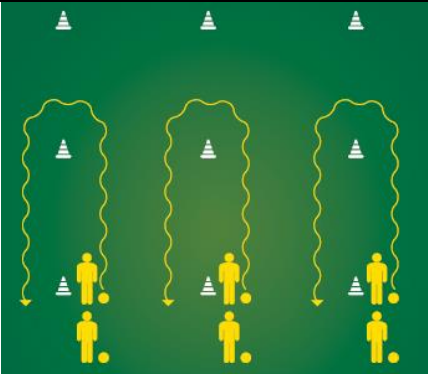
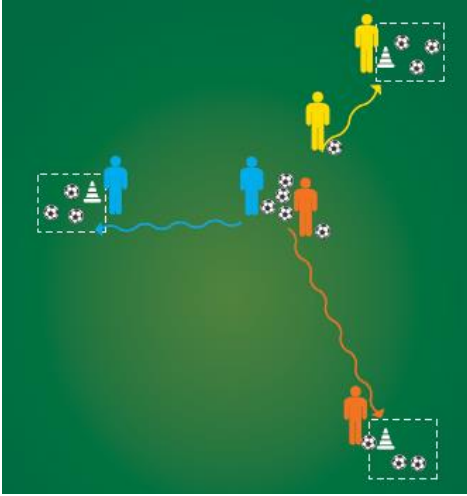
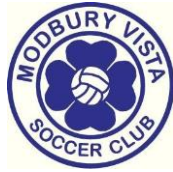


PRACTICE PLAN

Session: 1	Date:
Age Group: U6 – U8	Theme: Running with the Ball

No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – Running with ball – Relays	 <ul style="list-style-type: none"> Set up cones as shown above ensuring no more than 3 players per group. Have players dribble with ball around cones ensuring they learn to use both right and left foot. Ensure players learn to turn from the right and left side of the cones. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – Running with ball – Sharks v Minnows	<ul style="list-style-type: none"> Set up square grid 15 m x 15m. Each player should have a ball except for 2 sharks (sharks should wear a bib to distinguish them). The players with balls (the minnows) are to dribble the ball around the square and attempt to protect their ball from the two "Sharks". Minnows must stay in the grid. The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once the ball is kicked out the minnow stays on the outside until one minnow remains. They are the winner. Coaching points: <ul style="list-style-type: none"> Players not to panic if a shark approaches 	10 - 15 min

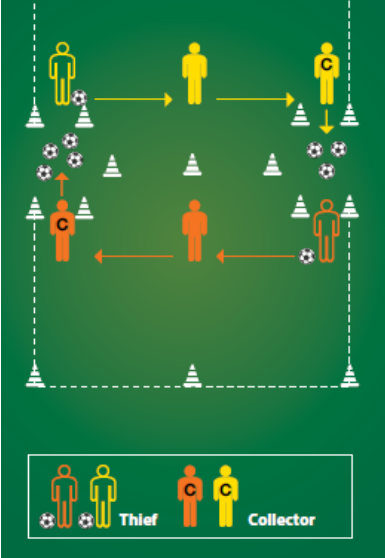
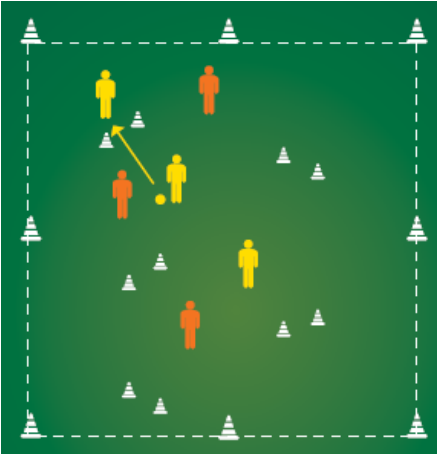
		<ul style="list-style-type: none"> ○ Teach players how to shield ball and keep close control under pressure. ○ Sharks to work together as a defensive unit to steal minnows balls. <ul style="list-style-type: none"> ● Change sharks regularly. 	
	Drink Break		1 min
4	Middle Activity – Feather the nest	 <ul style="list-style-type: none"> ● Set up three grids as shown in diagram above with all balls in centre of grids. There should be at least 5 – 10m distance from balls to grids. ● Divide players into three teams with players to stand in their allocated grid. ● On coaches call players are to run and collect a ball from the middle and dribble it back to their grid. Then the next player goes and retrieves a ball. ● Once all balls are retrieved from the middle, players can retrieve balls from other grids. ● Players must not stop other players from taking their balls. ● Game is over when one team has no balls left in their grid or coach calls time. 	10 - 15 min
	Drink Break		1 min
5	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> ● When the ball comes CONTROL the ball ● When in possession RUN WITH THE BALL TOWARDS GOAL! ● When someone blocks your path TAKE THEM ON or PASS to team mate. ● When the other team has the ball GET IT BACK! ● Use games to practice throw-ins. 	20 min
6	Close and wrap up	<ul style="list-style-type: none"> ● Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

