

MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 1 Dribbling

Activity 1	Activity Description	Duration
	<p>Soccer Ready Position: All Players dribbling there soccer ball. When the coach says soccer ready position players must stop the ball and lightly put the sole of their foot on the soccer ball and look up at the coach.</p> <p>Coach: This will help you get the players attention throughout the season. Every time you want to change pace, switch drills or get the players attention call out soccer ready.</p>	<p><u>6 Minutes</u></p>
	<p>Dribbling: Have all players line up on one side of the field and dribble across to the other side. Have them stop soccer ready position turn around and dribble back.</p> <p>Video Link: https://www.youtube.com/watch?v=hi5LI2H9GR4</p>	<p><u>6 Minutes</u></p>
	<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Should vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p> <p>Video Link: https://www.youtube.com/watch?v=xEJfAjy3xrY&index=13&list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM</p>	<p><u>6 Minutes</u></p>
	<p>Red Light/Green Light: With the coaches back facing to the players, they yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, they wait a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.</p> <p>Video Link: https://www.youtube.com/watch?v=3X37QIBIR-8</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p> <p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Activity Description</p> <p>Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p>	<p>Duration</p> <p><u>20 Minutes</u></p>

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Week 2 Shooting

Activity 1	Activity Description	Duration
	<p>Dribbling: Have all players line up on one side of the field and dribble across to the other side. Have them stop soccer ready position turn around and dribble back.</p> <p>Video Link: https://www.youtube.com/watch?v=h15LI2H9GR4</p>	<u>6 Minutes</u>
	<p>Shooting the Ball: Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with laces of their cleats as shown in the video below. After a couple minutes have players switch partners and continue shooting to each other.</p> <p>Video Link: https://www.youtube.com/watch?v=fFc9HA0XHvY</p>	<u>6 Minutes</u>
	<p>Ball Tag: All Players start with a ball and dribble in the field. When the coach says go the players are to shoot the ball at each other</p> <p>Video Link: https://www.youtube.com/watch?v=09HBJIDksC8&list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&index=11</p>	<u>6 Minutes</u>
	<p>Ball Tag/Kick the Coach: All players will start with the ball and when the coach says GO the players will dribble and shoot the ball at the coach.</p> <p>Coach: Run ☺. If you want to spice it up when the players kick you allow them to choose and animal that you will act out after getting tagged</p> <p>Video Link: https://www.youtube.com/watch?v=BilrRgwXqqA</p>	<u>6 Minutes</u>
Scrimmage	Activity Description	Duration
U5 3v3 - Scrimmage U6 4v4 - Scrimmage	Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate	<u>20 Minutes</u>

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Week 3 Passing

Activity 1	Activity Description	Duration
	<p>Dribbling: Have all players line up on one side of the field and dribble across to the other side. Have them stop soccer ready position turn around and dribble back.</p> <p>Video Link: https://www.youtube.com/watch?v=hI5LI2H9GR4</p>	<i>6 Minutes</i>
	<p>Passing Line Drill: Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with the side of their foot as shown in the video below. After a couple minutes have players switch partners and continue passing to each other.</p> <p>Video Link: https://www.youtube.com/watch?v=1c7AdXJ8UZs</p>	<i>6 Minutes</i>
	<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> <p>Video Link: https://www.youtube.com/watch?v=iRVXIGuOT6I&list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&index=2</p>	<i>6 Minutes</i>
	<p>Turkey Shoot/Pass: Set up cones all over the field. Have all the players with a ball dribble and either pass or shoot the ball and hit the cone. Have the players run and hit as many cones as possible and have them keep count of how many cones they hit.</p> <p>Video Link: https://www.youtube.com/watch?v=D98j5YzMqAY&index=25&list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM</p>	<i>6 Minutes</i>
Scrimmage	Activity Description	Duration
U5 3v3 - Scrimmage U6 4v4 - Scrimmage	Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate	<i>20 Minutes</i>


