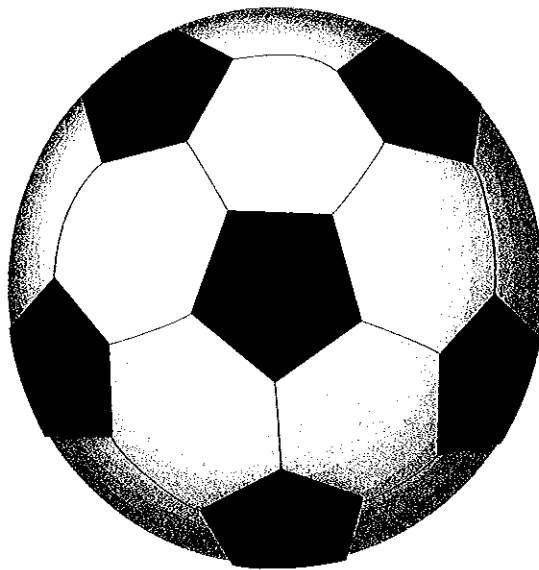


# **SOCCER PRACTICE DRILLS**



**Ages 4 - 8**

**INTRO SKILLS**



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# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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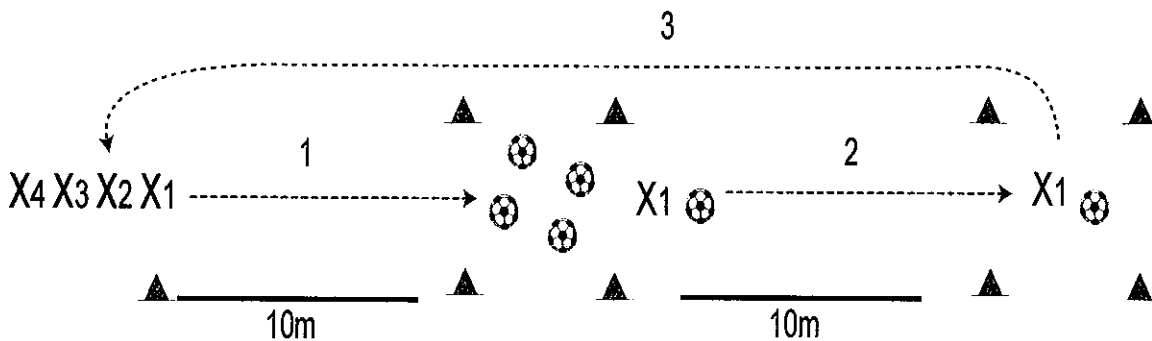
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Notes: \_\_\_\_\_

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### Warm-Up # 1: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

Make sure number of balls to be carried by each team is same, even if some kids have to run twice



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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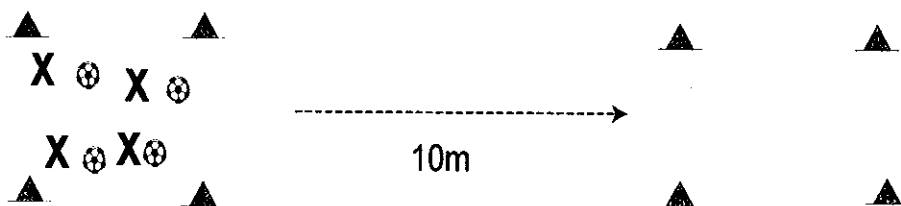
Notes: \_\_\_\_\_

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### Ball Handling #1: Dribble between squares (10min)

In groups of not more than 4



Dribble ball from one square to the other and back using:

- a. outside right foot
- b. inside right foot
- c. outside left foot
- d. inside left foot

**Note:** If real young kids are having trouble with the various foot positions, just ask them to move the ball whichever way works for them between squares. Encourage them to keep ball close to foot as opposed to kicking it forward.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

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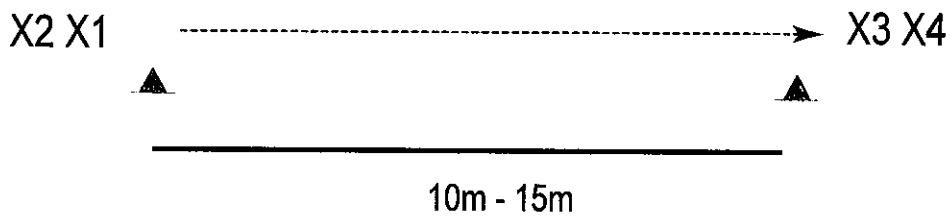
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Notes: \_\_\_\_\_

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### Co-ordination #1 : Relay Game # 1 (10 min)



Make as many even groups as you can.

X1 sprints to X3 and touches X3 hand to send X3 running.

X1 goes behind X4.

X 3 touches off X2 and waits,

X2 touches off X4, etc.

The race stops when everyone is back where they started. First team to finish wins.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

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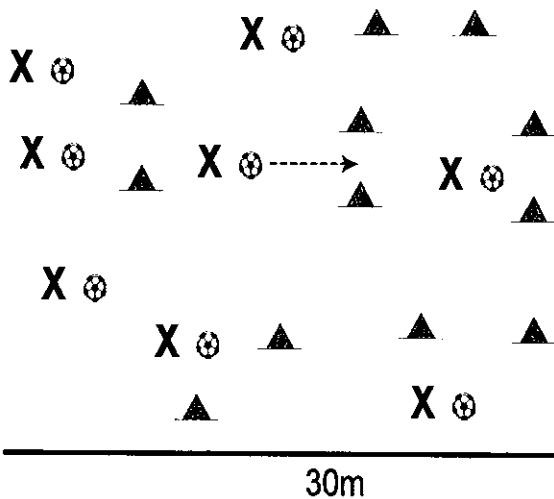
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Notes: \_\_\_\_\_

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### Motivational Skill #1 : Dribble through goals (10min)



randomly place 6 - 3m wide goals.

each player must dribble through each goal.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

\_\_\_\_\_

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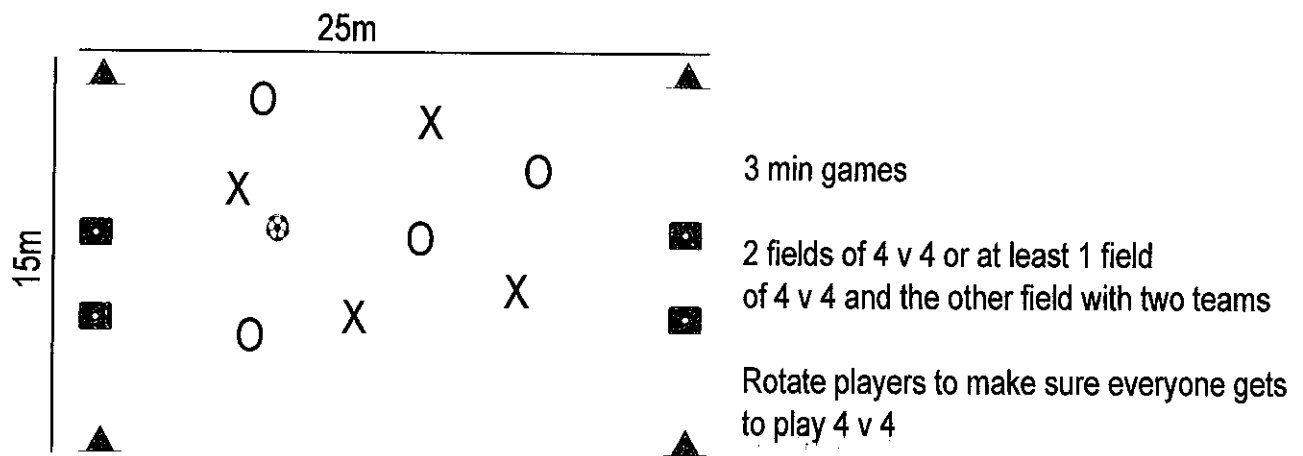
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Notes: \_\_\_\_\_

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### Game #1 : 4 v 4, no GK (15 min)







# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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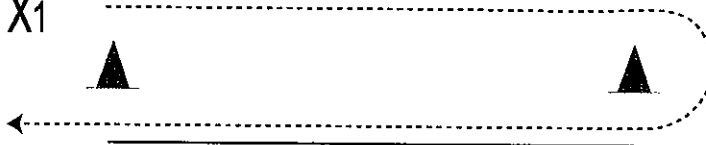
Notes: \_\_\_\_\_

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### Warm-Up #2: Co-ordination Relay (10min)

X4 X3 X2 X1



In groups of 4.