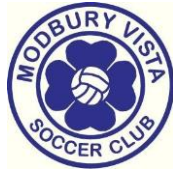


PRACTICE PLAN

Session: 2	Date:
Age Group: U6 – U8	Theme: Passing and Receiving

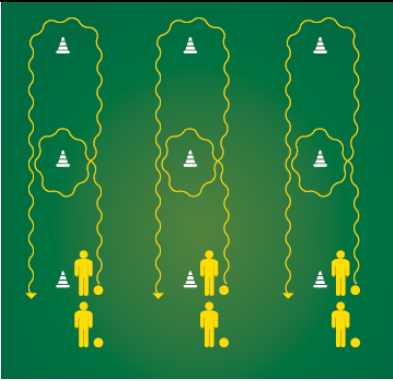
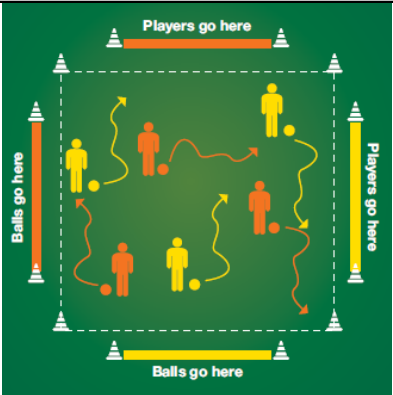
No	Activity	Notes	Time
1	Warm up activity – Agility circuit	<ul style="list-style-type: none"> Set up a circuit using hurdles, cones, step ladder etc. Have players complete a number of circuits introducing bunny hops over hurdles, high knee lifts, fast steps through ladder etc. 	5 - 10 min
2	Beginning Activity – Stuck in the mud	<ul style="list-style-type: none"> Mark out a 10m x 15m area. Players try to avoid one player who carries a ball in their hands. The ball-carrier attempts to tag the players by touching them with the ball. If a player is tagged, they are ‘stuck in the mud’, and stand with their legs wide apart until a team-mate frees them by crawling through their legs. <div style="text-align: center;"> </div>	10 - 15 min
	Drink Break		1 min
3	Middle Activity – Robin Hood	<ul style="list-style-type: none"> Set up game as shown below. Have two even teams (if uneven numbers, interchange players regularly). Game begins with Thief from each team stealing a ball and then passing it to the next person on their team, who then passes the ball along the line till it gets to the collector who passes the ball into the team’s safe area. As soon as collector has placed the ball in the safe area the thief can steal another ball. Game continues for a period of time and the winner is the team with the most 	10 - 15 min

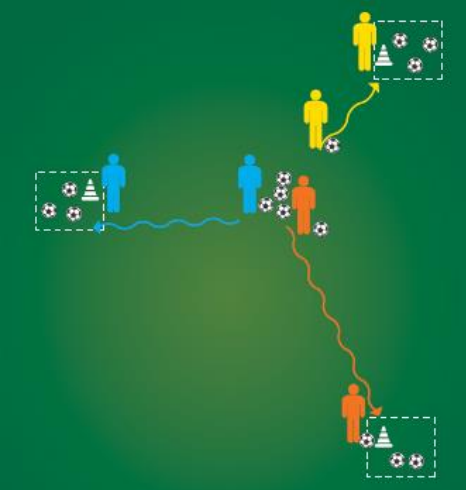
		<p>balls in the safe area at the end.</p> 	
	Drink Break		1 min
4	Middle Activity – Pass to score	<ul style="list-style-type: none"> • Set up grid 15m x 20m with no goals. • Make 4 or 5 gates approx. 1m wide inside grid. • Set up two teams. Players score a goal by passing the ball through any gate to a team-mate. 	15 min
	Drink Break		1 min
5	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	15 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

