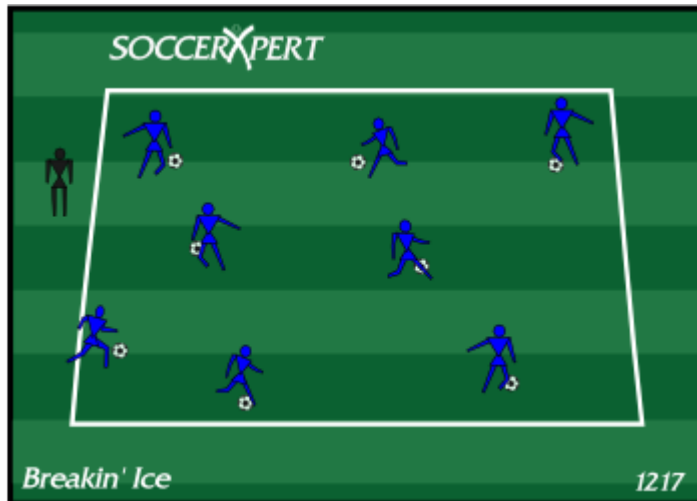


## **Practice Plan 2 – UMSC Lil' Strikers**

Warm-up All ages dynamic movement, stretching 5 minutes

Sessions U4-5:

### **Ball Mastery: 10 minutes**



Each player has a ball. The players will be instructed to do just 4 techniques. Do not go into detail. Demonstrate.

1: Popcorn (tap ball back and forth using the inside of the feet). Standing still first, then moving.

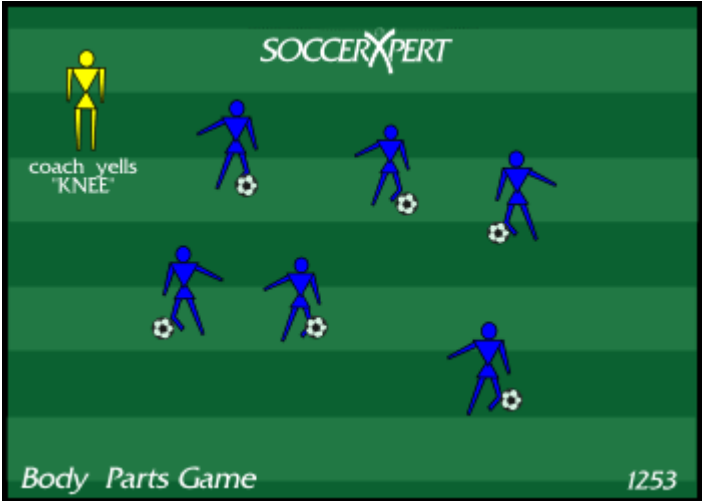
2: Walk the dog. Move the ball with the sole of the feet. Forward and then back.

3: Step over (standing still).

4: Lift the baby (take your foot and put it under the ball and try and lift it off the ground into the air).

Water break

**Red Light Green Light: 15 minutes**



Each player has a ball. They are all in a 15x20 grid. When the coach says green light they players all start dribbling very fast. When the coach says red light they all stop using the bottom of their feet to top the ball from moving. When the coach says yellow light, the players all move slowly. The coach should be participating with a ball and demonstrating as the drill is being performed.