5m

1. X1 runs around cone and back and takes
2. X2 by hand. X1 and X2 holding hands run around cone
3. and take X3 by hand. All three run around cone and
4. pick up X4. All 4, holding hands, run around cone and
5. leave X1 behind.
6. X2,X3,X4 run around cone and leave X2 behind
7. X3,X4 run around and leave X3 behind
8. X4 runs around and comes back alone.

Team that finishes first wins.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

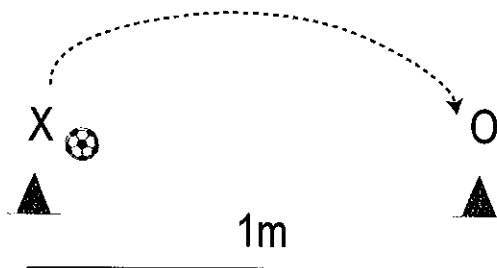
## Ball Handling

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Ball Handling #2: Ball Receiving and Control (10min)

1. Each player holds ball in hand and lets it drop onto a foot trying to kick it up and catch it.
2. In pairs, 1m apart, players throw ball to partner's foot. Partner tries to stop ball and kick it back or kick it back with one touch.





## Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

### Co-ordination

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

#### Co-ordination #2 : Throw-Move-Catch (10 min)

1. Players start with ball in hand either:

- sitting
- crouching
- kneeling
- lying on back

2. They then throw ball in the air and

3. Catch the ball in a different position than they started with:

- throw sitting-catch crouching
- throw kneeling-catch lying on back

Mix it up so that players have success and fun.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

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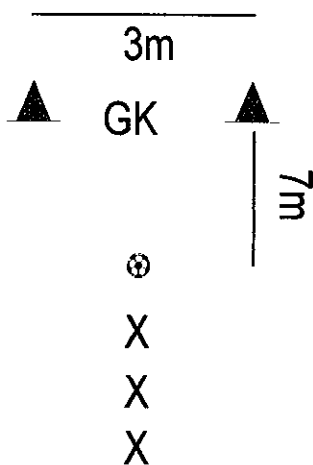
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Notes: \_\_\_\_\_

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### Motivational Skill #2 : Shooting 1 (10min)



groups of 4

Players take shots from 7m away.

Player who scores becomes goalkeeper

Player misses, goes to back



# Practice Builder



Team: \_\_\_\_\_

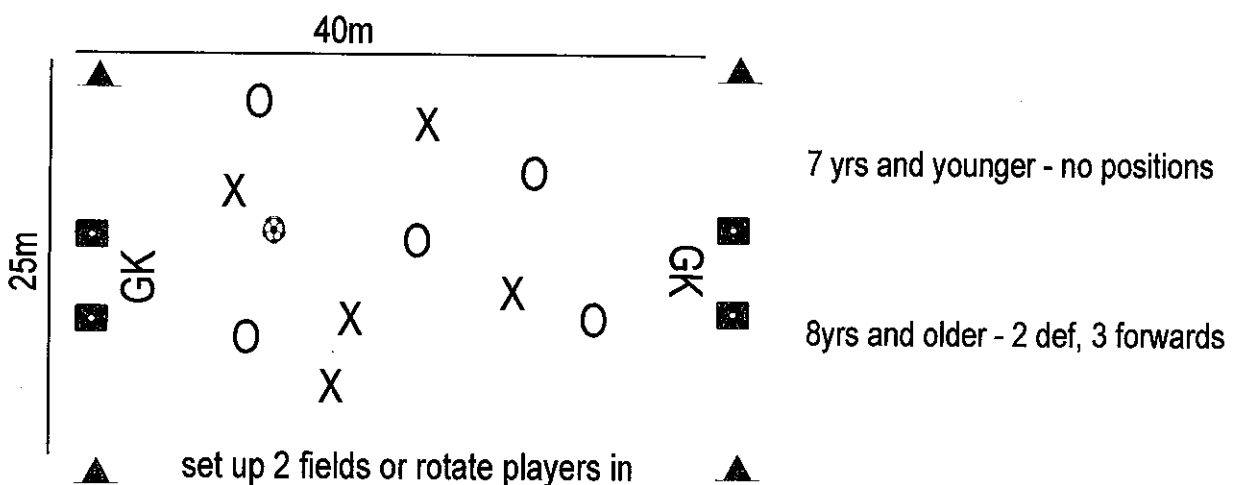
Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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### Game #2 : 5 v 5 with GK (15 min)





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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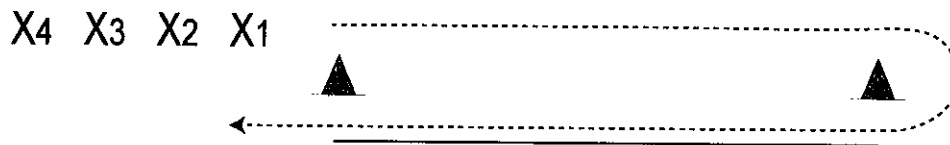
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Notes: \_\_\_\_\_

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### Warm-Up #3: Relay Race (10min)



10-15m

< 7yrs old: 10 m

7 yrs + : 15 m

Make as many groups of 3 or 4 players as you can

X1 sprints around far cone and back and touches off X2

X2 runs and touches off X3, X3 runs and touches X4

The group whose players come around first wins.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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\_\_\_\_\_

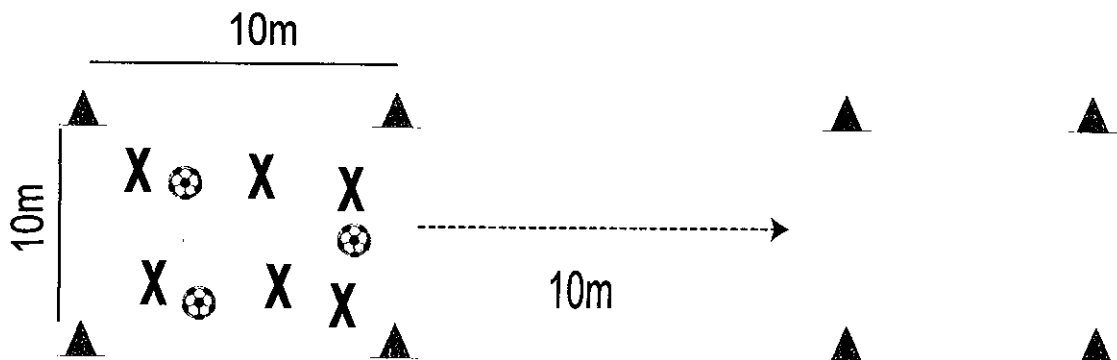
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Notes: \_\_\_\_\_

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### Ball Handling #3 : Passing and dribble (10min)



Players work in partners

They pass the ball to each other inside square

On command, players with ball dribble to other square, partners run after them.

Once in other square, pass again and repeat



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

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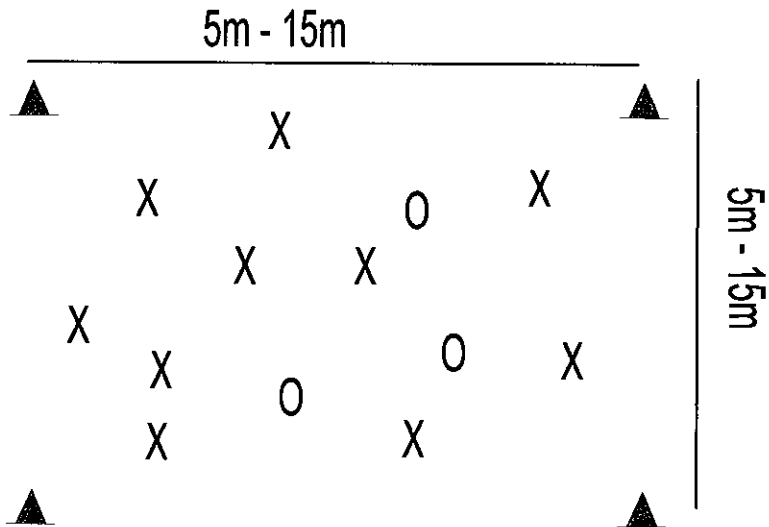
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### Co-ordination #3 : Catch Game 1 (10 min)



Age	Size of Square	# of catchers
< 6	5m x 5m	3
7,8	10m x 10m	2
>8	15m X 15m	1 or 2

Catchers (O) are identified by wearing pinnies, hats or armbands. Everyone runs in the square and catchers must touch runners (X) Once touched, the runner changes role with the catcher. Who gets caught the least in each 2 minute game?