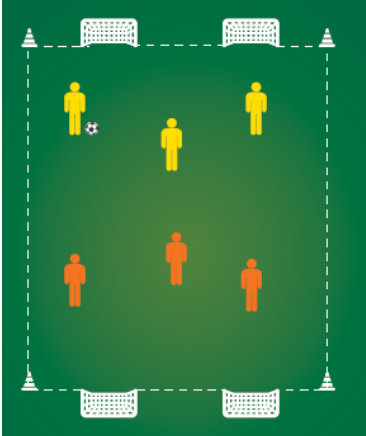


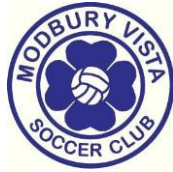
PRACTICE PLAN

Session: 3	Date:
Age Group: U6 – U8	Theme: Running with the Ball (Dribbling)

No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – Running with ball – Relays	 <ul style="list-style-type: none"> Set up cones as shown above ensuring no more than 3 players per group. Have players dribble with ball around cones ensuring they learn to use both right and left foot. Ensure players learn to turn from the right and left side of the cones. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – Running with ball – Empty it! Fill it!	 <ul style="list-style-type: none"> Set up square grid 15 m x 15m. Players in two teams each dribble a ball inside the square. Outside the square there are two lines 	10 - 15 min

		<p>for each team, one for balls, one for the players.</p> <ul style="list-style-type: none"> • On coaches' call of "empty it", players compete to dribble ball to their line, leave ball and then line up on their line. • Coach then calls "fill it" and teams compete to collect balls and dribble around the square. • Coaching points: <ul style="list-style-type: none"> ○ Players to keep close control ○ Make sure players move around square and don't just stay close to their line. • Change up teams if required. 	
Drink Break			1 min
4	Middle Activity – Feather the nest	 <ul style="list-style-type: none"> • Set up three grids as shown in diagram above with all balls in centre of grids. There should be at least 5 – 10m distance from balls to grids. • Divide players into three teams with players to stand in their allocated grid. • On coaches call players are to run and collect a ball from the middle and dribble it back to their grid. Then the next player goes and retrieves a ball. • Once all balls are retrieved from the middle, players can retrieve balls from other grids. • Players must not stop other players from taking their balls. • Game is over when one team has no balls left in their grid or coach calls time. 	10 - 15 min
Drink Break			1 min

5	Small Sided Game – Introduce basic thought pattern.	 <ul style="list-style-type: none"> • 4 goal small sided game. • No goal keepers, goals can be scored in either teams goals. • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	20 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

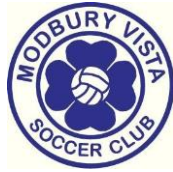


PRACTICE PLAN

Session: 4	Date:
Age Group: U6 – U8	Theme: 1 v 1

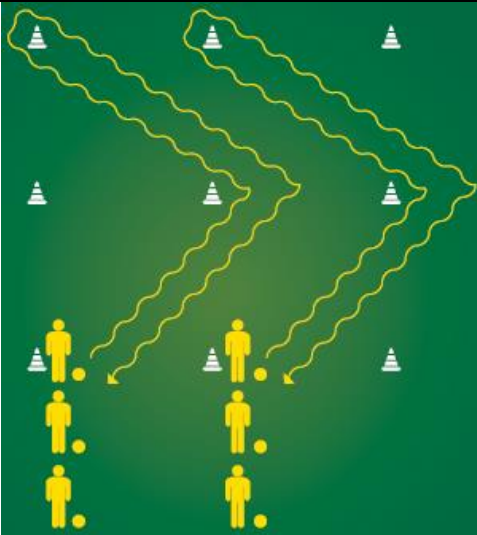
No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – 1 v 1 – Feints	<ul style="list-style-type: none"> On the coaches signal players dribble from one side to the other and perform a feint in the middle. <div style="text-align: center;"> </div> <ul style="list-style-type: none"> First feint to the left and go to the right, then feint to the right and go left. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – 1 v 1 – mini games	<ul style="list-style-type: none"> Set up 3 areas of 10m x 7m Break players up into pairs and allocate to an area. Players play 1 v 1 in the area and score by dribbling the ball across the opponents’ line. 	15 - 25 min

