

Stingers Developmental Soccer
Staple Practice Plan for U6-U8

<u>Activity</u>	<u>Length</u>	<u>Organization</u>	<u>Coaching Points</u>
Warm-up-Dribbling	5-10 minutes	free space or marked by cones rectangle	keep ball close lean slightly forward keep chin over ball encourage creativity change pace change direction
Juggling	5-10 minutes	start with drop-kick-catch build up to bounce juggling give players 1 minute and see how many touches they can get.	keep toe pointed out stay on toes keep knees bent
1 v 1 Activity	10-15 minutes	multitude of games to be played here 1 v 1 must dribble through cones to score 1 v 1 to a line 1 v 1 to goals 1 v 1 to 2 goals on one side "Cops & Robbers"	encourages acceleration must stop ball on line for a point encourages moves and shots Divide group into 2, give each player a number. Roll out ball, call a number, and players run out to ball. Players play 1 v 1 to goals> Players are matched up evenly.
Fun Activity/Game	10-15 minutes	Sharks and Minnows Ball Master Blob (mini-blob and monster blob) Soccer Tennis Numbers Tournament Crab Soccer Numbers soccer	Games that hide the learning in the fun process.
The Game	10-30 minutes	3 v 3 or 4 v 4	Let the kids play the game and have fun. Use "guided discovery" to teach the rules. Encourage creativity and risk taking.

