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RS Wk5&6 PRACTICE: Partner Gates

YDP

Time	10 mins
Setup	Set up various 1x1 cone boxes around the practice field. Each player needs a partner, each pair needs one ball.
Description	The objective is to pass the ball through a gate to your partner. After players have success passing the ball back & forth 2-3 times, they run to a new gate. Player should dribble and find their partner at the new gate.
Technical	<ul style="list-style-type: none"> • Inside the foot pass • Strong ankle • Advise against "toe balls" • Small, quick touches • Use both feet • Head up while dribbling (find partner/gate)
Variations	Boxes can be made larger or smaller

Pass/Shot:
 Run w/o ball:
 Run with ball:

2

RS Wk5&6 PRACTICE: Hungry Hippos

YDP

Time	10 mins
Setup	10x30 space. Divide the group into the two teams. Place all the balls in a circle of cones in the middle of the field. Pug nets on each side. No goalies. Each team lines up to the side of their goal.
Description	One player at a time from each team will run into the middle to collect a ball with their feet, dribble and strike it into their goal. If they miss, try again until they make it. The next player then races to get a ball in the goal.
Technical	Improving coordination, Keeping the ball Close and Under Control, using inside and laces of the foot <ul style="list-style-type: none"> • Laces for power -Toe pointed down • Inside for accuracy -Toe up to shin • Encourage them to not use their toe

Pass/Shot:
 Run w/o ball:
 Run with ball:

3

RS Wk5&6 Practice: Ouch!

YDP

Time	10 mins
Setup	Every player needs a ball, create large square with cones
Description	Each player starts with a ball and must dribble around. When Coach says play, the players try to strike the ball and hit the Coach who is running around the space trying to avoid being hit. Every time Coach is hit, he/she yells "Ouch"
Technical	<ul style="list-style-type: none"> • Encourage them to not use their toe • Head down when we strike the ball • Plant foot alongside the ball • Laces for Power/Inside of foot accuracy • Land on foot you kick it with - full swing <p>• COACH, have fun and sell it, be goofy!</p>

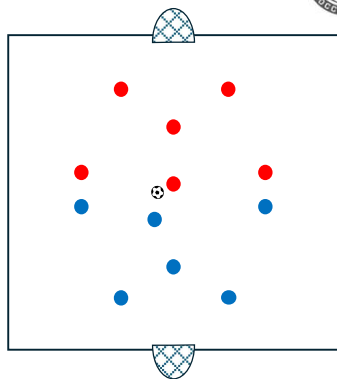
Pass/Shot:
 Run w/o ball:
 Run with ball:

4

RS Wk5&6 PLAY: Scrimmage



Time	10-15 mins
Setup	USE PUGG NETS. Half-field scrimmage within your players
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.

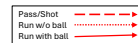
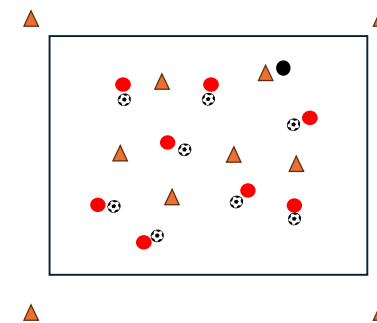


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RS Wk5&6 Optional: Jellyfish/Landmines



Time	
Setup	Every player needs a ball, create large square with cones, extra cones to toss
Description	Players dribble around the square "ocean", coach tosses cones in front of players. If player's ball or foot touch the "Jellyfish" they are out. Player can get back in after they "dry off" by doing Toe Taps/Foundations/Juggling
Technical	Feet not hands Control the ball, dribbling with the ball close, changing direction, increasing speed past the defender.

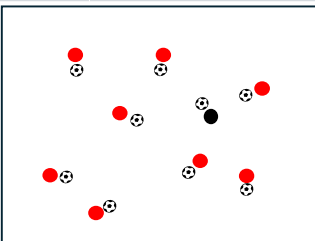


6

RS Wk5&6 Optional: Simon Says/Ball Mastery



Time	10 mins
Setup	Spread out, every player needs a ball
Description	Players "free move" and listen to instructions from the coach, but only when the coach says "Simon Says". Use commands like – "Freeze", "Fast", "Foot on the Ball"
Technical	Listen to Coach, Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot



"Coach Says" / "Simon Says" Commands:

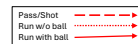
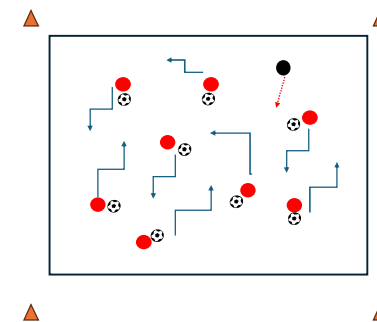
- Run/Dribble Fast like a Cheetah / Slow like a Turtle
- Put your Knee/Elbow/Head/Belly on the ball
- Right/Left Foot Roll
- Right/Left Foot Flamingo
- "Inside-Inside" (Foundations/Tic Tock) = tap ball back and forth between the insides of both feet
- "Toe Taps" (Step ons) = tap top of ball with bottom of foot, alternating feet
- "Outside/Inside" = tap the ball back and forth with one foot using the outside of the foot, then the inside of the same foot
- "Drag/Push Laces" (Dragon Laces) = drag it back with the sole and then kick with the laces, toe pointed straight down of the same foot
- "Outside/Outside Stop" = lightly kick the ball twice using the outside three toes of your foot and then put your foot on top of the ball to stop it – hop over and repeat
- "Juggle" = start with balls in hands - use laces: Foot – Catch; Foot – Foot – Catch; Thigh – Catch; Thigh – Foot – Catch
- 1v1 Move – "Messi feint" big step to the side of the ball, with the other foot push the ball using the outside of the foot "Scissors" step over the ball, with the other foot push the ball using the outside of the foot
- Video of skills moves: [Basic Ball Mastery for Kids!](#)

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RS Wk5&6 Optional: Wreck-It Ralph



Time	
Setup	Every player needs a ball, create large square with cones
Description	Players dribble around the square, players avoid Ralph/Coach who is trying to get the ball. If player's ball exits the square, they are out. Player can get back in after they do Toe Taps/Foundations
Technical	Feet not hands, Control the ball, dribbling with the ball close, changing direction, increasing speed past the opponent.



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