



## BASA RECREATIONAL SOCCER



### U6, U7, and U9 Practice Plan

#### Week 1

#### Topic Dribbling

##### **1st Activity**-Dribbling in space (20x20yd grid) 10/15 minutes

-For this you can start with Red light Green light or just start with dribbling (no restrictions)

-Add different dribbling objectives (the easiest way to show this is with different colors but you could use words instead...ie up, cut, turn, change, speed, ect)

+Purple=medium speed (introduce the basics of dribbling in open space, they should be using their laces on medium dribble-pushing the ball about 1 yard or so in front of them)

+ Blue=have the players pick up the ball and toss up in the air, try to get your players to run through the ball and to get it down to their feet as quickly as possible (have them start with tossing the ball so it bounces and they can run through it with their chest or head)

+Lime=change direction, have your player change direction as quickly as possible while dribbling (they could do the Pull Back-stop the ball with their right foot and roll it behind them, as the ball is rolling back they are turning to chase it. They could do a cut-using the inside or outside of their foot they cut the ball back towards where they just came from) When teaching change of direction remember to tell them after they change direction they need to accelerate or speed dribble away from where they came from.

+Cherry=change balls, as the players are dribbling when you say Cherry they need to stop their ball and find a new ball as quickly as possible (once they find a new ball they need to accelerate into space)

+Pink=toe touches, your player places one foot on the ball and then switches (have them do this without moving and as they get comfortable you can have them do toe touches while moving forward or backwards)

+Grey=foundation, your players should be knocking the ball back and forth between their feet (stationary)

**2<sup>nd</sup> Activity**- Dribbling with pressure (20x20yard grid) **10/15 minutes**

-Now that you have gone over the basics of dribbling you want them to be able to use these skills with added pressure

-Have 2 players hold a pennie (or a cone of something that distinguishes them from the others)

-You can also play Pirates at this point (all players except one with ball the Pirate is trying to steal balls and get them to a specific location, once a player loses the ball they are now a Pirate too-you play until only one player has a ball left...they are the new Pirate)

-OBJECTIVE-players with pennies are trying to steal the ball from the others who are dribbling, once they steal a ball they drop the pennie and now the one who lost the ball is the new defender

-Coaching Points- focus on the players dribbling, see if they are trying to change speed to get away from players, see if they have good control when pressure is coming, etc.

**3<sup>rd</sup> Activity**- Space Invaders (dribbling with pressure and teammates) 10/15 minutes

-All of the balls start in the middle of the grid

-The coaches make 2 or 3 even teams (maybe 4 or so players per team)

-Each team has an area designated to their team (made out of cones or backpacks, ect)

-The OBJECTIVE-for each team to accumulate as many balls from the middle into their grid (once a ball is in a team's grid it can not be stolen) Some players will be trying to dribble balls into their grid, while other players might be trying to steal balls from their opponents who are not yet in their grid. You may see some advanced players trying to pass to teammates (this is fine and there is no need to discourage this). The game ends when all balls are in the team grids (later in the year you may allow one player per team who can steal balls from the opposing team).

**4<sup>th</sup> Activity**- 3v3 line soccer (20x15 yard grid) **15/20 minutes**

-Similar to a scrimmage but in order to score the player must dribble over the end line with control (there is no other goal except the end line)