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

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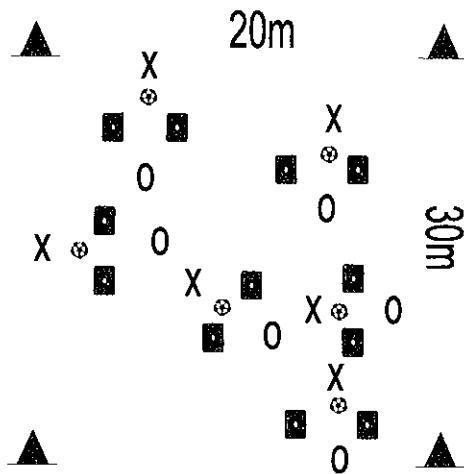
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Notes: \_\_\_\_\_

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### Motivational Skill #3 : Pass through small goal (10min)



X and O work in pairs and pass ball to each other through 3m wide goals

<7 yrs old , pass through same goal

7 yrs + , pass through each goal



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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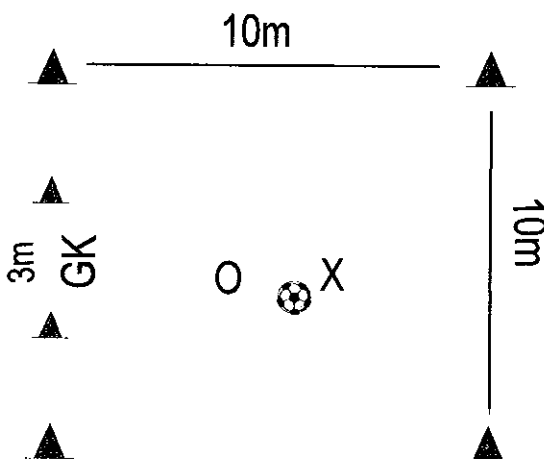
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Notes: \_\_\_\_\_

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### Game # 3: 1 v 1 with GK (15 min)



X plays 1v1 on goal

change GK every 2 min





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

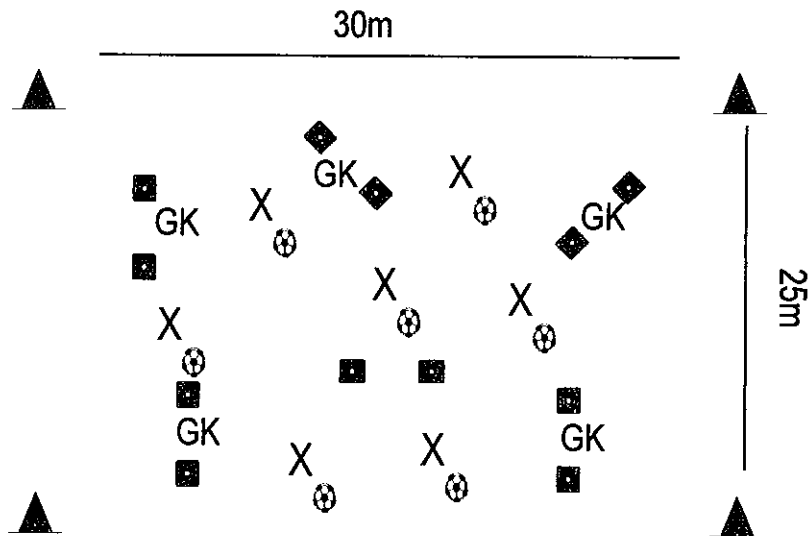
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Notes: \_\_\_\_\_

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### Ball Handling #4 : Dribbling with change of target (10min)



6 -1m- wide goals are placed randomly in area. 5 goals have a goalkeeper in them.

Players with ball dribble through goal without GK in it.

On command by coach, GK change goals such that a different goal does not have a goalkeeper, forcing players dribbling to find new target. Change goals every 30 seconds.

Rotate GK with dribblers after 2 minutes.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

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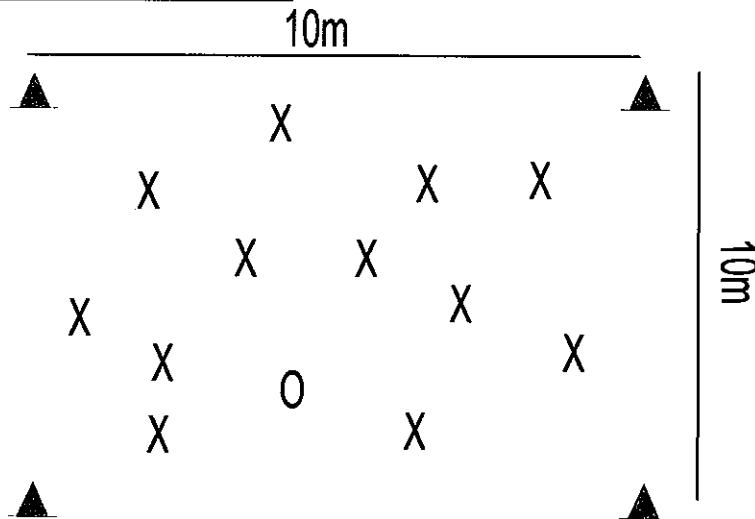
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### Co-ordination #4 : Catch Game 2 (10 min)



One player is identified as catcher and must tag other players.

Tagged players sit down.

How many runners can you catch in 30 seconds?

Everyone gets to be the catcher once to see who wins.



# Practice Builder



Team: \_\_\_\_\_

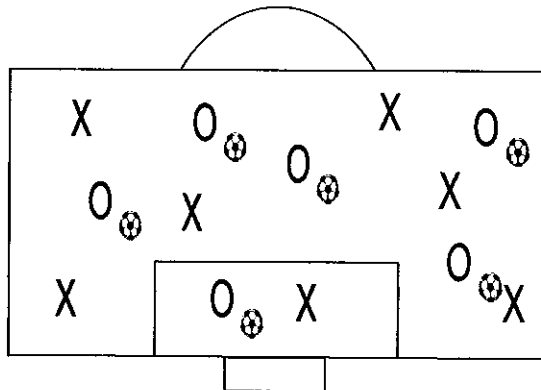
Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Motivational Skill #4 : Pass + follow through legs (10min)



X stand with legs spread wide apart.

O dribble towards an X, pass ball through X's legs and crawl through legs to retrieve ball.

After all O's have gone through each X, change roles



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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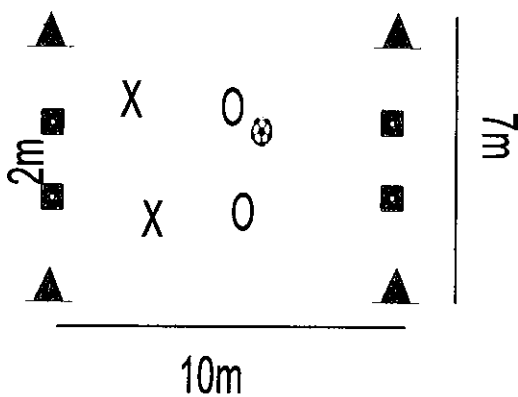
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### Game #4 : 2 v 2 no GK (15 min)



Break team into groups of 2, playing 2 v 2.

Play 3 minute games and rotate groups of 2 in tournament style.

Which team wins most?



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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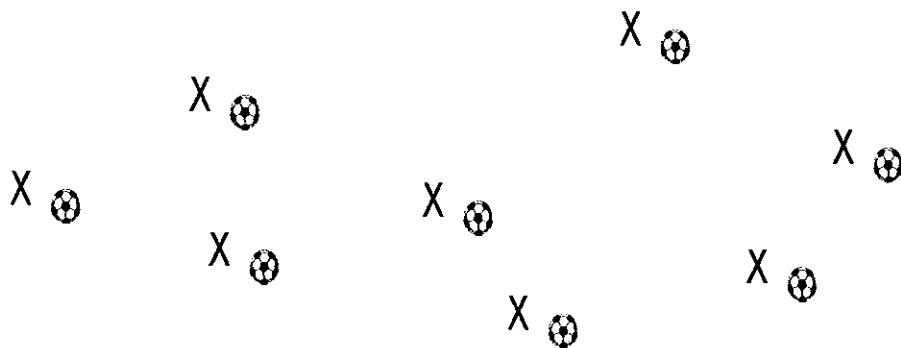
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Notes: \_\_\_\_\_

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### Warm-Up #5: Developing Ball Feeling (10min)



1. Players each have a ball. They alternate putting left foot and right foot on ball.  
Try to keep them moving on their toes continuously - soccer dancing.
2. Players dribble ball forward and stop it by stepping on it.  
Alternate left and right foot.  
For younger players, give them a command when to stop.