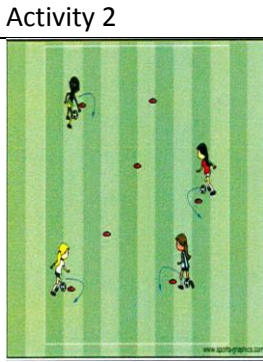
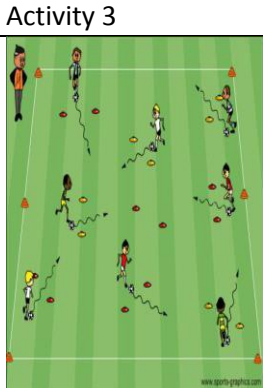
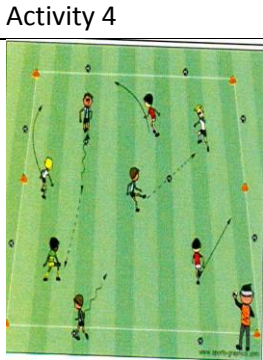
MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 4 Footwork

Activity 1	Activity Description	Duration
	<p>Simon Says/Mirror: Coach has a ball facing players each of who have a ball</p> <p>Activities include:</p> <ul style="list-style-type: none"> • small passes between feet (bells) • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot <p>Video Link: Need MYSL Video for this drill https://www.youtube.com/watch?v=7HKMIG9auOo</p>	<p><u>12 Minutes</u></p>
	<p>Passing Line Drill: Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with the side of their foot as shown in the video below. After a couple minutes have players switch partners and continue passing to each other.</p> <p>Video Link: https://www.youtube.com/watch?v=1c7AdXJ8UZs</p>	<p><u>6 Minutes</u></p>
	<p>Center Stage: All players will dribble their soccer ball on the field at their own speed. The coach will call out a player’s name and the player will go into soccer ready position. All the other players must dribble to the player whose name the coach called and get into soccer ready position. Once everyone is in soccer ready the coach will call out dribble. Repeat until all the players have had a chance to be Center Stage.</p>	<p><u>6 Minutes</u></p>
	<p>Pirates/Buried Treasure: Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island. The kids will need to go one at a time and pick up one piece of treasure (cone/pinney) and bring it back to the pirate ship. Play the first round without soccer balls. Once they understand the game players should kick a soccer ball down with them.</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
<p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Set up a field of 15 x 20 yards in order to simulate a game. If you don’t have goals use 2 cones for a gate</p>	<p><u>14 Minutes</u></p>

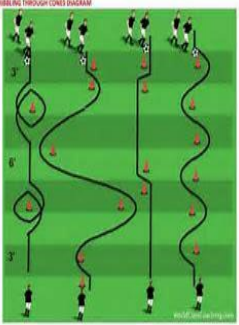
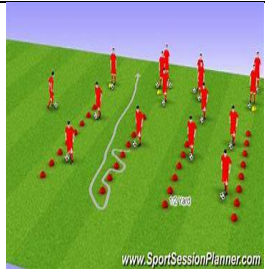

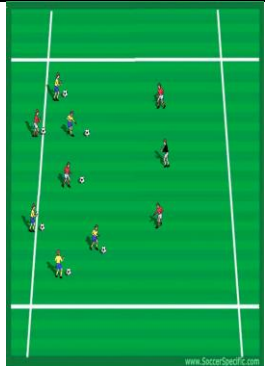
MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 5 Skills

Activity 1	Activity Description	Duration
	<p>Simon Says/Mirror: Coach has a ball facing players each of who have a ball</p> <p>Activities include:</p> <ul style="list-style-type: none"> • small passes between feet (bells) • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot <p>Video Link: Need MYSL Video for this drill https://www.youtube.com/watch?v=7HKMIG9auOo</p>	<p><u>8 Minutes</u></p>
	<p>Circle the Cones: All Players with a ball try to dribble in a circle around as many cones as they can.</p> <p>Coach: Do 30 second intervals and have the players keep count how many times they circled a cone.</p> <p>Video Link: https://www.youtube.com/watch?v=ysR5IelsQzs</p>	<p><u>6 Minutes</u></p>
	<p>Dribbling through Gates: In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Do 30 second intervals and have the players keep count how many times they went through a gate.</p> <p>Video Link: https://www.youtube.com/watch?v=2y8aaghFp6U&list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&index=14</p>	<p><u>6 Minutes</u></p>
	<p>Cops and Robbers: All the players are spread out on the field and 2 players have a ball (the cops). When the coach says: “let’s catch some robbers” the cops attempt to catch the robbers by kicking the ball and striking the robbers below the knee. Once the robber is tagged with the ball they will go get their ball and become a cop.</p> <p>Video Link: https://www.youtube.com/watch?v=aWwFETHJdT0</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
<p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Set up a field of 15 x 20 yards in order to simulate a game. If you don’t have goals use 2 cones for a gate</p>	<p><u>18 Minutes</u></p>

MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 6 Dribbling

Activity 1	Activity Description	Duration
	<p>Dribbling Line Drills: Set up cones on the field and form 2 lines. Have players dribble around and through the cones. Set up the cones in a line, zig-zagged, and any formation that makes it fun for the players.</p> <p>Coach: Have the players use both feet, then switch to right foot only, left foot only, and use the outside of their feet only, and inside of their feet only.</p> <p>Video Link: https://www.youtube.com/watch?v=L7Ye6aLjbtg</p>	<p><u>6 Minutes</u></p>
	<p>Dribbling Line Drills: Move the cones closer together as seen in the below 2 videos and have the players move the ball with specific parts of their feet to hone their skills.</p> <p>Video Link: https://www.youtube.com/watch?v=gNqQJkLk1IU https://www.youtube.com/watch?v=OL4YnEPnGKI</p>	<p><u>6 Minutes</u></p>
	<p>Cross Over Dribbling: All players with a ball standing around the perimeter of a 15x20 yard grid. When the coach says "GO" the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.</p> <p>Video Link: https://www.youtube.com/watch?v=84Zfys6LjhA</p>	<p><u>6 Minutes</u></p>
	<p>Space Traveler's: All players start on the same end-line with a ball. They have to travel through time across the galaxy to the other end-line, without losing their ball to the coach (The space invader). If the coach captures a player's ball they immediately join the space invaders team. The game keeps going from one end to the other until the coach declares the winners. Each time there will be more and more players joining the space invader and the degree of difficulty increases for the space travelers. This game is exciting and teaches direction as well as running with the ball.</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
<p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p>	<p><u>20 Minutes</u></p>

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Week 7 Shooting

Activity 1	Activity Description	Duration
	<p>The River: Have the player's line up at the edge of a line of cones and the object is to kick the ball across the line of cones across from them. Have them retrieve their ball and line up to do it again.</p> <p>Video Link: https://www.youtube.com/watch?v=m_ZN5Lh3c3E</p>	<p><u>6 Minutes</u></p>
	<p>Shooting the Ball: Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with laces of their cleats as shown in the video below. After a couple minutes have players switch partners and continue shooting to each other.</p> <p>Video Link: https://www.youtube.com/watch?v=fFc9HA0XHvY</p>	<p><u>6 Minutes</u></p>
	<p>Shooting the Ball: Line up the player's around the goal. Put them all on a cone. Count to 3 and have them all kick the ball at the same time. Make sure that they DO NOT retrieve their ball until all the players have taken a shot. When they retrieve their ball they need to line up at a different cone. Repeat for 6 minutes.</p>	<p><u>6 Minutes</u></p>
	<p>I Can do something, Can you: Coaches shows something they can do and the players have to repeat it. Then each player gets a chance to show something they can do (refer to the below video).</p> <p>Video Link: https://www.youtube.com/watch?v=1VapRIL0yBM</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
<p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p>	<p><u>20 Minutes</u></p>

MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 8 Passing

Activity 1	Activity Description	Duration
	<p>Passing Line Drill: Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with the side of their foot as shown in the video below. After a couple minutes have players switch partners and continue passing to each other.</p> <p>Video Link: https://www.youtube.com/watch?v=1c7AdXJ8UZs</p>	<p><u>6 Minutes</u></p>
	<p>Passing Square/Triangle: U5 line up 3 players in a triangle, U6 line up in a square and have the players kick the ball in sequence to each other. Start with only 1 ball</p> <p>Coaches Tips: Add a second ball as seen in the video. Have the players start rotating as in video #2</p> <p>Video Link: https://www.youtube.com/watch?v=chUcfsxknIY https://www.youtube.com/watch?v=XAYr8AsLEAA</p>	<p><u>6 Minutes</u></p>
	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to get a partner and pass back and forth to each other to “paint” the whole field.</p> <p>Video Link: https://www.youtube.com/watch?v=cCc6WrkHaUQ</p>	<p><u>6 Minutes</u></p>
	<p>Hit the Dirt: All the players have a ball and dribble around the field. When the coach says; “hit the dirt” the players lay down on the field. Then the coach says go the players get up and resume dribbling.</p> <p>Video Link: https://www.youtube.com/watch?v=6Y77_t34Mj8</p>	<p><u>6 Minutes</u></p>
Scrimmage	Activity Description	Duration
U5 3v3 - Scrimmage U6 4v4 - Scrimmage	Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate	<p><u>20 Minutes</u></p>


