**U4 Practice Plan- Dribbling Week 1**  BSCLogo.gif

6 – 6:35

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| **Follow the leader** | Each child with a ball will dribble around the field following the coach. Coach should change directions. |
| **Straight Dribbling** | Have the kids line up on the end line and dribble from one end line to the next. When they get to the 6 yard box encourage them to shoot on goal. Repeat and ask the kids if they can go faster. |
| **Toe Touches** | Line the kids up on the 18 yard box, each with a ball. Have them place one foot on the ball and then switch to the other. Once they have it down see if they can do 10 in a row without stopping. Remind them that if they lose their balance they can hold their arms out to help them. |
| **Body Part Dribbling** | Each child with a ball, have them dribble around the entire field. When you call out a body part ask them to stop the ball with that body part. Head, knee, foot, bottom, elbow. If you say hands the kids should say; “No Way.” We want to make sure that no one is using their hands this fall. |
| **What time is it Mr. Wolf?** | Line up all kids on the U8 end line with a ball. The coach will be the wolf at center field, facing away from the players. Players will ask “What time is it Mr. Wolf?” The wolf will respond and the kids will dribble that many steps. When the kids get close enough, the coach can call dinner time. Players will turn around and dribble back to the end line. The coach will try to get their balls. Play a couple times to see if the kids are getting faster with the ball or adjust to allow a player to be the wolf. |

* Don’t forget to have FUN & give lots of water breaks.
* Encourage parents or older siblings to come out and help.

6:45-7:00 Game

Divide players in to two groups. One will go to A field and the other to the B side. Once on their side divide the kids into 3 v 3 or 4 v 4.

At the end of the game have the teams line up facing each other and shake hands and say good game.

**U4 Practice Plan – Dribbling with Eyes Up Week 2**  BSCLogo.gif

6:00 – 6:35pm

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| Follow the Leader | Each child with a ball will dribble around the field following the coach. Coach should change directions. |
| Ballinastics | Stationary: Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.  *Hat Dance*. Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.  *Tick-Tock*. Pass the ball from inside of left to inside of right ( See Diagram) |
| Red Light Green Light | Have the players line up on the U8 end line with a ball. Ask the kids what do you do when you come to a red light(stop), and green light(fast). One coach in the middle is the officer directing traffic. The officer will call the color and the kids will need to complete the action that goes with that color. If they get caught running through a red light send them back. 2X. Use the entire U8 field. |
| Magnet Ball | Set up a series of cones in random order on one half of the field. Each child with a ball will dribble to each cone and stop their ball. Give the kids 1 min to see how many they can get. Try it a second time giving the kids 1 min to see if they could beat their previous number. |
| Foxes & Chickens | Parent volunteers needed; 6 or more. Give each volunteer a colored penny to tuck into the back of their pants. They will be the chickens. The foxes(players) will chase after each chicken trying to get them. Volunteers need to keep moving around and changing directions. Players will develop the ability to dribble with their eyes up and dribble changing directions. Complete the game once without a ball at the players feet to show them what to do and then introduce a ball for every player. Chickens do not need a ball. |

* Don’t forget to have FUN & give lots of water breaks.
* Encourage parents or older siblings to come out and help.

**6:45 – 7:00pm GAME**

Divide players in to two groups. One will go to A field and the other to the B side. Once on their side divide the kids into 3 v 3 or 4 v 4.

At the end of the game have the teams line up facing each other and shake hands and say good game.