	Drink Break		1 min
4	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • 4 goal small sided game. • Focus on 1 v 1 theme and encourage players to take on opponents. • No goal keepers, goals can be scored in either teams goals. • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	25 min
5	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	3
			60 - 75 min

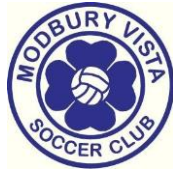


PRACTICE PLAN

Session: 5	Date:
Age Group: U6 – U8	Theme: Running with the Ball (Dribbling)

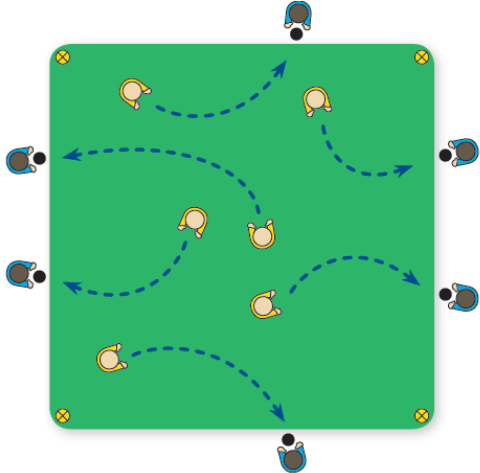
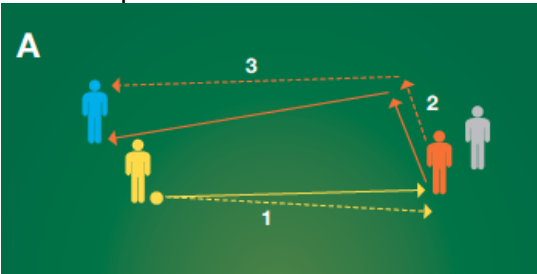
No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – Running with ball – Relays	 <ul style="list-style-type: none"> Set up cones as shown above ensuring no more than 3 players per group. Have players dribble with ball around cones ensuring they learn to use both right and left foot. Ensure players learn to turn from the right and left side of the cones. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – Round em’ up cowboy	<ul style="list-style-type: none"> Set up square grid 10 m x 15m. Each player should have a ball except for 1 cowboy (cowboy should wear a bib to distinguish them). The players with balls are to dribble the ball around the area and attempt to protect their ball from the cowboy. The cowboy attempts to knock the players ball out of the grid. Once the ball is kicked out the player stays on the outside. 	10 - 15 min

		<ul style="list-style-type: none"> • Change cowboys every 30 seconds • Coaching points: <ul style="list-style-type: none"> ○ Players not to panic if a cowboy approaches ○ Teach players how to shield ball and keep close control under pressure. ○ Cowboys to work hard to kick away balls. 	
	Drink Break		1 min
4	Middle Activity – Red light, Green light	<ul style="list-style-type: none"> • Have players line up in one horizontal line with a ball. Place some cones for players to avoid. • On “green light”, players dribble forward. • Coach yells “red light”, players must stop, put foot on ball and keep it under control. • When players reach other side of field, turn around and return. <p>Progression</p> <ul style="list-style-type: none"> • If player can’t keep close control and stop ball within count of 3, they are to return to start. 	10 - 15 min
	Drink Break		1 min
5	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	20 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