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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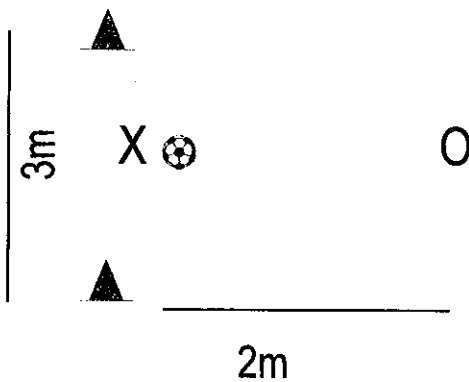
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### Ball Handling #5 : Headers and Goalkeeping (10min)



X throws ball and O tries to head it into goal.

Switch every three turns.

If players are afraid to head, ask them to shoot instead.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

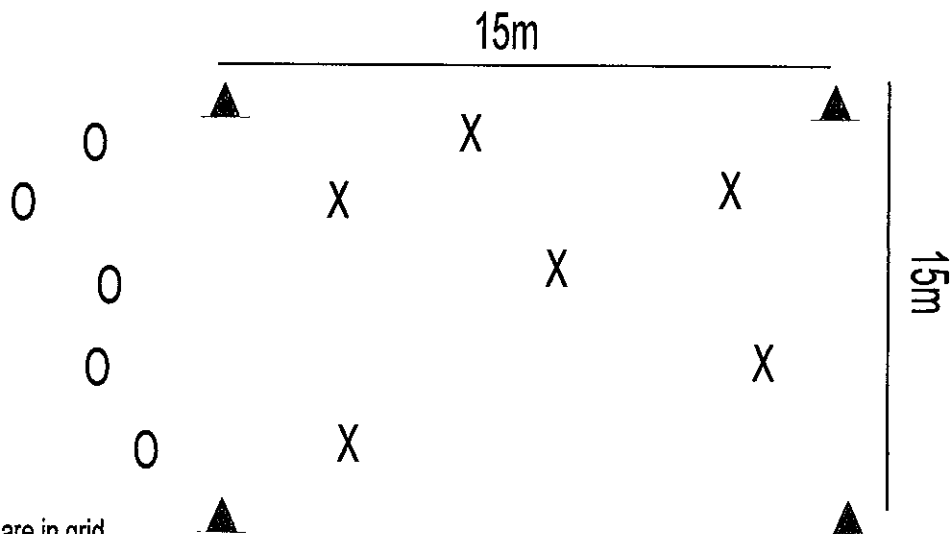
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Notes: \_\_\_\_\_

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### Co-ordination #5 : Catch Game 3 (10 min)



O's are catchers, X's are in grid.

First O goes into grid and tries to touch one X. X, if touched, sits down. Second O goes in and tries to touch another X.

Keep changing O's. How long does it take to catch all X's?

If it's too hard to catch X's, send in two O's at a time. Reverse roles



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

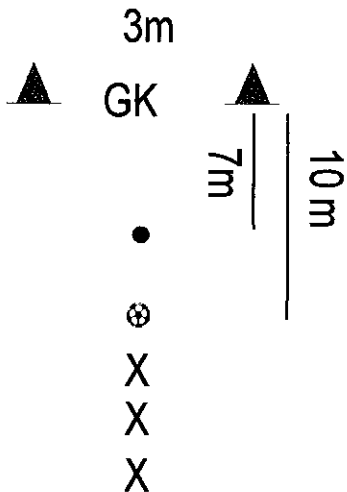
Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Motivational Skill #5 : Shooting 2 (10min)



groups of 4

Players dribble from 10 m and take shots from 7m away.

Player who scores becomes goalkeeper

Player misses, goes to back



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

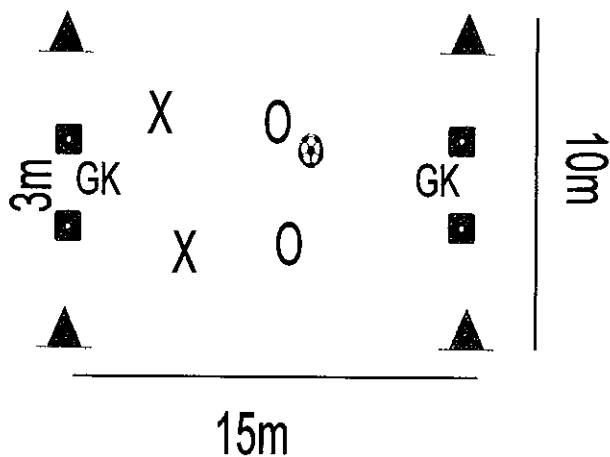
Things to observe: \_\_\_\_\_  
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Notes: \_\_\_\_\_  
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### Game #5 : 2 v 2 with GK (15 min)

teams of 3 play 3min games.

rotate teams to play a tournament





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

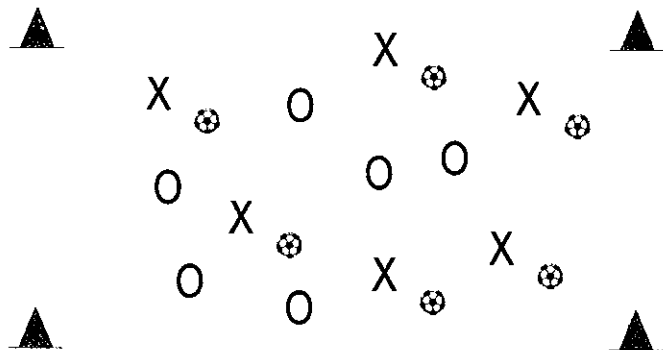
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### Warm-Up #6: Ball Control, Dribbling (10min)

1. All players with ball push ball forward with
  - a. laces
  - b. inside foot
  - c. outside foot
 and pull back with sole of foot on command by coach.

2. X's dribble ball in grid and on command exchange it with O's who are running around freely. O's dribble, exchange, etc.





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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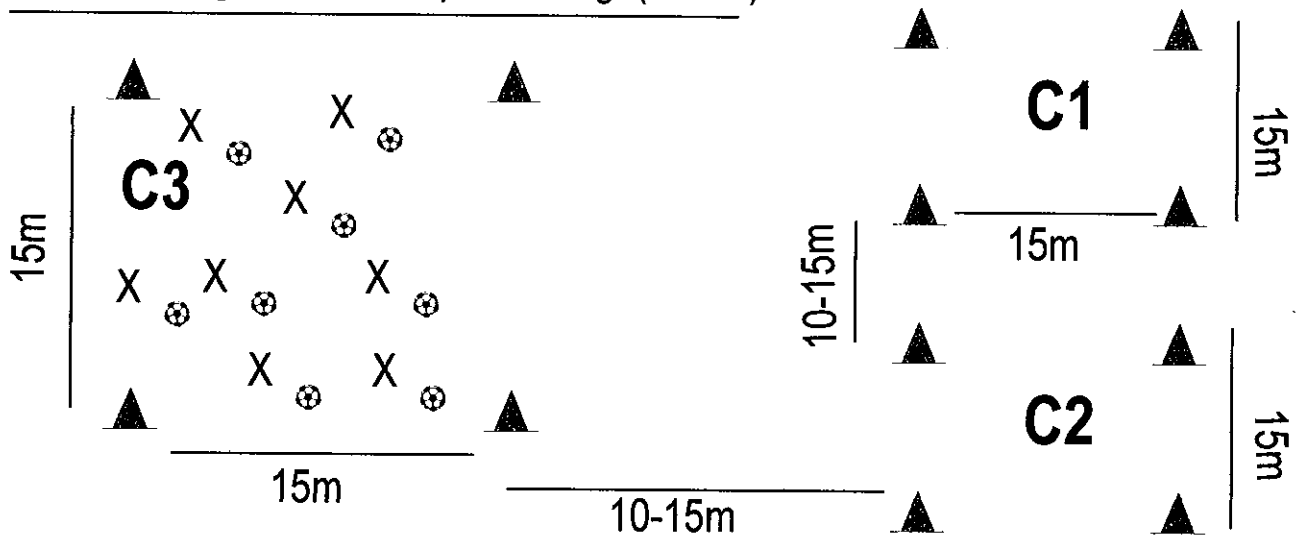
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Notes: \_\_\_\_\_

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### Ball Handling #6 : Head Up Dribbling (10min)



Three squares each with a coach/parent in it C1, C2, C3.