Water break

## **Capture the Treasure: 15 minutes**

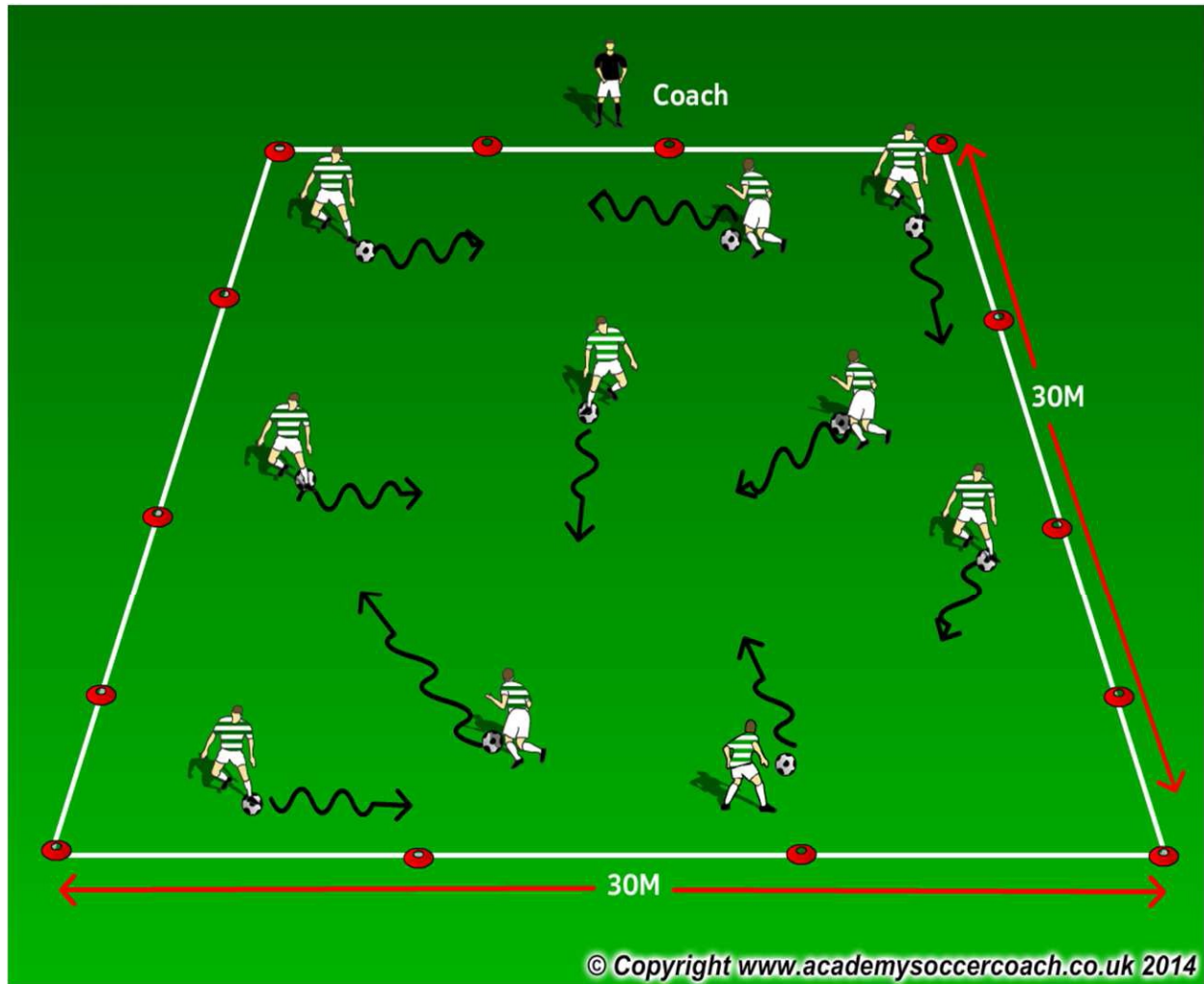


The object of the game is for the players to collect as many treasure as possible. The treasure can be pennies or cones (use a different colour cone than the ones used to create the players castle). The treasure is guarded by a dragon in the centre of the grid. The dragon is constantly moving around the grid. Creating opportunities for the player to enter the field. All the players all have a castle in the corners of the grid that the dragon cannot enter. The players enter the field and grab one piece of treasure at a time and bring it back to their castle, without getting caught by the dragon (coach). If a player gets caught by the dragon, they do 5 jumping jacks outside the grid before they enter the game again. Start with out the ball, then progress to have the players dribbling their ball to collect the treasure. The coach (dragon) can be replaced by a player as they become more familiar with the game.

Water break

Small Sided Game

Session U6-8:



**Organisation.** Players dribble freely inside 30mx30m area.  
**Procedure.** Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

BALL MASTERY, INSIDE OUTSIDE CUTS, STOPS-STARTS, INSIDE OUTSIDE FOOT TURNS, SOLE TOUCH.