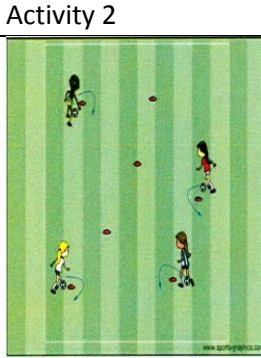
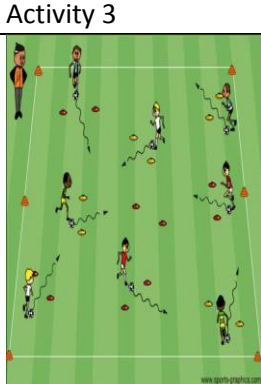
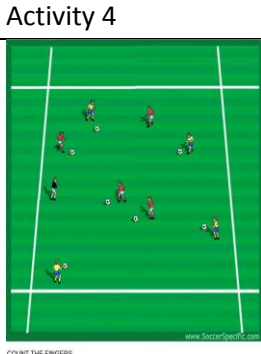
MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 9 Foot Work

Activity 1	Activity Description	Duration
	<p>Simon Says/Mirror: Coach has a ball facing players each of who have a ball</p> <p>Activities include:</p> <ul style="list-style-type: none"> • small passes between feet (bells) • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot <p>Video Link: Need MYSL Video for this drill https://www.youtube.com/watch?v=7HKMIG9auOo</p>	<u>12 Minutes</u>
	<p>Passing Line Drill: Line up players across from each other, if there are an odd number of players the coach can pair up with one player. Have the players kick the ball back and forth to their teammate with the side of their foot as shown in the video below. After a couple minutes have players switch partners and continue passing to each other.</p> <p>Video Link: https://www.youtube.com/watch?v=1c7AdXJ8UZs</p>	<u>6 Minutes</u>
	<p>Cars/Driving School: Each player has a ball and dribbles around the field. Set up cones for parking spaces, gas pumps, and places of interest. The coach is the police officer and hands out tickets for reckless driving, speeding, etc.....</p> <p>Video Link: https://www.youtube.com/watch?v=ksLMF3ICInY</p>	<u>6 Minutes</u>
	<p>Snakes: Like cops and robbers there will be 2 players that are the snake and the rest of the players will be dribbling their ball. The 2 players that are the snake will hold hands and work together to tag the players dribbling. Once they tag a player dribbling that player becomes a part of the snake until all players are part of the snake.</p> <p>Video Link: https://www.youtube.com/watch?v=7yO9cw19ytk</p>	<u>6 Minutes</u>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
<p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p>	<u>14 Minutes</u>

MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 10 Skills

Activity 1	Activity Description	Duration
	<p>Simon Says/Mirror: Coach has a ball facing players each of who have a ball</p> <p>Activities include:</p> <ul style="list-style-type: none"> • small passes between feet (bells) • “tap dances” on ball • “tap dances” - “around the world” • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot <p>Video Link: Need MYSL Video for this drill https://www.youtube.com/watch?v=7HKMIG9auOo</p>	<p><u>8 Minutes</u></p>
	<p>Circle the Cones: All Players with a ball try to dribble in a circle around as many cones as they can.</p> <p>Coach: Do 30 second intervals and have the players keep count how many times they circled a cone.</p> <p>Video Link: https://www.youtube.com/watch?v=ysR5IelsQzs</p>	<p><u>6 Minutes</u></p>
	<p>Dribbling through Gates: In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Do 30 second intervals and have the players keep count how many times they went through a gate.</p> <p>Video Link: https://www.youtube.com/watch?v=2y8aaghFp6U&list=PLBW2jzybRstf5L_PmL8sT9rD4YPeriMKM&index=14</p>	<p><u>6 Minutes</u></p>
	<p>Count the Fingers: All players have a ball. They dribble in a restricted area. The coach raises one arm and holds up a number of fingers. The players must call out the number of fingers the coach is holding up. The coach continually changes the number and his/her position so that the players must learn to dribble with their head up. As they develop counting you can raise two arms and they must total the sum of the fingers held high.</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Duration</p>
<p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p>	<p><u>18 Minutes</u></p>

