Soccer Practice Planning Sheet
Ages 6-7

Tuesdays/Thursdays @ Eau Claire Soccer Park

Practice 1

SPORTSMANSHIP

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Sportsmanship**

25 min. **Dribbling**
Dribble around cones
Gator Ball
Ice Monster
Funny Bones

15 min. **Scrimmage**
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 2

SPORTSMANSHIP

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Review Sportsmanship**

25 min. **Passing**
Circle Passing
Soccer Bowling

15 min. **Scrimmage**
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 3

PERSEVERANCE

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Perseverance**

25 min. **Shooting**
Topple Ball
Rapid Fire Shooting

15 min. Scrimmage
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 4

OPTIMISM

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Optimism**

25 min. **Trapping/Blocking**
Sharks and Minnows
Stuck in the mud
Red Light Green Light

15 min. Scrimmage
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Soccer Practice Planning Sheet
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Practice 5

RESPECT

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Respect**

25 min. **Goalkeeping Skills**
Topple Ball
Rapid Fire Shooting

15 min. Scrimmage
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 6

TEAMWORK

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Teamwork**

25 min. **Striking**
Review proper way to strike
Striking activities

15 min. Scrimmage
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 7

SERVICE

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Service**

25 min. **All Skills**
Partner passing
Obstacle course dribbling
Rapid Fire Shooting

15 min. Scrimmage
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 8

REVIEW OF VIRTUES

5 min. Check-in/Attendance

5 min. **Warm-Up Cardio**
Laps around field and stretching

5 min. Team Up: **Review of Virtues**

25 min. **Game Day**
Relay Races
Hit the Coach
Kickball

15 min. Scrimmage
Against your own team or against team you are sharing a field with

5 min. **Cool down/stretch**

Practice 1

SPORTSMANSHIP

5 min.pm Check in/Attendance
5 min. Warm-Up Cardio
Jog and Stretching

5 min. Team Up: **Sportsmanship**

Sportsmanship is defined as:

- playing fair
- following the rules of the game
- respecting the judgment of referees and officials
- treating opponents with respect

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.
But sportsmanship isn't just reserved for the people on the field. Cheerleaders, fans, and parents also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you. "What do good sports do when they're playing?" "What might happen if the kids playing a game weren't being good sports?"

25 min. **Dribbling and Touching**

The first skill needed to play soccer is dribbling, which is moving and controlling the ball using only the feet. Players can use dribbling to move the ball down the field for a pass or shot, to keep the ball from the opposing team, or to change direction.

Players must be able to use both the inside and outsides of their feet to dribble. To dribble with the inside of the foot, the player turns the foot out, then pushes the ball forward while moving. To dribble with the outside of the foot, the player must turn the foot in, then push the ball slightly forward or to the side.

Players may have trouble dribbling at first. Have them start by walking and dribbling. Once they can do that, ask them to speed up their dribbling pace. Insist that they look up as they dribble and not down at the ball. If they always look down, they are likely to have the ball stolen by an opponent or may not see a teammate who is open for a pass. Encourage players to use either foot to dribble. This will make it easier for them to protect the ball from opponents.

Dribbling Tips:

- Push the ball softly in the desired direction
- Look up and watch for other players.
- Keep the ball close to your feet.
- Shield the ball from opponents
- Run at a speed you can control the ball
- If you are dibbling fast, push the ball out several feet ahead and sprint to the ball.
- Keep the ball underneath the body, close to the feet

Gator Ball:

Organization: Set up 6 gates with cones or parents with legs spread wide. Spread around field; 1 ball per player.
Procedure: All players are in the area with a ball. They try to dribble through the gates from one to another.
Variations: 1) Time skill to see how many each player can get through. Do it again to beat individual or team score!
2) Have players go back through the gate they came to introduce different turns and change of direction.
3) Have players crawl through the gate after they've kicked the ball through!

Ice Monster:
Mark off an area for the game to be played and select one kid to be the "Monster". Have the rest of the kids (each with a ball) dribble around within the area. The "Ice Monster" attempts to touch each player's ball, at which point that player "freezes" with their foot on the ball. If a player's ball goes out of bounds, they also freeze. The last remaining unfrozen player gets to be the new Ice Monster for the next round.

Funny Bones:
Mark off an area for the game to be played in. The kids dribble a ball around the area. The instructor yells out a body part (nose). The kids put their nose on the ball and then get back up and dribble around again until the next body part is called.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min.pm **Cool down/stretch**

Practice 2

SPORTSMANSHIP

5 min. Check-in/Attendance
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Review Sportsmanship**

Gather players into a single file line near two cones about 10 feet apart. 'I am going to walk down the line two times. Remember how it feels each time I pass you." Walk down the line and nod to each player. Repeat this, but now tell each player "good game" or "way to play today" or "I like how you sit so nicely" or "I love that color shirt" and shake their hand/high five/fist bump. "Which time that I passed by made you feel better?" Ask the players to stand near a cone that represents their answer. "Shaking hands and saying "good game" are important traditions that show we appreciate our friends' play in the game. It shows respect for your opponents." Divide the team in half and have them practice an end of game ritual.