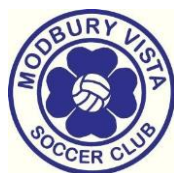


PRACTICE PLAN

Session: 6	Date:
Age Group: U6 – U8	Theme: First Touch & Dribbling

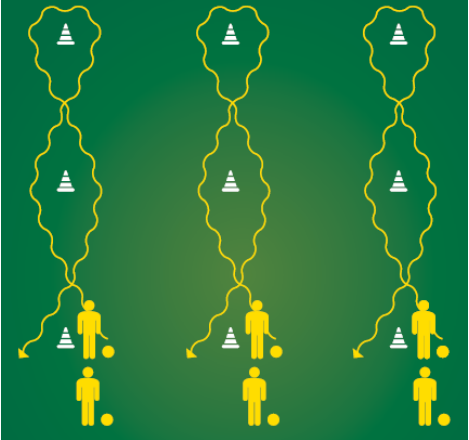
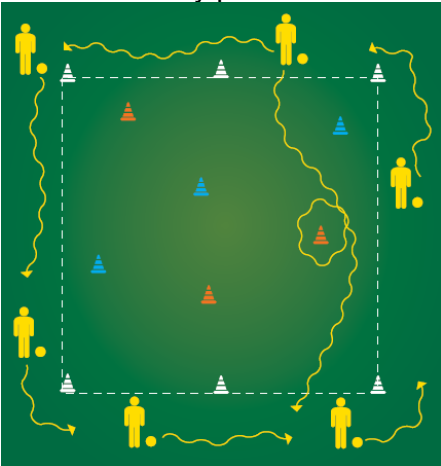
No	Activity	Notes	Time
1	Warm up activity – First Touch	<ul style="list-style-type: none"> Set up a square 15m x 15m with cones.  <ul style="list-style-type: none"> Have players on inside without a ball and players on outside with a ball. The inside players without a ball run towards an outside player with a ball. The outside player passes the ball to the inside player who controls the pass, then passes it back to the outside player. The inside player then turns and moves to a different outside player and repeats the process. Change the inside and outside players after 5 mins. 	10 – 15 min
	Drink Break		1 min
2	Beginning Activity – Passing and control	<ul style="list-style-type: none"> Set up 2 squares with 2 groups of players per square. Square needs to be 7m each side. Have players pass ball on diagonal across square. 	10 - 15 min

		<ul style="list-style-type: none"> • Coaching point is to take a touch to stop and control the pass whilst still trying to keep ball moving. • Player is to follow pass to other side of square. 	
	Drink Break		1 min
3	Middle Activity – Egg Hunt	<ul style="list-style-type: none"> • Set up a field 20m x 20m • Have players line-up across one end of the field without a ball. Take all balls and spread them out inside the field, (these are the eggs). At the opposite end of the field set up a square grid 2m x 2m (this is the goal called the "basket"). On the coaches call the object of the game is to get all the "eggs" in the basket as quickly as possible. Players are all on the same team, and aren't allowed to take a ball away from another player. Time them to see how fast they can dribble and get all eggs into the basket. • Have 3 attempts to get best time. • Coaching points: <ul style="list-style-type: none"> ○ Once a player has got an egg in the basket they should turn right around and go back for more balls. ○ Players need to dribble ball closely and stop ball in grid to ensure a quicker time is achieved. ○ Players need to communicate so they all don't run to the same ball or compete for the same ball. 	10 - 15 min
	Drink Break		1 min
4	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	25 min
5	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

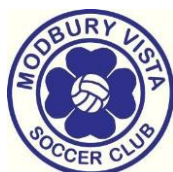


PRACTICE PLAN

Session: 7	Date:
Age Group: U6 – U8	Theme: Running with the Ball (Dribbling)

No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – Running with ball – Figure 8 Relays	 <p>The diagram shows a green field with three vertical paths. Each path starts with a white cone at the top, followed by a yellow wavy line representing a path. At the bottom of each path, there are two yellow player icons with a ball. Arrows indicate the direction of movement: down the left side, across the bottom, and up the right side, forming a figure-eight shape.</p> <ul style="list-style-type: none"> Set up cones as shown above ensuring no more than 3 players per group. Have players dribble with ball around cones ensuring they learn to use both right and left foot. Ensure players learn to turn from the right and left side of the cones. 	10 - 15 min
Drink Break			1 min
3	Middle Activity – Running with ball – Colour code	<ul style="list-style-type: none"> Set up square grid 15 m x 15m with at least three sets of two or more coloured cones randomly placed inside the grid.  <p>The diagram shows a square grid with a dashed white perimeter. Inside the grid, there are several colored cones (red, blue, orange). Yellow wavy lines represent the path of a player starting from the perimeter, moving inward to a cone, and then returning to the perimeter. Yellow player icons with balls are positioned at various points along the perimeter.</p> <ul style="list-style-type: none"> Players dribble their balls around the outside perimeter. Coach calls a colour and players must dribble inside the grid around a cone of that colour and then return to the outside 	10 - 15 min

