

# HFC Fall IM U8: PRACTICE PLAN #1 (September 16, 2023)

## Week #1 Practice Plan – Introductory Session

**Session Goals:**

- Player/Coach Introductions
- Introduce/Review DRIBBLING
- Uniform Distribution
- Review/Introduction to Soccer Rules

**Introductions:** 10:45 – 10:55 AM


**Uniform Distribution:** 10:55 – 11:00 AM

**Drills/Activities:** 11:00 – 11:15

**Game:** 11:20 – 11:55 AM (2 15-minute halves)

**Wrap-up:** 11:55 AM -12:00 PM

***As players arrive, coaches should introduce themselves to the players and have them bring their water bottle to the PLAYER AREA and move to the Circle for the first activity.***

	<b>Warm-Up: Meet Ball</b> <b>10:45 – 10:55</b>	
	<p><b>Equipment:</b> Cones to make a circle (at least 10 cones), ONE Soccer Ball (players soccer balls can be placed outside the circle).</p>	
	<p><b>Time Required:</b> 10 minutes</p>	
	<p><b>Organization/Procedure:</b></p> <ul style="list-style-type: none"> <li>• <b>Setup:</b> Create a circle with dome cones (at least 10) in the center of the field (spread out to give players space). Players should outline the circle (and stand IN FRONT of a cone). Player places their soccer ball BEHIND their Cone (outside of the circle).</li> <li>• <b>Procedures:</b> Introduce the “Meet Ball,” a ball we will use to meet our teammates. Coach passes the ball to a player to start the game. As the player receives the ball, he/she will say his/her name, and pass it to a player who hasn’t received the ball yet. Continue until all players have received the ball once.</li> <li>• Go around two times to learn names, and a third time asking the kids if they have played soccer before or their favorite thing about soccer, etc.</li> </ul>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Make eye contact with the player you are passing the ball to.</li> <li>• Receive the ball with the inside of your foot.</li> <li>• Try to reach the player you are passing to!</li> </ul>

### Uniform Distribution (10:55 – 11:00 AM)

- *See instructions for uniform distribution (attached to uniform bag)*
- ***Players take a Drink Break & have parents help them put their jersey on!***

***\*\* Coaches should collect cones & Prep for the next activity! \*\****

# HFC Fall IM U8: PRACTICE PLAN #1 (September 16, 2023)

## Red Light, Green Light 11:00 – 11:10 AM

**Equipment:** Every Player with a soccer ball

**Focus Skills:** Dribbling, ball control

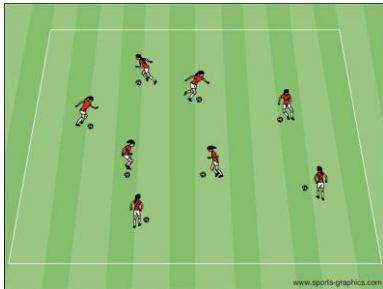
**Time Required:** 10 Minutes

**Organization/Procedure:**

**Setup:** Players spread out within the practice area (your half of the soccer field).

**Introduction:** Tell the players you'll be playing Red Light, Green Light. Ask them what red light means, green light, yellow light, etc. Players will dribble the ball in the box (don't go off the road – outside box).

*Demonstrate and have kids practice each command you will be working on this session. (described below) before beginning.*



*\*\* try having the kids dribble anywhere within the square/designated area (instead of sideline to sideline). This will discourage kids racing to get to the end line first.*

**Procedures:** Players begin dribbling -Coach shouts out:

- **“Green light”** - Players move around the grid randomly. (Demonstrate for kids what this will look like)
- **“Red light”** - They stop the ball and put their foot on top (brake). Demonstrate for kids, have them show you how they can stop their ball. (**Foot Brake**)
- **“Yellow light”** – They move around slowly (Demonstrate for kids)
- **“Super green”** – They move around fast (speed) Demonstrate for kids
- **“Reverse”** -- pull the ball back (demonstrate for the kids), practice pulling back several times until the players are comfortable. Play again with all commands.

