

Byron Youth Soccer Association

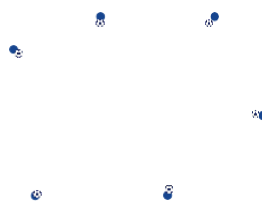


1st-2nd Grade Recreation Soccer

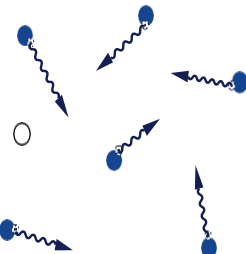
These practice plans are designed to introduce and reinforce fundamental soccer skills in a fun and engaging way for kindergarten-aged children. Adjust the activities based on the group's energy levels and interests.

Practice Session 1: Introduction to Dribbling

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Dribbling Basics (10 minutes): Knockout

	Organization: Players dribble in a box and must control their own ball at the same time as trying to kick other players' balls from the box. A player whose ball is kicked out of the box must juggle 5 times to return to the box. Field size: 20 x 30 yards. Time: 10 min. Coaching points: Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.
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3. More Dribbling (10 minutes): Dribble Tag

	Organization: Each player with a ball is dribbling within a confined space with one player "it". He/she can have a ball or not. The game is then played like a normal game of tag. Grid size: 30 x 15 yards. Time: 5 mins. Coaching points: Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)
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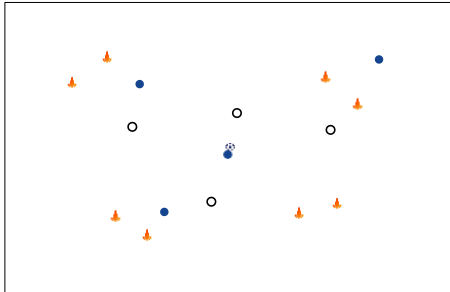
4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):
Gentle stretches and a recap of what they learned.

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Practice Session 2: Passing and Receiving

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing Drills (10 minutes): Gate Passing



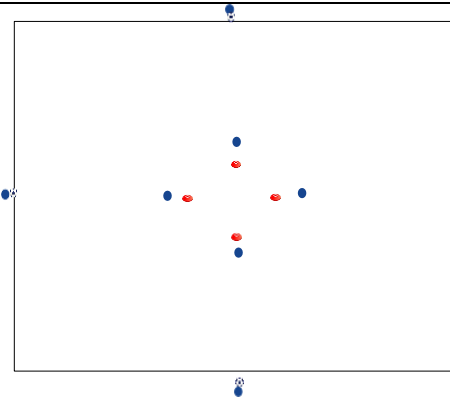
Organization:

Team scores a point by passing through a gate to a teammate. A team cannot score through the same gate in a consecutive possession.

Coaching points:

Pass and move. 1 st touch away from pressure. Encourage players to move the ball with a pass.

3. Passing Drills (10 minutes): More passing



Organization:

Four players are inside the grid checking to four players on the outside of the grid who pass to the inside player. The inside player controls the ball and passes it back. After one minute, switch roles.

Coaching points:

Move without the ball. Get in position to receive the ball. Work on passing technique.

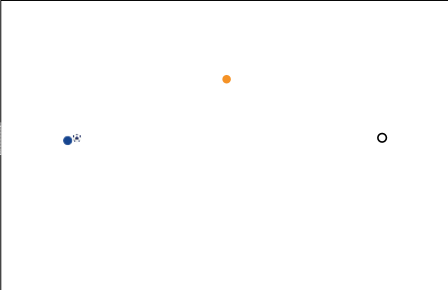
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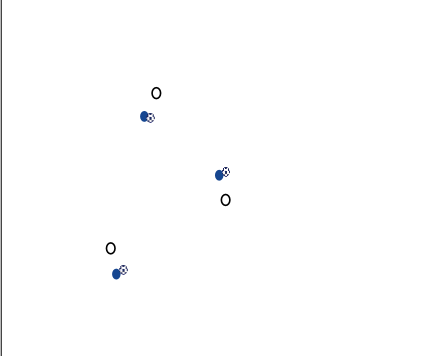
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Practice Session 3: One on One and Ball Control

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. One on One Battle (10 minutes): Start with 1 on 1, then add +1 as players get better control through season.

	Organization: Play 1 minute 1 v 1 games, the plus 1 is neutral and plays with the player on the ball. Field size: 25 x 35 yards. Use the +1 as a wall pass. Coaching points: Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Use extra player to beat opponent with the pass.
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3. Keep away/ball shielding (10 minutes):

	Organization: Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins. Coaching points: Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.
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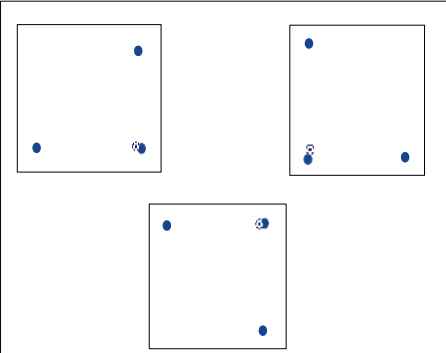
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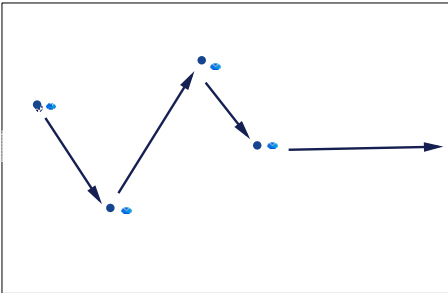
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Practice Session 4: More Passing & Shooting Drills