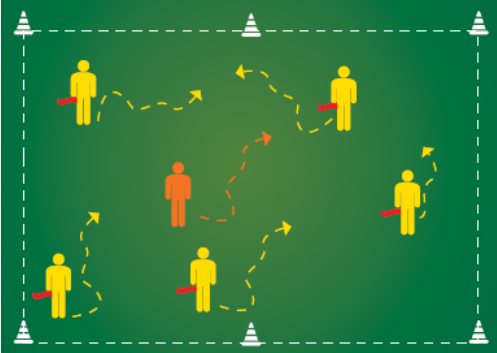
		<p>of the grid and continue to dribble around the perimeter.</p> <ul style="list-style-type: none"> • Progressions could be to use right or left foot only or to use inside or outside of foot when turning round cone. • Coaching points: <ul style="list-style-type: none"> ○ Remind players to lift their head when dribbling to avoid collisions 	
	Drink Break		1 min
4	Middle Activity – Ice Monster	<ul style="list-style-type: none"> • Set up grid 15m x 15m • Each player should have a ball except for 2 “ice monsters” who wear a bib. • Players with ball dribble around grid. On coaches call the “ice monsters” enter the grid and attempt to touch the balls of the players. Once this happens, the player freezes and can’t move. • Main focus is for players not to panic if an “ice monster” is close by and to teach them how to shield ball and keep close control under pressure. 	10 - 15 min
	Drink Break		1 min
5	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	20 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

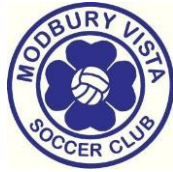


PRACTICE PLAN

Session: 8	Date:
Age Group: U6 – U8	Theme: Striking the ball (passing)

No	Activity	Notes	Time
1	Warm up activity – Agility circuit	<ul style="list-style-type: none"> • Set up a circuit using hurdles, cones, step ladder etc. • Have players complete a number of 	5 - 10 min

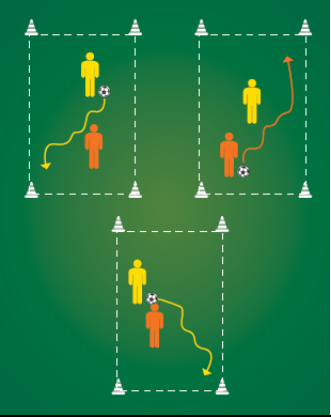
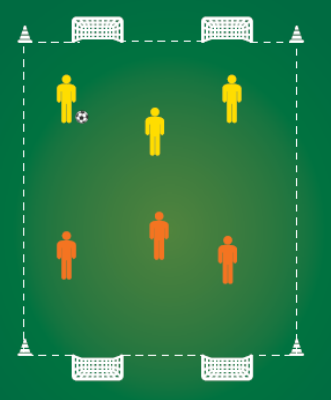
		circuits introducing bunny hops over hurdles, high knee lifts, fast steps through ladder etc.	
2	Beginning Activity – Catch the tails	<ul style="list-style-type: none"> • Mark out a 10m x 15m area. • One or more players are hunters. • The hunters chase other players around the grid and attempt to catch their tails (bibs tucked into their shorts). • If a players tail is caught they become a hunter as well. • Game is finished when last player with tail remains. That player then becomes the hunter for the start of next game. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – Short Passing	<ul style="list-style-type: none"> • Have two lines set up opposite each other about 3 metres apart. Balls on one side. (If odd number of players, create a triangle at one end). • Have players pass ball between each other focusing on using instep and controlling ball correctly using side of foot. Start passing with right foot only. • Change to left foot only. • Progress to pass with right foot, control then pass with left foot. 	15 min
	Drink Break		1 min
4	Middle Activity – Throw ins and passing	<ul style="list-style-type: none"> • Using players in same set up as passing activity, have players throw to partner who controls ball and then passes back. • Repeat for 5 throw ins then change. 	10 - 15 min
	Drink Break		1 min
5	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	15 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min

