

# TOWN OF BELLINGHAM - INSTRUCTIONAL PLANS PART I

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Friday, March 8th, 2019

A U8 practice session that focuses on turning fundamentals and exercises. The practice outline is:

- 2 vs. 2 Play (10 Minutes)
- Touch, Turn, and Play on (15 Minutes)
- 1 vs. 1 to Either Goal (15 Minutes)
- 4 vs. 4 Scrimmage (15 Minutes)

## End of practice questions:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- What are some moves that we can use to change direction? (have some players demonstrate, and correct or applaud technique)
- Why do we want to try and turn? (to face the opponent's goal)
- What should we do with our speed after we turn? (speed up by taking longer touches on the ball!)

## 2 vs. 2 Play

Players Required: 4

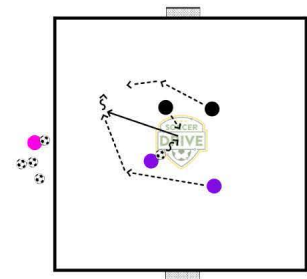
Goals Required: 0

### Set Up:

- Make two (or more) fields of 20 x 10 yards.
- Place small goals on each endline.
- Players play 2 v 2 on field.
- On goals and balls put out of play, use a kick-in to get ball back in play.

### Coaching Points:

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



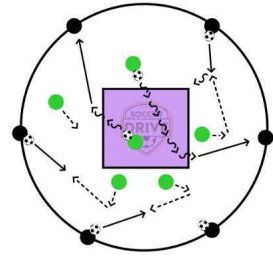
## Touch, Turn, and Play on

Players Required: 12-16

Goals Required: 0

### Set Up:

- Split players into two groups.
- One group starts on the outside of the circle, each player with a ball.
- The other group starts in the central zone in the middle of the circle.
- To begin the drill, players in the zone check to a player on the outside of the circle. After receiving a pass, they turn and dribble through the zone in the center, and then pass to a player on the outside of the circle w/out a ball.
- Players get a point each time they dribble through the central zone.
- The groups switch after one minute.



### Coaching Points:

- Demonstrate different moves to turn quickly. Examples are:
  - Cryuff
  - Hook
  - Chop
  - Pullback
- Players need to look over their shoulder before receiving the ball.
- When checking to a player on the outside, call out to the player with the ball.
- Encourage players to alternate which foot they turn with.

## 1 vs. 1 to Either Goal

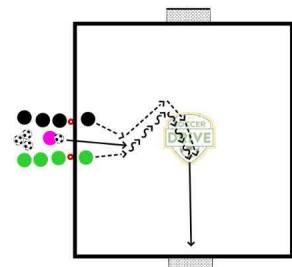
Players Required: 4

Balls Required: 2

Goals Required: 2

### Set Up:

- Make a field 15x10yd, with two lines as shown. Goals are 1yd wide on each endline.
- Balls start in the middle of the two lines with the coach.
- When coach plays a ball in, the first player from each line tries to score on either goal. Players can attack one goal, then change their mind and go to the other goal.
- When the ball goes out, players quickly leave the field and a new ball is played in for the next two players. Upon completion, players return to their same lines.



### Coaching Points:

- Players should try and employ the turning moves learned earlier in practice.
- Look to turn on defenders when they try to reach around for the ball. Use their aggression against them.
- Have fun! Have the teams keep score, and see which team wins.

## 4 vs. 4 Scrimmage

Players Required: 8

Balls Required: 1

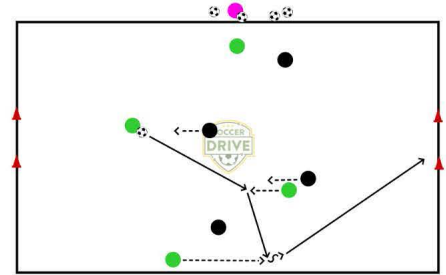
Goals Required: 0

### Set Up:

- Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- Cones for goals are 2yds wide (same as for a game).
- There are no goalkeepers.

### Coaching Points:

None. Just sit back and let them play. Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.



## Attack the Cone Dribbling Skills

Players Required: 4-8

Balls Required: 4

Goals Required: 0

### Set Up:

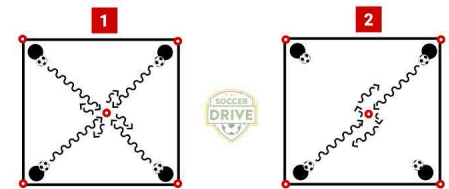
Cones are placed in each corner and in the center of the field. A player is stationed at each corner with a ball. In the first sequence, all four players dribble the ball up to the cone, turn, and dribble back to their original position. In the second sequence two players opposite of each other go at the same time, as the other two await their turn. Both players perform the same move at the cone and keep dribbling over to the opposite cone.

### Coaching Points:

1. Maintain close control of the ball the entire time.
2. Accelerate after you make a turning or dribbling move.
3. Keep your head up and read the other player to avoid collisions.

