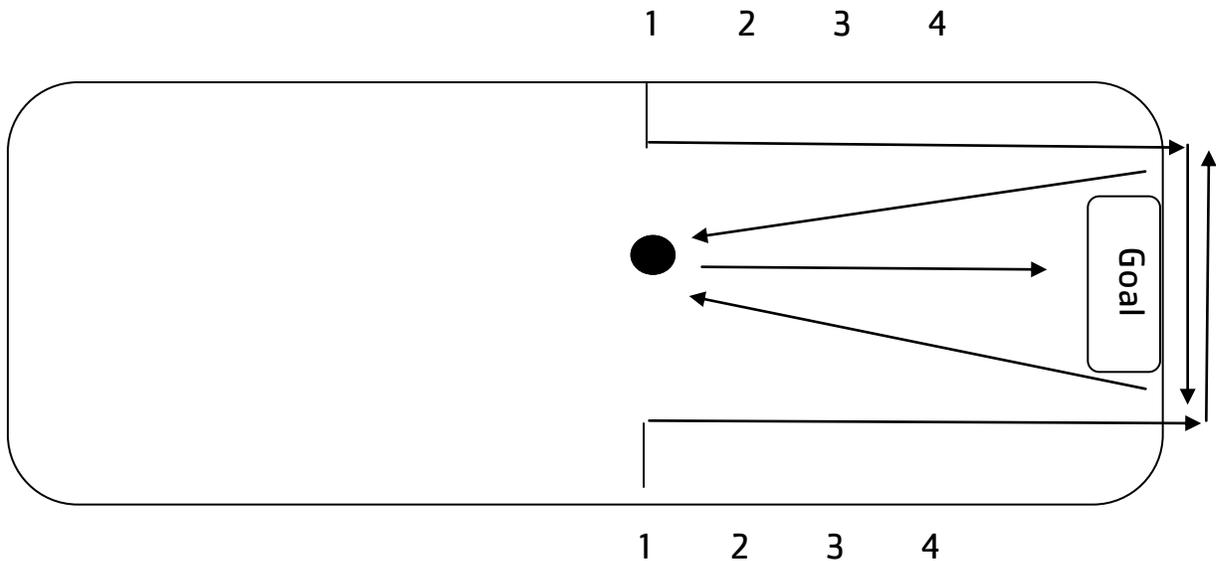
"Eyes on the ball"

"Follow through"



Shooting Drills

1) **Pig in a Blanket:** Spilt into two teams, number off the kids (1,2,3,4). Each team will line up on separate sides of the field., laying or sitting down. Coach will call a number "1, 2, 3, or 4" The number that is called out the two players would jump up and run around the goal and get the ball and turn and shot into the goal.



2. **Obstacle course:** Use cones to dribble through, run to you and score. (Add parents to be obstacles)

3. **Aim:** Block off sections of the goal to teach them where to shoot low to corners is a good start. The coach will go into the goal, stand on the left side and say "if I'm over here, where should you shoot?" Begin slow then move faster into a game pace.

How to Teach Throw-ins

Throw-In Rules:

- Ball must come back over the head (referees usually look to see if the ball goes back past the ears)
- The ball must be thrown with both hands on it
- Both feet must be in contact with the ground when the ball is released
- Both feet must be behind or on the touch-line
- No twisting of the body is allowed to propel the ball further.

Two ways to do a throw-in:

1. Step forward with one foot in the direction of the throw, and drag the toe of the trailing foot as the ball is thrown.
2. Stand with both feet firmly planted and throw the ball in.

Fundamentals:

1. Secure the ball with both hands, ensure that the index fingers and thumbs are as close as possible (almost forming a "W" or "U" shape with fingers on the ball). Fingers should be spread to maintain control of the ball.

2. Bring the ball over the head behind the ears with your arms loose and elbows bent and flared out.

3. Stand with your feet a little more than shoulder-width apart with one foot in front of the other (start at a standstill first, then add 1 step, then 2, and so on). If you prefer, place your feet parallel, shoulder-width apart.

4. Bring your head, neck, shoulders and trunk back, bending at the knees.

5. Drive the ball forward

6. Release the ball as it just goes past the head.

Goal Keeping (5-7 year olds only)

1. **Catching:** Pair up all players. Have them practice throwing and catching the ball.
2. **Shooting/Goalie drill:** Have one player be a goalie and the others shooting the ball. After a few attempt switch goalies.
3. **Follow the leader:** Pair up all players, each pair with two flat cones. Place cones 5 paces apart. Players face each other across an imaginary line between the two cones; one player is the leader, the other is the follower. Leader uses good footwork and attempts to touch just outside either of the cones before the follower can touch just inside; if they are successful, they get a point. After a set length of time (30 sec for younger players, 60 sec for older), rest, and then switch leader and follower.
4. **Two Goalies:** Two goalies line up facing each other about 10 feet apart. Each take turns attempting to throw the ball past the other into the goal. The receiving goalie attempts to stop the ball and the throw it back to the other goalie.
5. **Color Coded Shots:** Place four differently-colored cones, bibs or other objects around the goal, about 16-18 yards away from the goal. At least one should be close to the goal line. At each cone, there is a shooter and several balls. Goalie starts at one goalpost. The coach calls a color. The keeper must quickly find that color object, and make the save. Coach calls next color, and so on until the keeper has faced four shots. Then rotate goalie.

*Note In hot weather, do not put on goalkeeper jersey on a player. Pennies will be provide on hot days.



PRACTICE SAMPLE 1

	Drill	Comments
Warm Ups & Conditioning	<ul style="list-style-type: none"> • Running, Speed walking (to the other side and back) • Hopping (like a bunny rabbit) (to the other side and back) • Skipping (to the other side and back) • Bar crawl (to one side, then do crab walk back) • Running (to the other side 	5-10 minutes
	WATER BREAK	
Dribbling Drills	<ul style="list-style-type: none"> • Introduce Dribbling • Red Light, Green Light • Bee Sting 	10-15 minutes
	WATER BREAK	
Shooting Drills	<ul style="list-style-type: none"> • Introduce shooting • Dribble down and shoot 	10-15 minutes
	WATER BREAK	
Passing Drills	<ul style="list-style-type: none"> • Introduce passing • Partner passing • Monkey in the middle 	10-15 minutes

PRACTICE SAMPLE 2

	Drill	Comments
Warm Ups & Conditioning	<ul style="list-style-type: none"> • Running (to the other side and back) • Skipping (to the other side and back) • Running (to the other side and back) • High knees (to the other side and back) • Lunges (lung half court, then run and back) 	5-10 minutes
	WATER BREAK	
Dribbling Drills	<ul style="list-style-type: none"> • Review Dribbling • Dribbling around cones • Clean Up My Room 	10-15 minutes
	WATER BREAK	
Goalie (5-7 year olds)	<ul style="list-style-type: none"> • Introduce goal keeping • Catch 	10 minutes
	WATER BREAK	
Passing Drills	<ul style="list-style-type: none"> • Review passing • Partner passing 	10-15 minutes
	WATER BREAK	
Shooting Drills	<ul style="list-style-type: none"> • Review Shooting 	10-15 minutes

Additional Practice Resources:

- http://www.usyouthsoccer.org/assets/1/15/2012_coaching_manual_for_web.pdf
- <http://www.soccerxpert.com/u6-u8-soccer-drills.aspx>
- http://myogaa.homestead.com/Micro_soccer_coaches_aid.pdf
- <http://www.vintoncountysoccer.com/>
- <http://www.coaching-kids-soccer.com/dribbling-basics.html>
- <http://www.footy4kids.co.uk/basic-soccer-skills.htm>