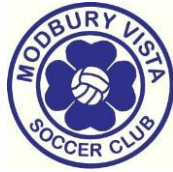


PRACTICE PLAN

Session: 9	Date:
Age Group: U6 – U8	Theme: 1 v 1

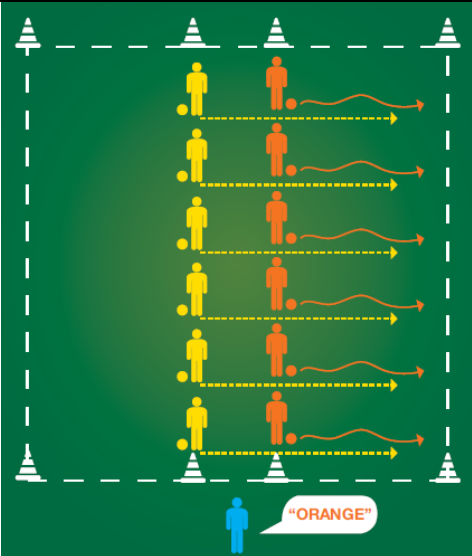
No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – 1 v 1 – Feints	<ul style="list-style-type: none"> On the coaches signal players dribble from one side to the other and perform a feint in the middle. <div style="text-align: center;"> </div> <ul style="list-style-type: none"> First feint to the left and go to the right, then feint to the right and go left. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – 1 v 1 – mini games	<ul style="list-style-type: none"> Set up 3 areas of 10m x 7m Break players up into pairs and allocate to an area. Players play 1 v 1 in the area and score by dribbling the ball across the opponents’ line. 	10 - 15 min

			
	Drink Break		1 min
4	Middle Activity – Defender v Attacker	<ul style="list-style-type: none"> • Split players into two groups and one goal keeper. • One group are defenders whilst the other are attackers. • Have defender start on goal line next to goal. Attacker to start 20m from goal. • As soon as attacker starts to dribble towards goal defender sprints out and tries to stop them. • Players then swap between attacking and defending. • Introduce thought pattern when shooting to strike low and hard and across the goal keeper. 	15 - 20 min
5	Small Sided Game – Introduce basic thought pattern.	 <ul style="list-style-type: none"> • 4 goal small sided game. • Focus on 1 v 1 theme and encourage players to take on opponents. • No goal keepers, goals can be scored in either teams goals. • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! 	15 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	3
			60 - 75 min

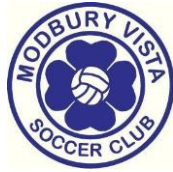


PRACTICE PLAN

Session: 10	Date:
Age Group: U6 – U8	Theme: Running with the Ball (Dribbling)

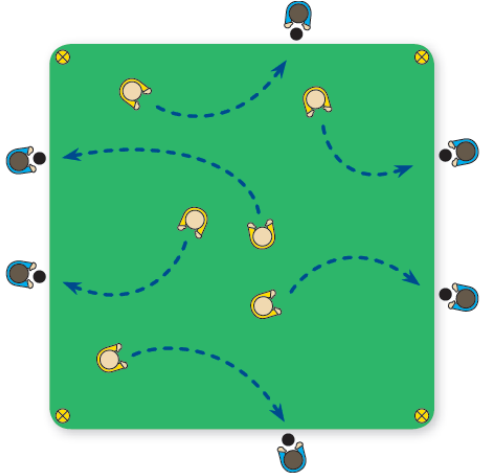
No	Activity	Notes	Time
1	Warm up activity – Tag	<ul style="list-style-type: none"> Set up a square 10m x 10m with cones. Give 2 players a bib, they are “it”. Remaining players are to be positioned inside the square. Object of game is for players with bib to catch other players, if tagged, they become “it”. 	5 min
2	Beginning Activity – Running with ball	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> Players line up with a ball each facing side lines and backs to each other. When coach calls a colour those players run with a ball to the sideline whilst being chased by their partner without the ball. The chasing player has to try and tag the player running with the ball before they get to the sideline. Players then return to the middle starting point and process is repeated with coach calling colours in random order. Make sure players run in a straight line and no tackling allowed. Have players dribble with ball around cones ensuring they learn to use both right and left foot. Ensure players learn to turn from the right and left side of the cones. 	10 - 15 min
	Drink Break		1 min

3	Middle Activity – Crosses	<ul style="list-style-type: none"> • Have players in two lines, one line in middle of pitch, one line on a wing and a goal keeper. • Players in middle don't have a ball, players on wing have a ball. • Players on wing are to run with ball down wing through a gate. • Once through gate, players to lift eyes, focus on target area and hit a cross to the middle. • Player in the middle is to time their run before getting a shot away on goal. <ul style="list-style-type: none"> ○ Players then swap over and repeat. ○ Practice from both the right wing and the left wing. 	20 min
	Drink Break		1 min
4	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	20 - 30 min
5	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	3
			60 - 75 min