### Progressions:

1. As the drill continues, players should push themselves to go a little bit faster.

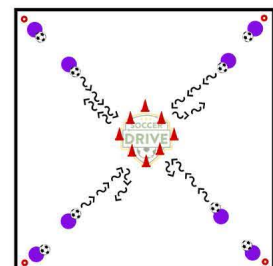


## Toe Taps in Box

Players Required: 8

### Set Up:

Two players start in each corner of the box and each player has a ball. On the whistle, the first player from each line will dribble the ball up to the cones, tap the top of the ball with their feet ten times, and then dribble back to their corner. Once they get back to their line the other player takes their turn. The drill is continuous so keep the players moving until the second whistle. Players should always maintain good ball control and work on quick toe taps as they it becomes easier.



## Fill the Bucket

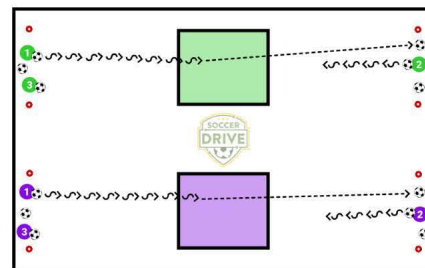
Players Required: 3

Balls Required: 6 per team

Goals Required: 0

### Set Up:

Two teams of three players set up three balls at each end of the field. Each team has a "bucket" - a small zone in the center of their line. Two players start at one end and the other player starts at the opposite end. On a signal, players will dribble the ball one at a time into the center, leaving it in the bucket. After leaving the ball, they run to the other end to tag the next player on the other side. Then that player takes his turn. So each player puts two balls in the bucket, and the first team to get all six balls into the bucket wins the race. After the race, you can leave the balls in the bucket and proceed to the "Empty the Bucket" race.



### Coaching Points:

1. When running with the ball, point your toe down with each touch and use your laces.
2. The ball must be kept close enough to stop it at all times.
3. Sprint to the ball in order to stop it.

### Progressions:

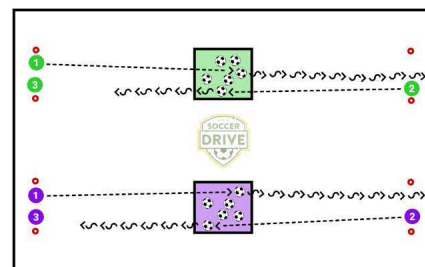
1. When the Coach blows the whistle, players must stop the ball. The last player to stop the ball waits three seconds after the re-start.

## Empty the Bucket

Players Required: 6

### Set Up:

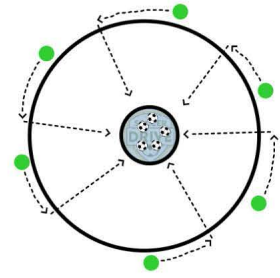
This is a great drill to follow up with after the "Fill the Bucket" drill because no additional setup is required. Players are divided up into teams of three players and each team will need 6 soccer balls. Now that all the soccer balls are in the bucket you can run the same race but the objective of this race is to empty the bucket instead of fill the bucket. The players will run into the bucket to retrieve a ball and bring it to the end line. Once they tag a teammate then they will also run to the bucket, retrieve a ball, and dribble it to the end line. The first team to empty the bucket and get all of the soccer balls back to the end line wins the race.





## Musical Soccer Balls

It is important to add some fun soccer drills into your routine, especially drills for the younger kids. Here is a soccer drill that keeps things fun but also works on reaction, agility, quickness, and speed. This animation uses 6 players but you can use anywhere from 3 or more. Place the soccer balls in the middle of the circle and make sure you have one less soccer ball than you have players. The players start on the outside of the circle and they are not allowed to go into the circle until the whistle blows. On the whistle, the players can sprint to the soccer balls. Because there is one less soccer ball, one player will be left without a ball. The player without the ball is then removed from the game. Every round you will need to remove one soccer ball.



## Crocs in the River - U6 Soccer Activity

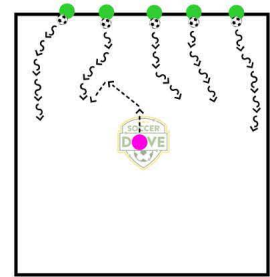
**Players Required:** 6-15

**Balls Required:** 1 per player

**Goals Required:** 0

### Set Up:

- On the small field, all players have a ball and start on one end line. The coach stands in the middle of the field.
- When the coach says 'go,' all the players (the swimmers) try to dribble from one end of the field to the other without getting their ball stolen by the coach (the crocodile).
- If a player gets their ball stolen, they must perform a special activity for the croc to spit them out (ex: touching the top of the ball with the bottom of their feet alternating eight times, or passing the ball between their feet eight times). Players do not become a croc with the coach - we want them to keep dribbling their soccer ball. Coaches - Be goofy and have fun!



### Coaching Points:

1. Wait and see where the Croc is going before you start dribbling.
2. If the Croc is busy with someone else, speed dribble while you can.
3. Try to avoid bunching up with the other swimmers. Find a lane of your own.

### Progressions:

1. Every player picks his own animal to be and makes animal noises as he/she dribbles across. The coach must also roar as he chases.