25 min. **Passing/Receiving**

Passing is another essential skill, as it allows the team to maintain possession of the ball and create scoring opportunities. Passes should be short and crisp; an opposing player is likely to steal long or slow passes. Players should kick short passes with the inside of the foot.

- Plant the non-kicking foot alongside the ball
- Square up the hips and shoulders to the teammate you are passing to and turn out the kicking foot.
- Swing the kicking foot straight at the center of the ball.
- Follow through by swinging the kicking foot well beyond the point of impact with the ball in the direction of the teammate you are passing the ball to.

Circle Passing:

Gather the players into a circle. Stand in the middle of the group with a ball. Pass to each player and give him/her a turn to pass it back to you. "I'm going to pass the ball. If a pass comes to you, pass the ball back to me." Work around the circle. Talk to the players about playing and learning when they come to practice. "Who had a turn to touch the ball?" Wait for their responses. "I made sure everyone had a chance to touch the ball. Raise your hand if it field good to be able to have a turn. How would you have felt if you did not have a turn?" Listen to their answers. "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns shows teamwork and that you care.

Soccer Bowling:

Set up cones about 20 feet away from the players. Have all the kids line up on a line and try kicking the ball at the cones. The goal is to knock down each cone. After each attempt at kicking a cone done the players retrieve their balls go to the start line and try again until all cones are knocked down.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min **Cool down/stretch**

Practice 3

PERSEVERANCE

5 min. Meet & Greet
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Perseverance**
Part of being an athlete is learning how to persist through difficult tasks, especially when the going gets tough. Perseverance means you stick to your job or task no matter how difficult. You keep going. Share an image of a mountain climber reaching the peak or a similar image relating to this theme. Define determination. Determination is the act of making up your mind and deciding what to do. Provide an image such as a baby taking its first steps, a basketball player focusing on a basket. Provide examples of moments when it might feel easier to quit and give up, such as before finishing a race, before you reach the top of the mountain, when homework is tough, or when your bedroom seems impossible to clean. Ask students if they've ever given up too soon.

25 min. **Shooting**

Demonstrate the proper way to shoot. Using the top of your foot (laces). Explain difference between passing where you use the inside of your foot and shooting where you use your laces.

Topple Ball (shooting accuracy):
Skills taught: This is a game that gives the coach an opportunity to teach correct kicking technique and the value of really spotting your target before striking the ball.
How the game works: Set up a cone in the middle of a large circle with enough cones spaced around it for all players. Each player gets a ball and stands by a cone. The cone in the middle has a ball balanced on top of it. On the coaches call, everyone shoots and tries to knock the ball off. Have the players run and retrieve a ball and set up to play again.

Rapid Fire Shooting:
Players put their balls in a line outside of the goalie box and practice shooting into the goal.

15 min. **Scrimmage**
Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

Practice 4

OPTIMISM

5 min. Meet & Greet
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Optimism**
Optimism and pessimism are mindsets — ways of thinking and seeing things. Optimists see the positive side of things. They expect things to turn out well. They believe they have the skill and ability to make good things happen.

Here's an example: Griffin and Jake both try out for the basketball team during sophomore year. Neither makes the final cut. Both feel disappointed, but they handle it differently.

Griffin is an optimist. He thinks: "There was a lot of talent at the tryouts and only a few openings. That pushed me to practice hard and I played my best — it felt good! The coach gave me great feedback. I'm going to work on the things he suggested and watch all the games this season. That way, I'll have a better chance next year."

25 min. **Trapping/Blocking**

Sharks and Minnows:
The "shark" starts in the middle, The "shark" says, "Come, little fishies!" All the "minnows" run from one end of the soccer field past the "shark" to the other end. If a minnow gets tagged it becomes a "shark." Both "sharks" try to tag "minnows" the next time the minnows run.
At the end of the game, whoever is the last "minnow" to be caught becomes the "shark" to start the next game. Any "minnow" who goes outside the pool becomes a "shark" automatically.
After the players get a good understanding of the game then each player has a soccer ball and the minnows try to dribble their ball with them from one end of the field to the other. The shark tries to kick the minnows balls out of bounds. If that happens then the minnow becomes a shark.

Stuck in the Mud:
One person is it while the other players are dribbling around in a coned area. Once the person that is it tags someone they stop and freeze and in order for them to get unfrozen one of the other players must dribble their ball between the frozen person's legs.

Red Light/Green Light Score!
Organization: 1 ball per player, center line
Procedure: All players start with a ball, side by side, at the center line, facing their goal. The coach is positioned at the goal. The coach yells out, "Green light" and all players dribble toward the opposite line. When the coach calls out, "Red light", all players must stop their ball immediately by placing their foot on the ball. If a player does not do this, they are sent back to the center line. Call out "Green light" again, and the players continue to dribble toward the goal. Before entering goal box, players shoot into the goal.
Coaching Emphasis: Fun, Ball Control, Dribbling, Body Movement, Kicking

15 min. **Scrimmage**
Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

Practice 5

RESPECT

5 min. Check in/Attendance
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Respect**

"I want us all to pretend we are eggs. Eggs have shells that can break. What would happen if we bumped into each other if we were eggs? Right. We would all crack and break. Let's move around the field and still pretend we're eggs. Try not to bump into each other or you'll break!" Continue this activity for about one minute. "We were all good and careful not to bump into each other! So our shells didn't break! That was awesome! You were in charge of yourself, or responsible for yourself, when you were moving around. When we are careful not to bump into each other, we are showing responsibility for our space and other players' space. This shows responsibility during practices and games. You are responsible to your team and to yourself to be a part of the team."