**U4 Practice Plan - Dribbling Week 3** BSCLogo.gif

**6:00 – 6:35**

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| Hit the Coach | Each player needs a ball. Have the players chase the coach and try to kick the ball at the coach. Add older siblings the kids love to kick at them as well. |
| Toe Touches | Have everyone line up on the 18 yard line with a ball at their feet. Have them do toe taps(Tic Tock). See if they can do 15. Repeat and see if they can do 20. Have the kids count as loud as they can. |
| Body Part Dribbling | Each child with a ball, have them dribble around the entire field. When you call out a body part ask them to stop the ball with that body part. Head, knee, foot, bottom, elbow. If you say hands the kids should say; “No Way.” We want to make sure that no one is using their hands this fall. |
| Gates | Set up mini goals(Gates) in random order on one side of the field. Demonstrate how to dribble through the gate. Give the players 1 min to dribble through as many gates as they can. Repeat drill to see if they can beat their previous number. |
| Shark Attack | Set up 3 Islands. Divide players onto the 3 Islands. Each player with a ball. Coach starts as the shark in the middle of the ocean. The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts “shark attack” the players have to swim (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. Any soccer balls kicked away, then that player also becomes a shark. Play until 1 person left, who becomes the new shark for the next game.  Teaching points: Players have to respond to the defenders movements and keep possession of the ball. A lot less static and more game like than the above relay races. |

* Don’t forget to have FUN & give lots of water breaks.
* Encourage parents or older siblings to come out and help.
* When coach is talking have them stand with their foot on the ball.

**6:45 – 7:00pm GAME**

Divide players in to two groups. One will go to A field and the other to the B side. Once on their side divide the kids into 3 v 3 or 4 v 4.

At the end of the game have the teams line up facing each other and shake hands and say good game.

**U4 Practice Plan – Dribbling to beat a Defender Week 4** BSCLogo.gif

**6:00 – 6:35**

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| Red Light Green Light | Have the players line up on the U8 end line with a ball. Ask the kids what do you do when you come to a red light(stop), and green light(fast). One coach in the middle is the officer directing traffic. The officer will call the color and the kids will need to complete the action that goes with that color. If they get caught running through a red light send them back. 2X. Use the entire U8 field. |
| British Bulldog | Have the players line up on the U8 goal line with a ball. Start with one coach or player(Guard Dog) at middle field. When the coach says go the players will race to the other end avoiding the guard dog. If you are tagged then you become a guard dog. Play until there is one player left. |
| 1 v 1 | Have the players line up in 2 lines on each side of the mini goals. The coach will throw out a ball & the first player of each line will run after it to gain possession and bring it back to score. Repeat until each player has gone twice. |
| 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. |
| Toe Touches | Have everyone line up on the 18 yard line with a ball at their feet. Have them do toe taps(Tic Tock). See if they can do 20. Have the kids count as loud as they can. |

* Don’t forget to have FUN & give lots of water breaks.
* Encourage parents or older siblings to come out and help.
* When coach is talking have them stand with their foot on the ball.

**6:45 – 7:00pm GAME**

Divide players in to two groups. One will go to A field and the other to the B side. Once on their side divide the kids into 3 v 3 or 4 v 4.

At the end of the game have the teams line up facing each other and shake hands and say good game.

**U4 Practice Plan – Shooting Week 5** BSCLogo.gif

**6:00 – 6:35**

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| Dribble & Shoot | Have players line up on the U8 goal line each with a ball. Have them dribble to the other end and shoot. Repeat. |
| Hit the Coach | Each player needs a ball. Have the players chase the coach and try to kick the ball at the coach. Add older siblings the kids love to kick at them as well. |
| Dirty Laundry | Divide players into 2 teams. Using the mini fields mark mid-field with cones. Half the players on one side and half on the other. Line up balls at mid field, same number as players. When the coach says go players need to run to a ball and kick it to the other side. Players need to shag balls and kick to the other side. Team with the least amount of balls after one minute wins. Players may not cross the mid field line. |
| Soccer Baseball | Set up a baseball grid in front of a U8 goal. Using the previous teams, one team in outfield and one at bat. Coach will roll the ball to the batter who will kick the ball and then run around the bases. The outfield needs to grab the ball and kick it in the goal. |
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* Don’t forget to have FUN & give lots of water breaks.
* Encourage parents or older siblings to come out and help.
* When coach is talking have them stand with their foot on the ball.

**6:45 – 7:00pm GAME**

Divide players in to two groups. One will go to A field and the other to the B side. Once on their side divide the kids into 3 v 3 or 4 v 4.

At the end of the game have the teams line up facing each other and shake hands and say good game.