MYSL Youth Soccer Club U5 & U6 Practice Plan

Week 11

Activity 1	Activity Description	Duration
	<p>Dribbling Line Drills: Set up cones on the field and form 2 lines. Have players dribble around and through the cones. Set up the cones in a line, zig-zagged, and any formation that makes it fun for the players.</p> <p>Coach: Have the players use both feet, then switch to right foot only, left foot only, and use the outside of their feet only, and inside of their feet only.</p> <p>Video Link: https://www.youtube.com/watch?v=L7Ye6aLjbtg</p>	<p><u>6 Minutes</u></p>
	<p>Dribbling Line Drills: Move the cones closer together as seen in the below 2 videos and have the players move the ball with specific parts of their feet to hone their skills.</p> <p>Video Link: https://www.youtube.com/watch?v=gNqQJkLK1IU https://www.youtube.com/watch?v=OL4YnEPnGKI</p>	<p><u>6 Minutes</u></p>
	<p>Cops and Robbers: All the players are spread out on the field and 2 players have a ball (the cops). When the coach says: "let's catch some robbers" the cops attempt to catch the robbers by kicking the ball and striking the robbers below the knee. Once the robber is tagged with the ball they will go get their ball and become a cop.</p> <p>Video Link: https://www.youtube.com/watch?v=aWwFETHJdTO</p>	<p><u>6 Minutes</u></p>
	<p>Tail Tag: Players tuck a t-shirt or a pinny in the back of their shorts. Players dribble with the soccer ball and try to grab as many pinnies as possible in 30-45 second intervals.</p> <p>Video Link: https://www.youtube.com/watch?v=8Te9exa6uFU</p>	<p><u>6 Minutes</u></p>
<p>Scrimmage</p> <p>U5 3v3 - Scrimmage U6 4v4 - Scrimmage</p>	<p>Activity Description</p> <p>Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate</p>	<p>Duration</p> <p><u>20 Minutes</u></p>

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Week 12

Activity 1	Activity Description	Duration
	<p>The River: Have the player's line up at the edge of a line of cones and the object is to kick the ball across the line of cones across from them. Have them retrieve their ball and line up to do it again.</p> <p>Video Link: https://www.youtube.com/watch?v=m_ZN5Lh3c3E</p>	<i>6 Minutes</i>
	<p>Shooting the Ball: Line up the player's around the goal. Put them all on a cone. Count to 3 and have them all kick the ball at the same time. Make sure that they DO NOT retrieve their ball until all the players have taken a shot. When they retrieve their ball they need to line up at a different cone. Repeat for 6 minutes.</p>	<i>6 Minutes</i>
	<p>Passing Square/Triangle: U5 line up 3 players in a triangle, U6 line up in a square and have the players kick the ball in sequence to each other. Start with only 1 ball</p> <p>Coaches Tips: Add a second ball as seen in the video. Have the players start rotating as in video #2</p> <p>Video Link: https://www.youtube.com/watch?v=chUcfsxknIY https://www.youtube.com/watch?v=XAYr8AsLEAA</p>	<i>6 Minutes</i>
	<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to get a partner and pass back and forth to each other to "paint" the whole field.</p> <p>Video Link: https://www.youtube.com/watch?v=cCc6WrkHaUQ</p>	<i>6 Minutes</i>
Scrimmage	Activity Description	Duration
U5 3v3 - Scrimmage U6 4v4 - Scrimmage	Set up a field of 15 x 20 yards in order to simulate a game. If you don't have goals use 2 cones for a gate	<i>20 Minutes</i>

***For the last Practice of the season Kids vs. Parents is always fun for the scrimmage.**