Players each with ball dribble in one square.

When one of the coaches lifts a hand, all players dribble to that square.

Coaches need to co-ordinate who lifts hand next.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

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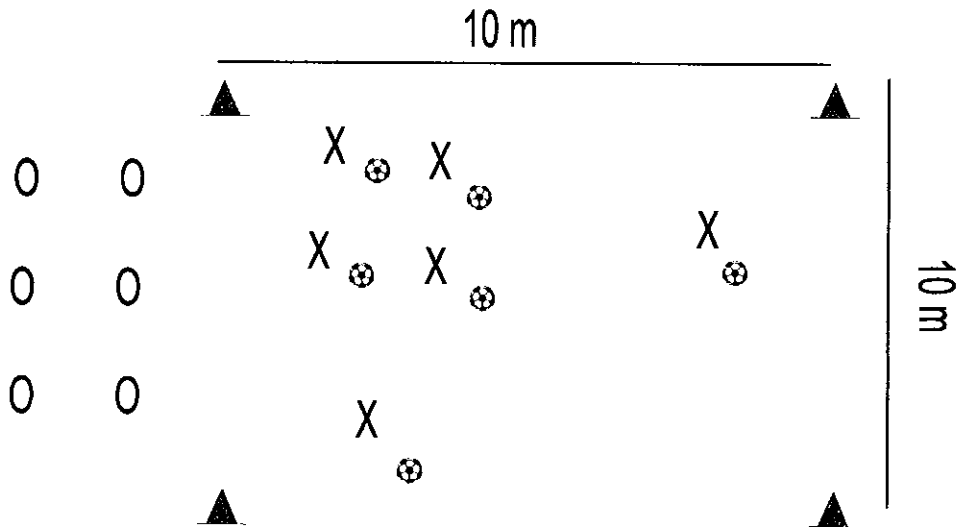
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Notes: \_\_\_\_\_

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### Co-ordination #6 : Catch Game 4 (10 min)



X's in grid each have a ball in their hands and are the hunters.  
 Two O's enter grid at a time and X's try to hit them by throwing balls at them.  
 O's that are hit sit down, next two O's enter. How long to knock down all O's?  
 Reverse roles. Make grid smaller/larger depending on success



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

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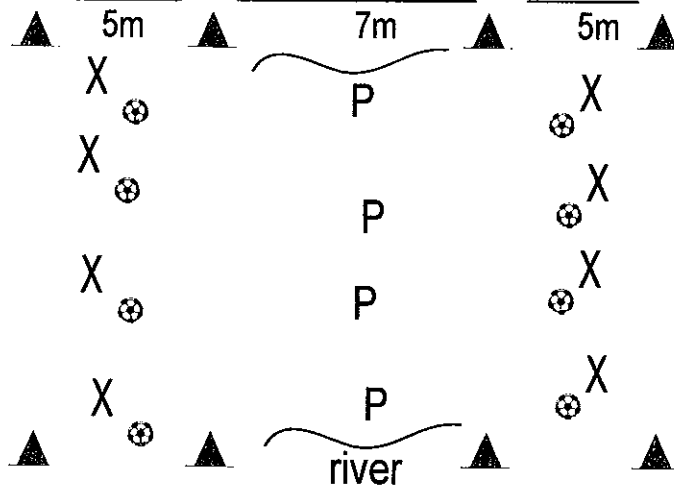
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Notes: \_\_\_\_\_

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### Motivational Skill #6 : Dribble through Pirates (10min)



X's dribble through river to other shore.  
 Pirates (P) try to steal ball from X's.  
 Pirate winning ball kicks it to shore and X must get it  
 X's count crossings in 2 minutes.  
 All groups get turn as pirates





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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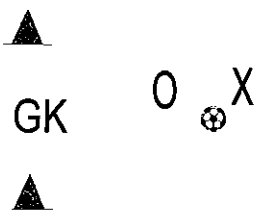
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Notes: \_\_\_\_\_

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### Game #6 : 1 v 1 with GK (15 min)



Groups of 3.

X v O on GK.

Goals can be scored from either side of goal.

Rotate GK every 2 minutes so each player gets 2 turns in goal.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

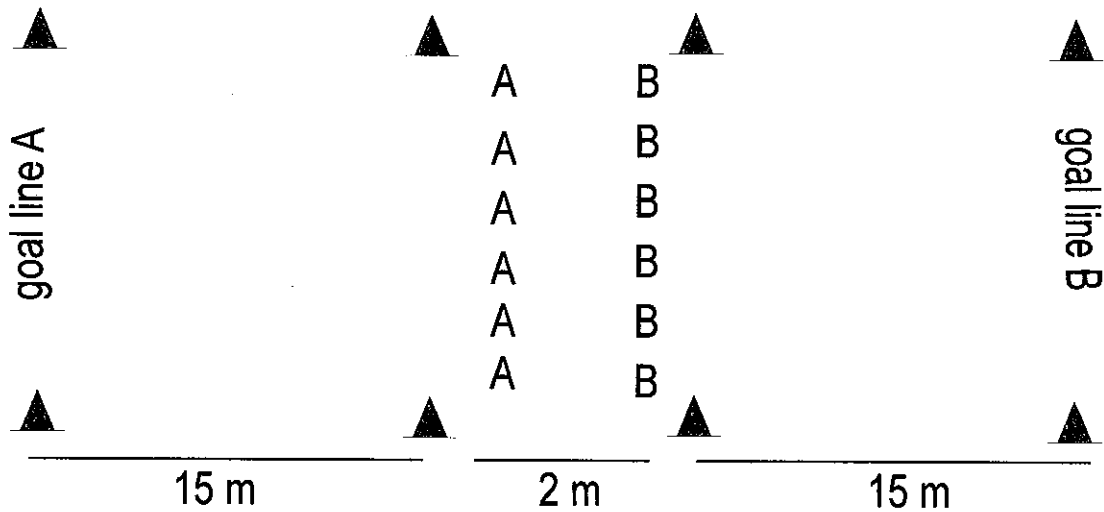
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Notes: \_\_\_\_\_

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### Warm-Up #7: Reaction Tag Game (10min)



Players of team A and team B face each other standing 2m apart. If coach calls "A", players in team A turn and sprint to goal line A, players in group B chase them and try to catch and tag them.

Count # players getting to goal line "safely".

Return to starting positions and repeat as many times as you like.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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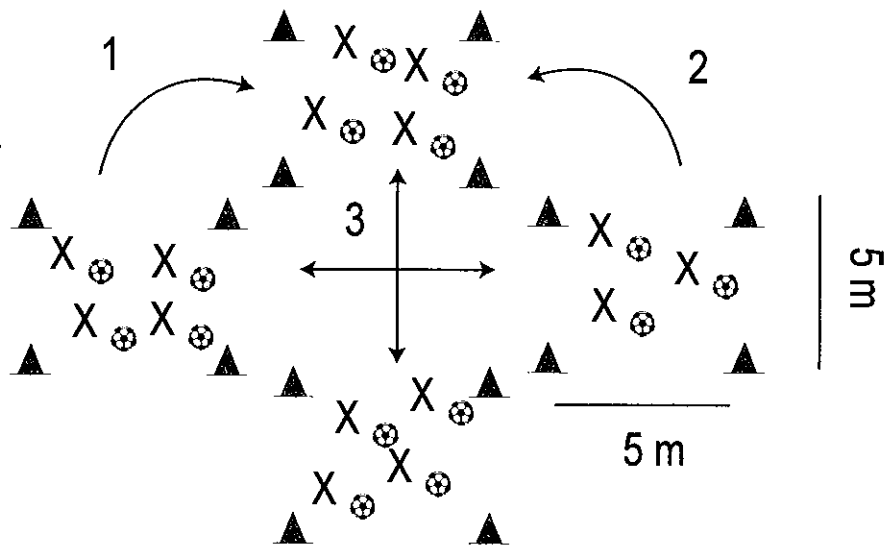
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### Ball Handling #7 : Reaction Dribble to Squares (10min)

Players are distributed in 4 squares as shown and freely dribble inside square. On command by coach, they dribble to the square:

1. to their right (clockwise)
2. to their left (counterclockwise)
3. across

There will be mix ups.  
Be patient, explain and have fun.