**Play for a Couple minutes, Re-Group in the center – Review Coaching Points AND Introduce a new skill:**

*You may want to focus on Red/Green/Yellow Lights then introduce Super Green and Reverse. This will keep the game fun and exciting for the kids.*

**Key Coaching Points:**

- Encourage the players to use SMALL KICKS (baby Kicks)
- Try not to ‘crash’ your car by knocking into another player.
- Keep the ball close
- Take turns with BOTH feet.
- Re-Introduce term “dribbling”
- **SPEEDING TICKET** – If a player is using large kicks and cannot stop the ball

## Speedy Scoring Intro 11:10 – 11:15

**Equipment:** Soccer Balls (one per player)

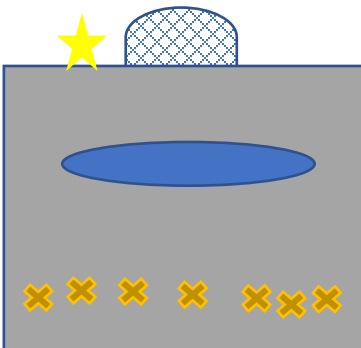
**Focus Skills:** Dribbling, shooting

**Time Required:** 5 Minutes

**Organization/Procedure:**

**Setup:** None Needed – Players Line up near the center line WITHOUT their soccer balls. All the soccer balls go on one side of the net.

★ = where soccer balls go      ✕ = Players



**Procedures:** Players line up in line near the center line.

- One Coach stands near the net with all the players’ soccer balls. The other coach is stationed with the players.
- Players need to pay attention for their ball to be kicked out into the blue oval area.
- If the player sees their ball kicked out, they should run to the ball, begin dribbling toward the net and kick the ball into the net.
- Continue until all players have taken a turn, repeat as time allows.

**TIPS:**

- ~ Coaches can serve a new ball once the previous player begins dribbling toward the net to minimize waiting time.
- ~ As players get the hang of it, coaches can serve multiple balls.
- ~ If players have a difficult time paying attention for their ball, coaches can **call a name** and roll out a random ball to keep the activity moving.

**Key Coaching Points:**

- Quickly approaching the soccer ball.
- Encourage players to keep the ball close while dribbling

**\* Players should take a drink break AND bring parents back to field for a quick team meeting \***

## HFC Fall IM U8: PRACTICE PLAN #1 (September 16, 2023)

### Game Prep/Intro to (Basic) Soccer Rules 11:15 -11:20 AM

#### Setup:

- Players circle up with coaches to discuss the rules of the game (NO SOCCER BALLS NEEDED – *all soccer balls should be with parents*)

#### Procedures:

- **You can ask the players what are some rules that they know?**
- Be sure to discuss the rules below:
  - No hands in soccer (only use hands for throw ins)
  - Try to take the ball away from the other team with your feet and kick it in the goal.
  - Be kind to ALL players
  - HAVE FUN!
  - Always say “good game” to the other team at the end of the game (good sportsmanship)

### SHORTENED Game (2 15-minute halves; 5-minute half-time) 11:20 – 11:55 AM

- Check with the other team to determine if you'll be playing 4 v 4 or 5 v 5
- Assign 'starting line-up' and begin play!
  - First Half: 11:20 – 11:35 AM
  - Half Time 11:35-11:40 AM
  - Second Half 11:40 – 11:55 AM

### Game Wrap-Up 11:55 AM – 12:00 PM

- Meet as a Team on the field BEFORE leaving the field.
- Circle up your teams- say GOOD GAME to the other team
- Talk briefly about what you learned.
  - WHAT WAS THE BEST PART OF SOCCER TODAY?
  - WHAT IS ONE NEW THING YOU LEARNED?
- Congratulate players on what they did well  
It was great to see players....(i.e. dribble the ball fast, kick the ball into the net, passing the ball in)