

SLSC U4/U5/U6 Coaching Clinic 2011 (Fall Season)

U4/U5/U6 Practice Plan (3v3)

Warm up: Soccernastics (5-10min)

- I can do this can you? (Without a Ball)
- Progression (With a Ball)
- Allow the kids to come up with some
 - Ex. Toss ball in the air and clap/catch
 - Hop on one foot
 - Punt the Ball

Activities/Games: (15-25min)

- #1 –Ball Retrieval (Bring the ball back to the coach)
 - Hands, feet, head, etc...
- #2 –Dribble and stop your ball with different body parts.
 - Belly, foot, knee, ear, elbow, etc...
- #3–Knee Tag
 - While controlling your ball try and tag someone’s knee
- #4 –Clean your Room! (Collect targets/pennies-Can assign colors to players)
 - First without the balls (1 at a time)
 - Coach acts as a laundry shoot

Additional options:

- #5- Driving Your Car (Don’t crash into each other!)(Beep! Beep)
- #6- Sharks and Minnows (classic)
- #7- Red Light/Green Light (classic)

End Game: 3v3 (Something that looks like the game) (10-20min)

- Teach rules
- Let them play

Cool Down: Body Shapes/Numbers (5 min)

(Can you make these with your body?)