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

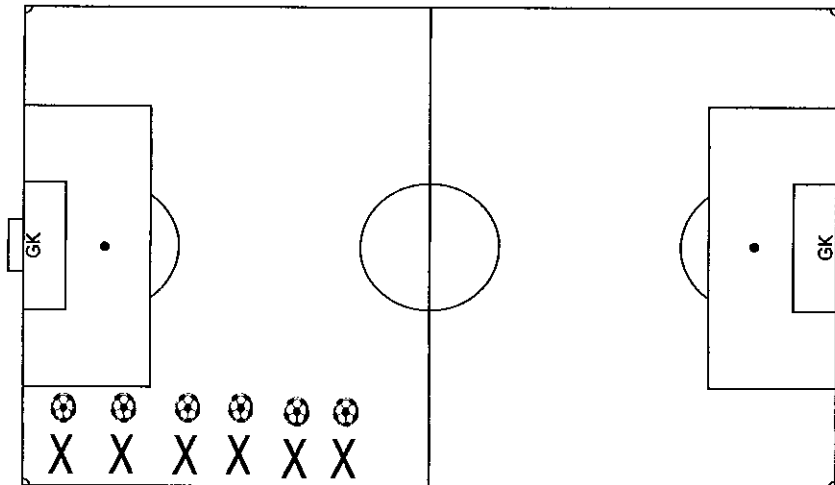
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Notes: \_\_\_\_\_

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### Co-ordination #7 : Throw ins (10 min)



Players line up on a side line and move the ball across the field and back using throw-ins.

After the throw, they run to pick up their ball, throw in again, etc.

Demonstrate proper technique and keep them going straightacross



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

### Motivational Skill #7 : Shooting 3 (10min)



4 m wide goal

X takes shot, GK turns and O takes shot.

Rotate GK every 5 shots.

Count # goals scored



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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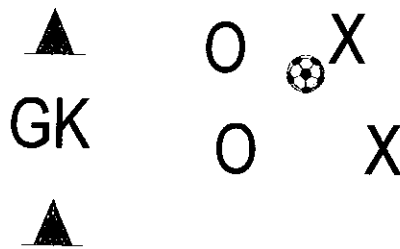
Notes: \_\_\_\_\_

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### Game #7 : 2 v 2 w. GK on 1 goal (15 min)



Players can score from either side of 4m wide goal.

Encourage changing direction of attack to stimulate creativity.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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\_\_\_\_\_

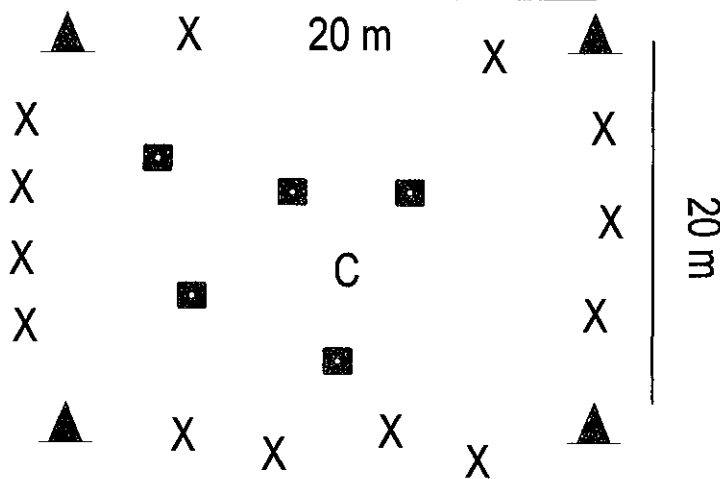
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Notes: \_\_\_\_\_

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### Warm-Up #8: Stop the Runners (10min)



Place as many cones or other targets as players randomly inside a 20m x 20m grid.  
 One catcher (C) is waiting in grid, other players are distributed on outside of grid.  
 On command, outside players run into grid trying to get to a target.  
 Catcher tries to stop runners by tagging them before they reach a target. Tagged players are out.  
 Count number of players out. Rotate everyone to be catcher.



# Practice Builder



Team: \_\_\_\_\_

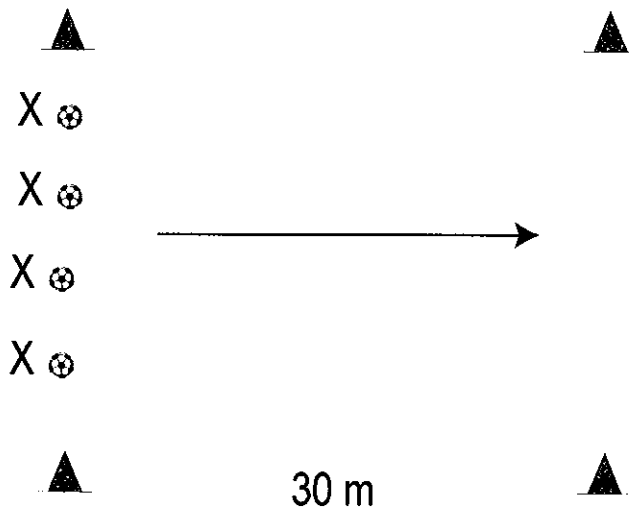
Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Ball Handling #8 : Kick-Pick Up-Throw (10min)



Players move across field and back by

kicking ball - running and picking it up - throwing ball- kick-pick-up-throw-kick, etc.





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

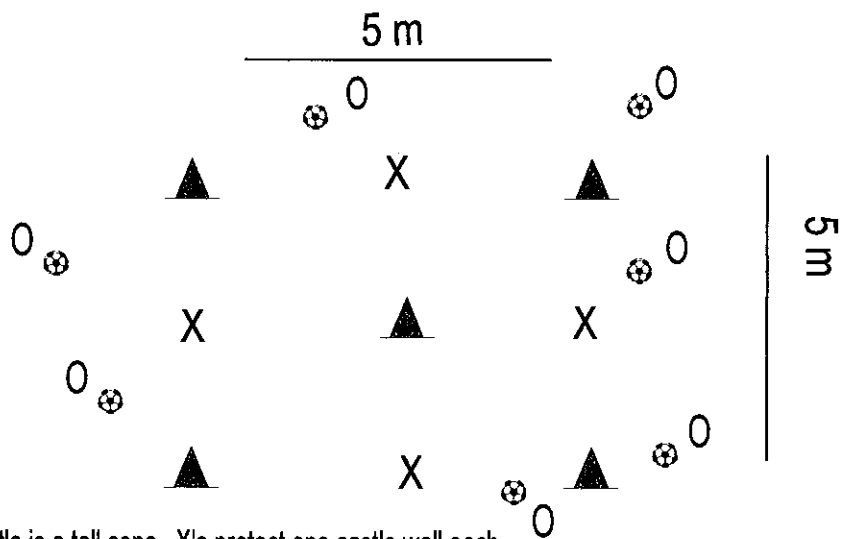
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Notes: \_\_\_\_\_

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### Co-ordination #8 : Protect The Castle (10 min)



Inside a 5m x 5m castle is a tall cone. X's protect one castle wall each.

O's try to dribble ball through castle wall trying to knock down the cone with a shot.

Time how long it takes to knock down cone. Rotate guards.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

\_\_\_\_\_

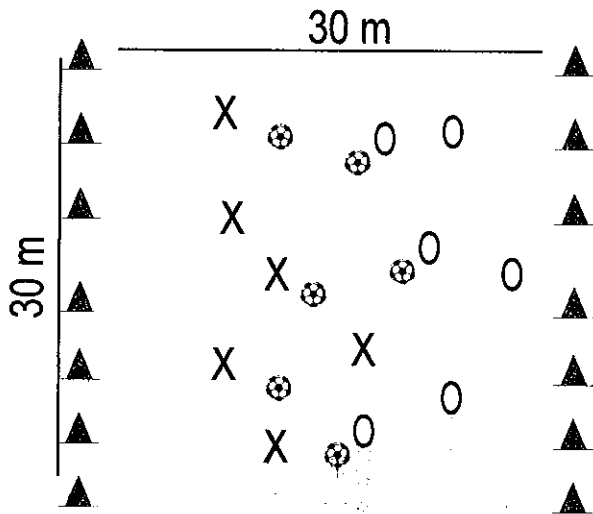
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Notes: \_\_\_\_\_

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### Motivational Skill #8 : Passing 2 (10min)



Two teams with 3 balls per team.