Water break

## **Freeze Tag: 15 minutes**



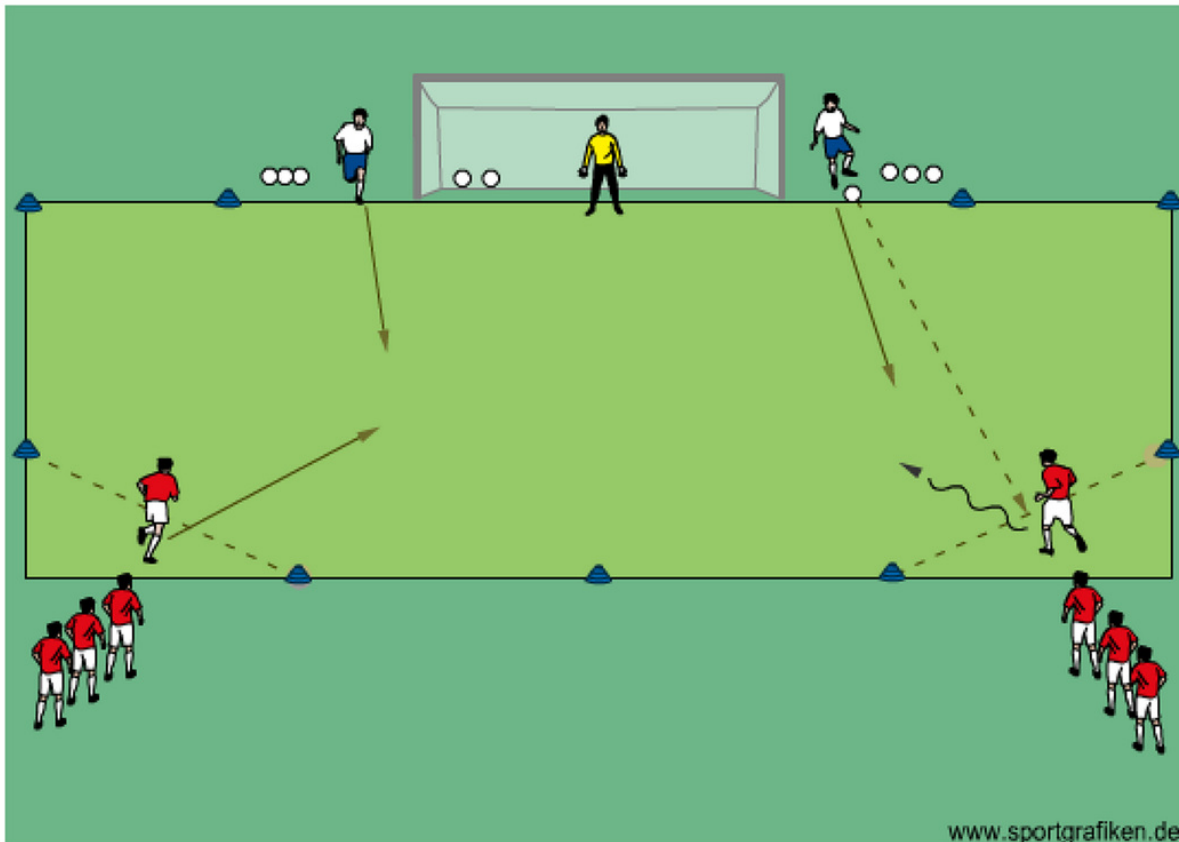
**Description:** Assign one player as the tagger or the person who freezes other players. The rest of the players dribble around in the playing area as the tagger tries to freeze players by touching them on the back.

Players who are frozen then must hold the ball up over their head and spread open their legs. Other players can unfreeze these players by passing the ball through their legs. Once unfrozen they again start dribbling around in the playing area. If a player dribbles out of the area they are frozen.

Players should keep the ball close to themselves when they dribble and get their head up to see what's going on around them. Get players to touch the ball with every step when they dribble.

Water break

## Jailbreak: 15 minutes



PLAYERS ARE DIVIDED INTO 2 TEAMS FACING THE NET 15-20 YARDS AWAY. You have a goalie if net is larger than small pug nets. YOU HAVE 2 SERVERS OF THE BALL STANDING ON EITHER SIDE OF THE NET. ONE PLAYER at a time will shoot AND THE TEAMS WILL ALTERNATE SENDING IN PLAYERS TO SHOOT. THE FIRST SERVER WILL SEND A LONGBALL TO THE FIRST SHOOTER. THE SHOOTER MUST CONTROL THE BALL AND SHOOT IN 2 -4 TOUCHES, NO DRIBBLING player should not allow ball to go past him. AFTER SHOT, THE Second SERVER WILL SEND IN A SECOND BALL TO THE SAME SHOOTER IMMEDIATELY AFTER THE Shooter HAS TAKEN HIS FIRST SHOT. THIS BALL WILL BE CLOSE TO THE NET PLAYER MUST SHOOT ONE TOUCH. If player misses both shot he goes into jail. Shooter cannot come out of jail unless one of his teammates scores both shots. Team with last shooter standing is winner.

Water break

Small Sided Game