## Minions - Soccer Activity for Kids

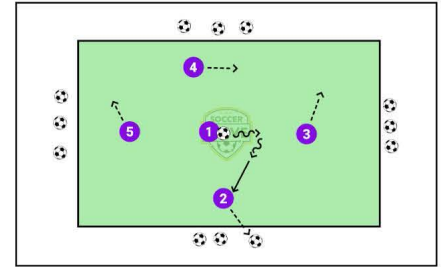
Players Required: 4

Balls Required: 4

Goals Required: 0

### Set Up:

- One player has a ball, and all the others do not.
- Object is for player to hit other players below the knee with their ball. If a player gets hit, they have to get another ball and join as a minion.
- Play until there is one player left. Start a new game with the winner being the new minion.
- If a player is hit above the knees, it doesn't count.
- If players aren't being hit fast enough, make grid smaller, or add a coach minion into the game.



### Coaching Points:

- 1.
- 2.
- 3.

### Progressions:

1.
  - 
  -

### Coaching Points

- To be accurate, show players how to use the inside of their foot to strike the ball.
- Stress timing of pass. Can you pass into the space where the person is running into?
- Use peripheral vision while dribbling to see where you want to go next.
- Can players dribble the ball to better set up their next pass?

## Monster in the Middle!

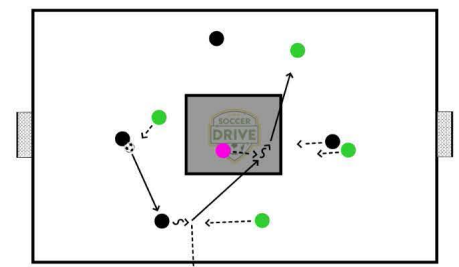
Players Required: 9

### Set Up:

- Play 4 v 4 on a 30 x 20 yd field with a 5 x 5 yd "cave" in the middle where the coach stands. Players must avoid playing the ball in or through the cave. During play, if a player enters the cave, that player is captured by the monster (coach) for 10 seconds. All other rules for the game are straight soccer rules.

### Coaching Points:

- Encourage players to look for space away from the monster, as well as the opposition.
- Players need to be constantly moving to find new space, as the middle of the field is closed.

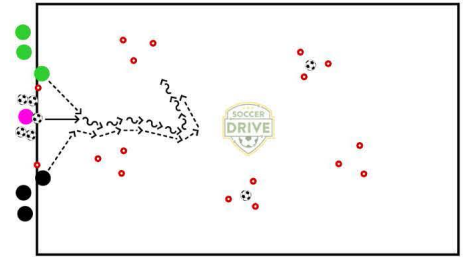


## Star Destroyers

Players Required: 6-8

### Set Up:

- Two lines of players start at one end of a 20 x 20 yard grid with several 3 yard triangular shaped Battle Stars spread out on the inside. The coach starts with all the soccer balls and places himself between the two teams. When the coach puts a ball in play, one player from each team tries to win it and stop it in any of the Stars. When two balls are stopped in any Star by the same team, that destroys that star (pick up the cones of that star and give to coach). The team that destroys the most stars wins.



### Coaching Points:

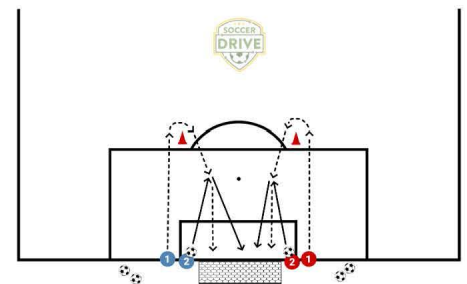
- Big touches vs. little touches.
- Look to turn if there is space behind you.
- Encourage using both feet and the different surfaces of each foot.

## Touch the Net Shooting Race

Players Required: 4

### Set Up:

Young players will love this game. Split players into two teams and have them line up on the side of the net with three soccer balls for each team (coaches can choose the amount of balls, this drill shows three). All players will start on the goal line as shown. The shooting players will run around their assigned cone, receive a pass from the passing player, shoot the ball, and then run back to the net and touch the goal post next to their line. Each player will repeat this as many times as there are soccer balls. The first player to score with all of their balls and touch the goal post wins. If a player's shot misses the goal then they are disqualified for the round.



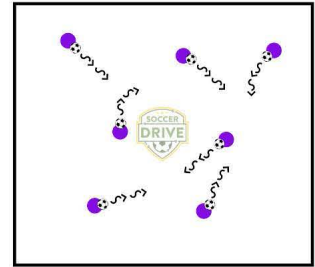
## Three Speeds/Candy Store

**Players Required:** 6-8

### Three Speeds

#### Set Up:

All players dribble around the field. On the coaches command - "FREEZE"- players stop ball with foot. Introduce 3 speeds (Slow, Medium, and Fast). Use characters, animals to represent the 3 speeds.



### Candy Store

#### Set Up:

Players dribble in all directions of the field. The coach names each side of the area after a piece of candy. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.

#### Coaching Points:

- Start by naming only two sides of the field, then three and four.
- This practice should be "upbeat": it requires a dynamic coaching performance.