Each team defends one set of cones.

Goal is to shoot other team's cones down.

Which team wins knocks down other team's cones first?



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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\_\_\_\_\_

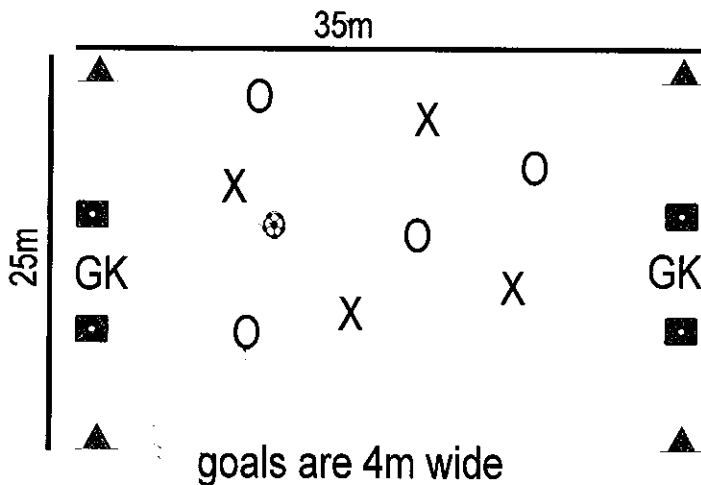
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Notes: \_\_\_\_\_

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### Game #8 : 4 v 4 w. GK (15 min)



5 min games

2 fields of 4 v 4  
or 1 field with 3 teams.

Play round robin.

Team not playing plays

2 v 2 w GK

See practice # 7



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

\_\_\_\_\_

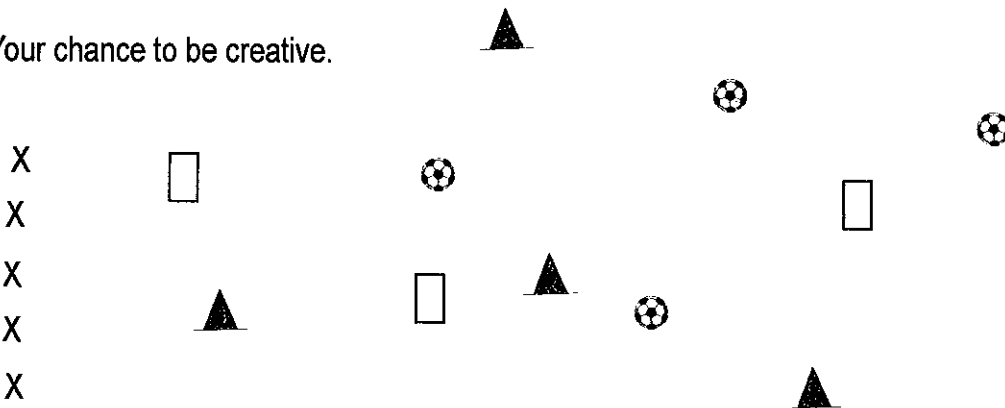
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### Warm-Up #9: Obstacle Run (10min)

Creatively put obstacles on field (bags, balls, pieces of wood, etc.) or use obstacles already at field, such as players benches, trees, ditches, etc.

Map out an obstacle course and get team to run through. Make sure there are opportunities to jump, crawl, circle around objects, etc.

Your chance to be creative.





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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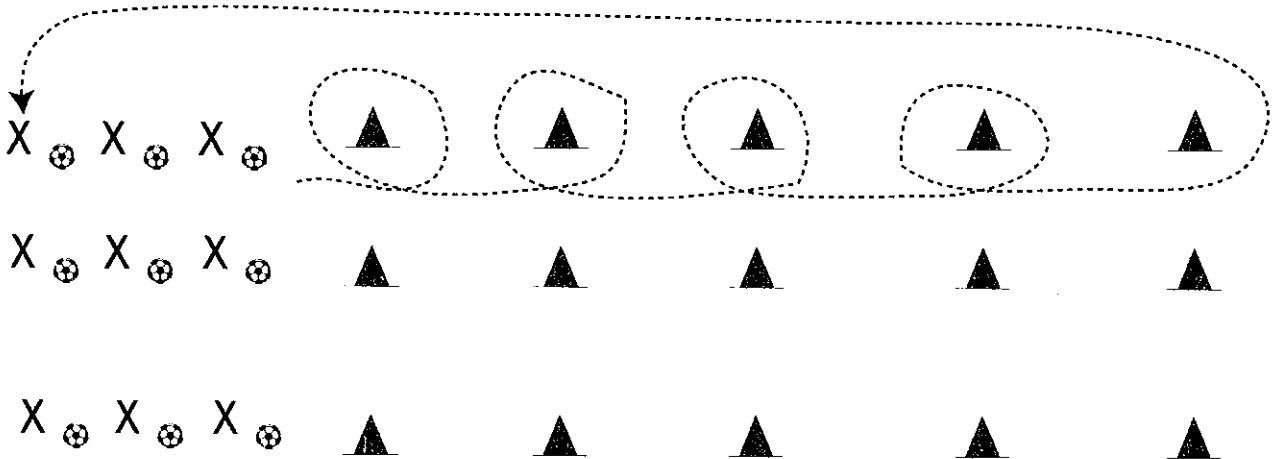
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Notes: \_\_\_\_\_

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### Ball Handling #9 : Circle Dribble (10min)



Dribble around each cone and straight back after the last one.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

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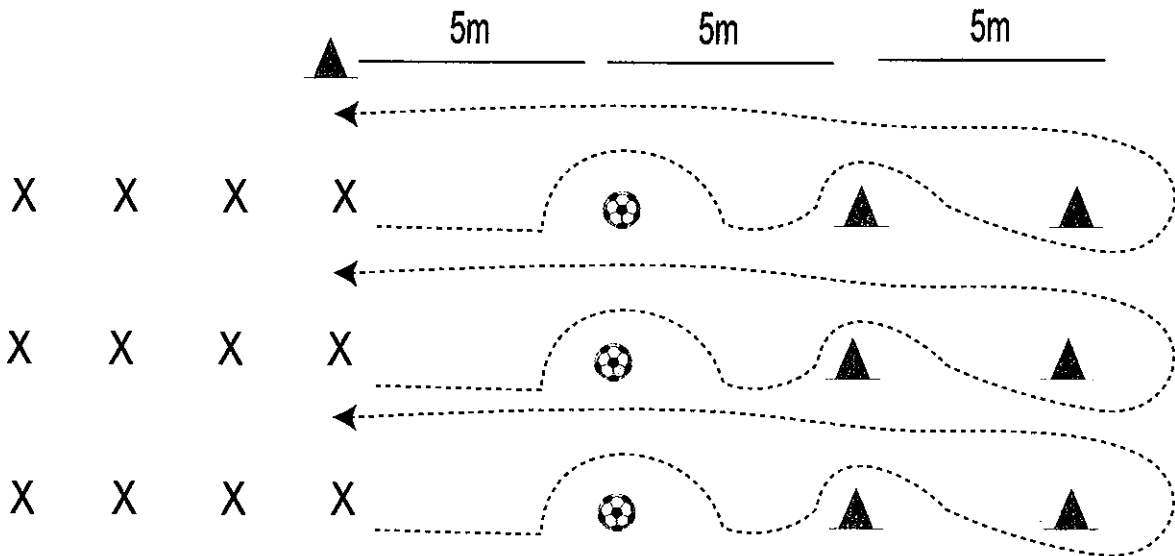
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Notes: \_\_\_\_\_

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### Co-ordination #9 : Obstacle Relay (10 min)



Hop over ball, hop over cone, run around cone and sprint back on the outside.

First team to finish wins. Use other obstacles if you need to.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

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\_\_\_\_\_

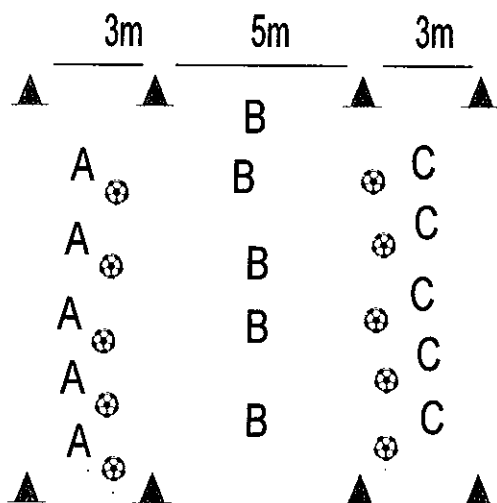
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Notes: \_\_\_\_\_

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### Motivational Skill #9 : Passing 3 (10min)



A's and C's try to pass ball across zone occupied by B

B's try to stop ball.