25 min. **Goalkeeping Skills**

Activity: From a kneeling position, players throw the ball into the air, hop to their feet, and catch the ball. Have them try this from a sitting position. Then standing with legs spread apart and the ball behind them, players must release the ball forward between their legs then sprint to pick it up. Then have players lie on their stomachs with a ball in their hands. On signal they must roll over on their backs, throw the ball into the air with both hands and catch it.

Activity: Have players in a circle with one ball. Ask one player to roll the ball to another. The receiving player must pick it up and throw to one of the other players. The second receiving player then rolls his release. Roll, throw, roll, throw… Then set up multiple goals with cones and have a goal keeper at each goal. Have players that aren't goalies run to each goal and shoot.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min **Cool down/stretch**

Practice 6

TEAMWORK

5 min. Check in/Attendance
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Teamwork**

Being part of a sports team helps kids develop crucial social skills. Whether they are listening to other people's perspectives or placing the needs of the team before their own, young athletes are taught that, for a team to effectively work together, all members must respect each other's abilities, contributions, and opinions. Teamwork is not just an integral part of youth sports; kids engage in lots of other activities throughout the day that require group participation. In class they work on projects in pairs. On the playground, joint efforts are necessary for fun. And in the lunchroom, kids participate in conversations around the table.

Life is all about learning how to work with others. Teamwork is defined as: "co-operation between those who are working on a task." Commonly teamwork is understood as co-operation and willingness to work together. teamwork can shorten the time, divide the effort, and increase the morale of a group who are working towards a common goal. For a team to work together effectively, it takes all members of the team to respect each other's abilities and opinions.

- the journey of a team throughout a season is often memorable
- friendships built within a team can last a lifetime for some players
- allows for people to become part of something of value
- give participants stronger communication skills
- teach people the value of hard work, commitment and dedication
- motivate every member
- teach them to work better with others
- learning to deal with conflict

25 min. **Striking**

Review proper way to strike a ball

Activity: Set up a large square and have players dribble around in the square when the coach says go players will strike the ball outside of the dribbling area trying to kick the ball at least 10 yards.

Activity: Put four to five players in a circle designated by cones. All other players should surround the circle and have a ball in hand. The job of the outside players is to pass the balls into the circle and collect the balls as the inside players kick them out of the circle. Inside players must constantly clear all balls out of the circle.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

Practice 7

SERVICE

5 min. Check in/Attendance
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Service**
It's important to help others in everything we do. It's important to do things that make your team better, your school better, your home better, your world better. Children who are helpers, become well acquainted with their community, gain an awareness of the larger world and take pride in what they're doing. They learn to focus more on the team effort than on their individual accomplishments. How can you help make your world better?

25 min. **All Skills**
Pass ball with partner

Dribble in and out of obstacle course set up by cones

Rapid fire shooting switching out the goalie every few minutes

Practice throw-ins, goal kicks

15 min. **Scrimmage**
Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

Practice 8

REVIEW OF VIRTUES

5 min. Check in/Attendance
5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Review of Virtues**

- Sportsmanship
- Perseverance
- Optimism
- Respect
- Teamwork
- Service

25 min. **Game Day**

Relay Races:
Have two teams line up in the center of the field. The first person in each line dribbles to the goal, shoots, dribbles back to the next person on their team and goes to the back to sit down. Both teams go through all of their players for the race to be complete.

Hit the Coach (dribbling, shooting)
Skills taught: In this game the players will practice stop and go dribbling in a crowd. They will have to keep their head up in order not to run into other players and to find their target. The will also learn how to shoot or pass of the dribble when the opportunity is right.

How the game works: Each player has a ball. Pick an inbounds area and use cones to establish it. The younger the children, the smaller the playing area should be. On the coach's call, the game starts. The players dribble the ball around and try to hit the coach, who is running all around in the inbounds area. After they hit the coach 5 times, the coach has to make an animal noise selected by the last player to hit the coach.

Kickball (passing, trapping)

Skills taught: In this game the players will practice trapping, one touch passing, working as a team and moving without the ball to receive a pass. It is also a good fitness drill for the runner

How the game works: Set this up like a kickball game using cones to lay out the bases. All the players are in the field except for the player up to bat. The “pitcher” passes the ball in and the kicker kicks it as far as she can and starts to run the bases. She continues to circle the bases until all the players in the field have touched the ball.

The field players must one touch or trap the ball and pass to another field player until everyone has touched it at which point the runner is out.

15 min. **Scrimmage**
Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**