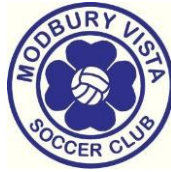


PRACTICE PLAN

Session: 11	Date:
Age Group: U6 – U8	Theme: First Touch

No	Activity	Notes	Time
1	Warm up activity – First Touch	<ul style="list-style-type: none"> Set up a square 15m x 15m with cones.  <ul style="list-style-type: none"> Have players on inside without a ball and players on outside with a ball. The inside players without a ball run towards an outside player with a ball. The outside player passes the ball to the inside player who controls the pass, then passes it back to the outside player. The inside player then turns and moves to a different outside player and repeats the process. Change the inside and outside players after 5 mins. 	10 – 15 min
	Drink Break		1 min
2	Beginning Activity – Throw ins and control	<ul style="list-style-type: none"> Have players in pairs facing each other separated by about 5 – 10 m depending on age. Player A is to practice a throw in to player B who is to control the throw in and passes back to thrower. Repeat this for 5 throw ins and then change the thrower so that player B throw's to player A. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – Passing activity	<ul style="list-style-type: none"> Have two lines set up opposite each other about 5 metres apart. Balls on one side. (If odd number of players, create a 	10 - 15 min

		<p>triangle at one end).</p> <ul style="list-style-type: none"> • Have players pass ball between each other focusing on using instep and controlling ball correctly using side of foot. Start passing with right foot only. • As there is first touch, try to get players to make sure they control ball and get it out from under their foot. Aim is to try and keep ball moving. • Change to left foot only. <ul style="list-style-type: none"> ○ Progress to pass with right foot, control then pass with left foot. ○ Then control with left foot and pass with right foot. 	
	Drink Break		1 min
4	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! • Use games to practice throw-ins. 	25 min
5	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	2
			60 - 75 min



PRACTICE PLAN

Session: 12	Date:
Age Group: U6 – U8	Theme: 1 v 1

No	Activity	Notes	Time
1	Warm up activity – Agility circuit	<ul style="list-style-type: none"> • Set up a circuit using hurdles, cones, step ladder etc. • Have players complete a number of circuits introducing bunny hops over hurdles, high knee lifts, fast steps through ladder etc. 	5 min
2	Beginning activity – Sharks v Minnows	<ul style="list-style-type: none"> • Set up square grid 15 m x 15m. • Each player should have a ball except for 2 sharks (sharks should wear a bib to distinguish them). • The players with balls (the minnows) are to dribble the ball around the square and attempt to protect their ball from the two "Sharks". Minnows must stay in the grid. The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once the ball is kicked out the minnow stays on the outside until one minnow remains. They are the winner. • Coaching points: <ul style="list-style-type: none"> ○ Players not to panic if a shark approaches ○ Teach players how to shield ball and keep close control under pressure. ○ Sharks to work together as a defensive unit to steal minnows balls. • Change sharks regularly. 	10 - 15 min
	Drink Break		1 min
3	Middle Activity – 1 v 1 – mini games	<ul style="list-style-type: none"> • Set up 3 areas of 10m x 7m with a goal at each end. • Break players up into pairs and allocate to an area. • Players play 1 v 1 in the area and score by dribbling the ball through the goal. 	10 - 15 min

	Drink Break		1 min
4	Middle Activity – Defender v Attacker	<ul style="list-style-type: none"> • Split players into two groups and one goal keeper. • One group are defenders whilst the other are attackers. • Have defender start on goal line next to goal. Attacker to start 20m from goal. • As soon as attacker starts to dribble towards goal defender sprints out and tries to stop them. • Players then swap between attacking and defending. • Introduce thought pattern to strike low and hard across the goal keeper. 	15 - 20 min
5	Small Sided Game – Introduce basic thought pattern.	<ul style="list-style-type: none"> • 4 goal small sided game. • Focus on 1 v 1 theme and encourage players to take on opponents. • No goal keepers, goals can be scored in either teams goals. • When the ball comes CONTROL the ball • When in possession DRIBBLE TOWARDS GOAL! • When someone blocks your path TAKE THEM ON or PASS to team mate. • When the other team has the ball GET IT BACK! 	15 min
6	Close and wrap up	<ul style="list-style-type: none"> • Encourage and congratulate kids and pass on any applicable messages 	3
			60 - 75 min