


HFC Fall IM U12: PRACTICE PLAN #1 (September 16, 2023)

**** As players arrive, coaches should introduce themselves, and ask for players first/last name to be sure the player is on their team. If not, ask them to check with the other coaches ****

**Players should bring their water bottle to the TEAM Sideline
(Parents sit on the sideline across from their team)**

Players can start by dribbling their ball inside the circle while waiting for the players to arrive.

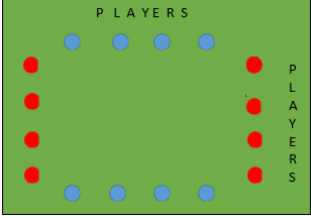
Activity One: Circle Passing 10:45 – 10:55 AM		
<p>Equipment: 1 Ball, Cones to make a circle</p> <p>Setup: Create a circle with several cones on your half of the practice field.</p> <p><i>(Practice team can use the center circle)</i></p> 	<p>Procedures:</p> <p>Task One (Passing/Learning Names):</p> <ol style="list-style-type: none"> 1. Players stand around the circle (in front of the cones). 2. One Player begins with a soccer ball and passes to a player (not an adjacent player). 3. Receiving player says his/her name (loud enough for the team to hear). 4. Repeat until all players have gone at least twice sharing their name. 5. Repeat Additional Times where players answer various questions: if they've played soccer before (and how long); favorite soccer position (offense/defense/goalie) <p>Task Two (Teammates passing to an intended player):</p> <ol style="list-style-type: none"> 1. Starting Player takes two dribbles into the circle and passes the ball to a teammate AND states the name of the player to whom they are passing the ball. 2. As he/she passes, he/she moves to the player's spot. 3. Receiving player should move toward the ball to receive the ball, take a couple dribbles, and pass the ball to a new player (stating their name). <p>*** Challenge players to pass to new people each time ***</p> <p>** Ask players to raise their hand if they haven't received a pass if it seems like players are not varying their passes **</p> <p>Task Three (Passing under pressure)</p> <ol style="list-style-type: none"> 1. Same as above 2. This time, one coach should stand in the center of the circle and approach the player with possession of the ball after they've received it to put fake/light pressure on the player so player uses decision making to determine where to pass the ball. 	<p>Goals/Focus Skills –</p> <ul style="list-style-type: none"> • Learn Teammates' Names • Accuracy of passing • passing under pressure • movement after passing

Uniform Distribution (10:55 – 11:00 AM)
<ul style="list-style-type: none"> • See instructions for uniform distribution (attached to uniform bag) • Players take a Drink Break & have parents help them put their jersey on! • Players go to parents at the sideline to put their jersey on and give their Socks & shorts to their parents.

**** Coaches Set Up Cones while players take a quick drink & take care of their jerseys ****

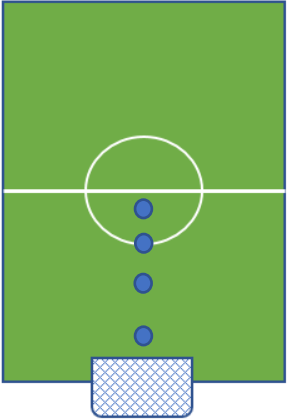
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Warm-Up: Dribble Across a Square/Dribbling in Traffic 11:00 – 11:10 AM

	Time Required: 10 minutes	
	Equipment: Every Player with a soccer ball, dome cones to create the square	
	Organization/Procedure: <ol style="list-style-type: none"> 1. Create a square with dome cones of two different colors (if available). 2. Line Half of the kids up on one side and the other half on a perpendicular line (forming an L shape) with their soccer balls (See PLAYERS on Diagram). 3. Have the kids all dribble across at the same time. Kids must look up to avoid running into a teammate. Players at the blue cones dribble to the blue cones across from them, players at the red cones, dribble across to the red cones. 4. Players should dribble to the opposite side, and stop their ball when they get across. <p>Additional Challenges:</p> <ul style="list-style-type: none"> • Players dribble across and back to starting point. • Give players a certain # of times to go across. • Have players count how many times across in one minute's time. • Divide players across all sides of the square (3-4 players per side) 	Coaching Points: <ul style="list-style-type: none"> • Coaching points – Eyes up, ball close, stopping the ball without letting the ball go too far past the cone (foot break), pull-back and turn to go to the other side. • Discuss/demonstrate pull-back.
Link: https://www.soccerhelp.com/soccer_drills/Dribble.shtml Video Demonstration: https://www.youtube.com/watch?time_continue=4&v=SbdgdBqhG5Q		

***Have Players Collect cones and bring to the coaches.
Players Take Water Break & Coaches Set up Cones for next drill***

Activity Three: Number Passing 11:10 – 11:20 AM

Equipment: 4-6 Soccer Balls Dome Cones to divide field	Set-Up: <ul style="list-style-type: none"> • Divide your half of the field in half as shown. • Half of your players on each side with 2-3 soccer balls. • Players on each side are numbered 1 – 6, Players must remember their number. <p>Procedures:</p> <ol style="list-style-type: none"> 1. Inform the players we are completing a PASSING Game. The ball will start with Player One. Players should pass to the next highest number upon receiving the ball. So #1 passes to #2; #2 passes to #3; #3 passes to #4, etc. The LAST person passes back to #1. 2. Players must be in constant motion during the activity – pass and move. Move within passing distance of the player you will receive the pass from. 3. As players become more comfortable, group can add an additional soccer ball (start balls with Players with #'s one and three) SAVE FOR WEEK #2 4. Important to communicate and find your teammate. <p>*** Players need to be aware of who they are PASSING TO and who they are RECEIVING FROM! ***</p>	Goals/Focus Skills <ul style="list-style-type: none"> • Eyes up • accuracy of passing • Communication • Looking for your teammate the ball is coming from. • Finding the teammate to pas to.
		
Numbered Passing: Numbers Passing Video		

***Players then Bring their ball to their parents and head back to the sideline for a quick drink.
Coaches collect cones.***

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Review of Rules of the Game! & Line-Ups

11:20 – 11:25 AM

You can ask the players - "What are some important things to know for our new players?"

- No hands in soccer (only Goalkeeper and Throw-Ins)
- Offense – Attempts to Dribble/Pass/Shoot/Score
- Defense – Protects the Goalie – clears the ball to the players on offense
- Goalkeeper – Can use hands (inside the goal box) to keep the ball out of the net)
- When do we have Throw-Ins?
- **Assign Field Positions**

SHORTENED Game & Wrap-Up

11:25– 12:15 (2-twenty-minute halves)

- First Half: 11:25 – 11:45 AM
- Half Time: 11:45 – 11:50 AM
- Second Half: 11:50 AM– 12:10 PM

Shake hands with the other team after the game.

- Wrap-Up – Team Meeting: 12:10 – 12:15 PM
 - Offer positive feedback about what went well
 - ask players: *What did we learn today? Did everyone have a fun time? Etc.*