Rotate teams through middle every 3 min.

Count # of passes through for each team



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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\_\_\_\_\_

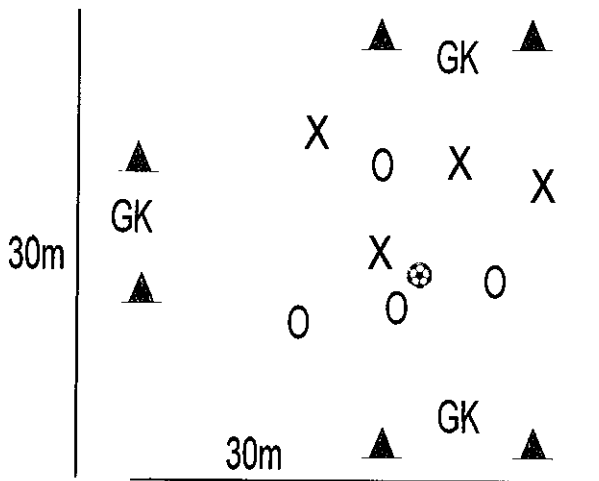
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Notes: \_\_\_\_\_

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### Game #9 : 4 v 4 on 3 goals with GK (15 min)



Play 3 min. games.

Teams can score on any goal.

Goals are 4m wide.

Rotate goalkeepers





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

Things to observe: \_\_\_\_\_

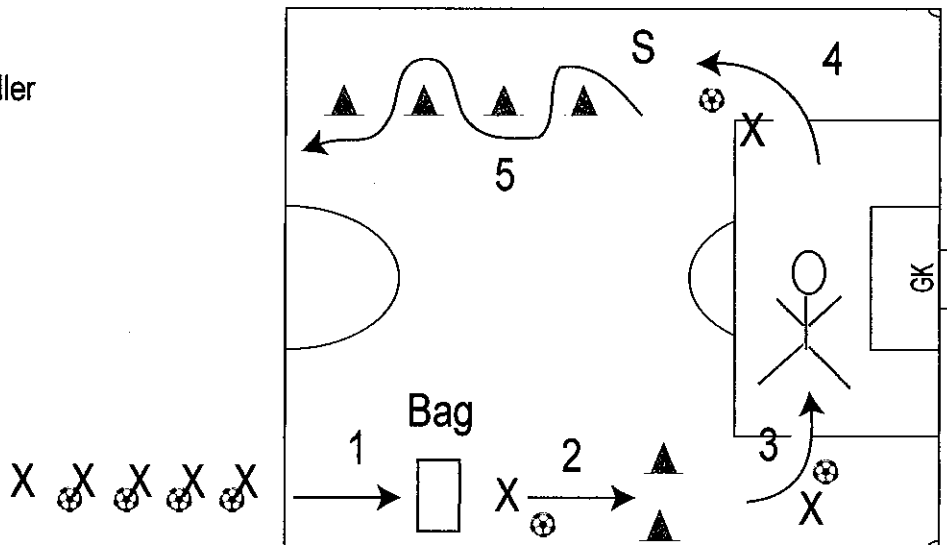
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Notes: \_\_\_\_\_

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\_\_\_\_\_

### Warm-Up #10: Obstacle Circuit (10min)

Make circuit larger or smaller depending on age of kids



Kids each have a ball and:

1. Carry it , run and jump over a bag or other obstacle.
2. Put ball on ground, kick through goal, and dribble toward
3. coach, who stands with legs apart. Pass ball through legs, run around coach, pick ball up with hands and
4. throw it to server (S) who throws it back for a catch.
5. Put ball on ground and dribble through cones.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Ball Handling

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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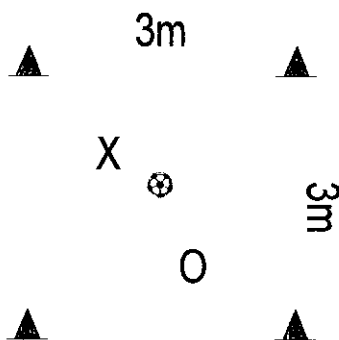
### Ball Handling #10 : Chase a friend (10min)

In pairs in a 3m x 3m grid.

One player has ball, the other one does not.

Player without ball tries to avoid being caught by player with ball chasing him/her while dribbling.

Once caught and tagged, roles change.



Make grid smaller/larger to allow success for both.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Co-ordination

Things to observe: \_\_\_\_\_

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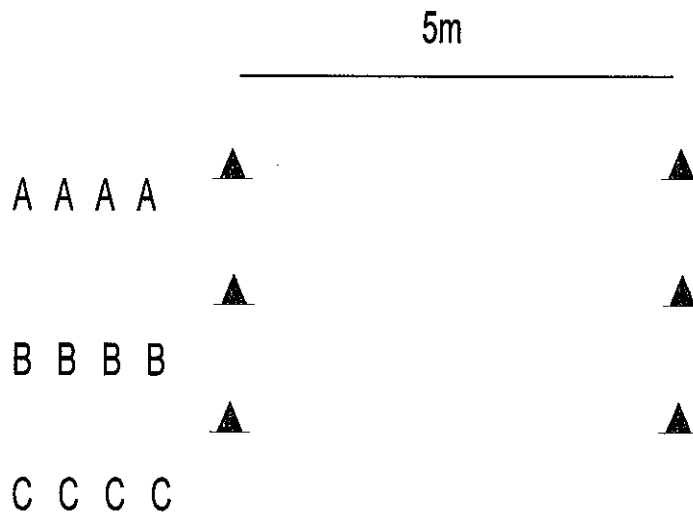
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Notes: \_\_\_\_\_

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### Co-ordination #10 : Bunny Hop Relay (10 min)



Players "bunny hop" to cone and back and send off next player.

First team finished wins.



# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Motivational Skill

Things to observe: \_\_\_\_\_

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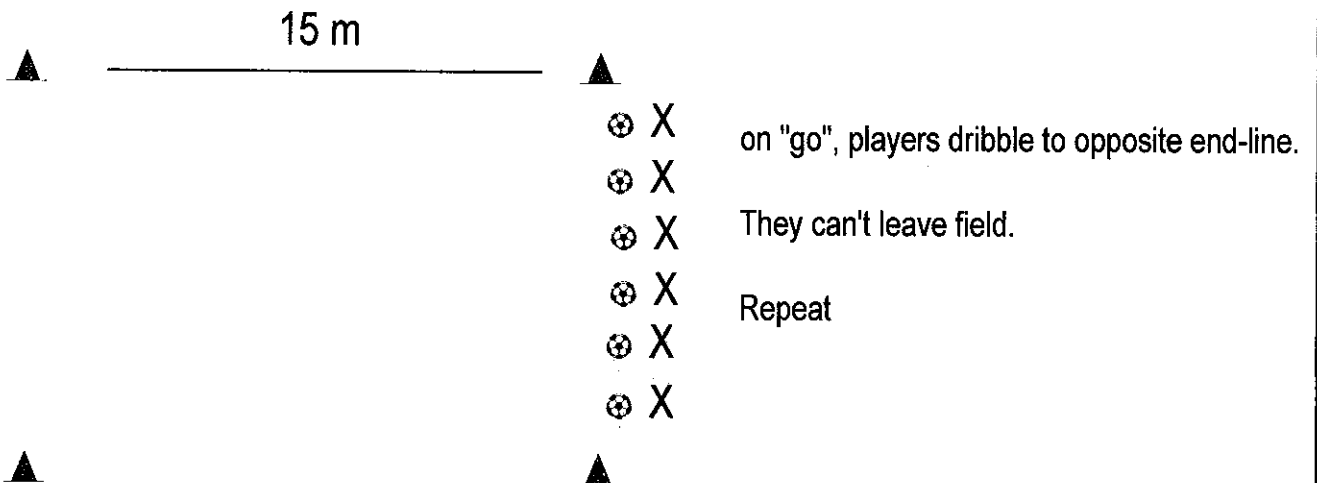
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Notes: \_\_\_\_\_

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### Motivational Skill #10 : Dribble Race (10min)





# Practice Builder



Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Game

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Game # 10: 6 v 6 (15 min)

40m - 60m