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing Drills (10 minutes):

	Organization: 10x10 grid. Groups of 3 with a ball in a grid. Player with the ball should pass to his/her left or right. Free player must move to the proper corner to provide two passing options. Ball always start with the player that has two passing options as illustrated in the picture. Coaching points: Pass and move. Have fun.
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3. Shooting Drill (10 minutes):

	Organization: Set cones on the field in a pattern to finish with a shot. Have players on the cones to form the line. Players can score once they complete the pattern. Get all the players going to goal after they have passed the ball, to form good habits. Coaching points: Work on passing. Work on positioning. Work on finishing.
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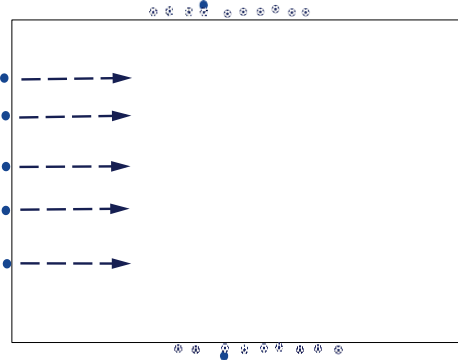
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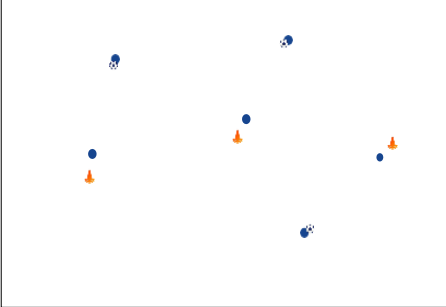
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Practice Session 5: Shooting and Passing Games

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Shooting games (10 minutes):

	Organization: The game begins with two players on opposite sides of the grid. The rest of the players run from one side of the field to the other. Players with a ball attempt to hit the runners below the waist. If a player is hit, they become a shooter. The Top Gun is the sole surviving player. Field size: 20 x 30 yards. Time: 10 min. Coaching points: Technique of kicking the ball - strike ball with laces, tow down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.
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3. Passing game (10 minutes): Fortress

	Organization: Have players pair up, one with a ball and the other with a tall cone. The player with the ball tries to knock over or hit the cone while the other has to defend it (fortress). After 30-90 seconds, switch roles. Time: 10 mins. Coaching points: Player with ball must work on deception, change of direction and weight, timing, and accuracy of passes/shots. Stay 4:1 on the positive to instructional comment throughout the session.
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4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
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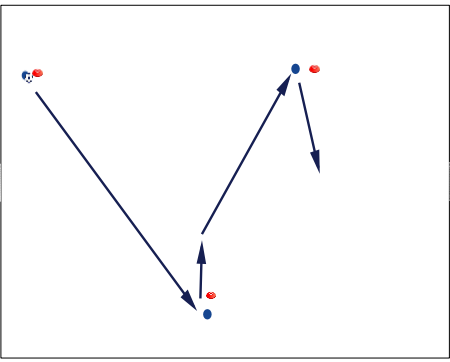
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Practice Session 6: Finishing

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Dribbling games (10 minutes):

	Organization: In pairs, players go to goal. They must pass the ball 3-4 times before they score. Players are working on their receiving touch. Time: 10 min. Coaching points: Encourage player to take their first touch forward and towards goal. If possible, keep the ball moving. Players should play as quick as possible. Be positive.
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3. Passing patterns (10 minutes):

	Organization: Set cones on the field in a pattern to finish with a shot, have players form lines on those cones. The cone farthest from the goal will have the balls. Players can score once they have completed the pattern. Get all players going to goal after they have passed the ball, this will help create good habits. Field size: 25 x 35 yards. Time: 10 min. Coaching points: Be positive with the players.
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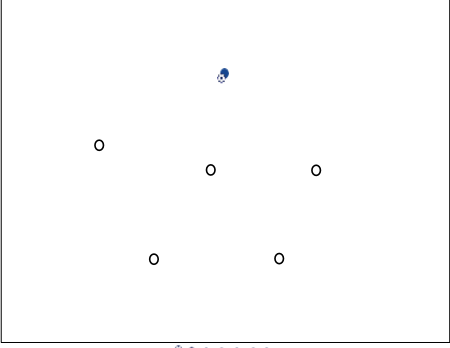
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Practice Session 7: Kicking Games

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Kicking games (PACMAN) (10 minutes): Passing, kicking, working on technique.

	Organization: One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left. Coaching points: Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.
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3. Passing technique (10 minutes): Working on accuracy and weight of the passes

	Organization: 1st player passes the ball out. 2nd player passes their ball out to try and hit the 1st player's ball. Alternate, trying to hit the other player's ball. One point for a hit. First player to 10 points wins. Coaching points: Weight, timing and accuracy of passes. Laugh and have fun with the players.
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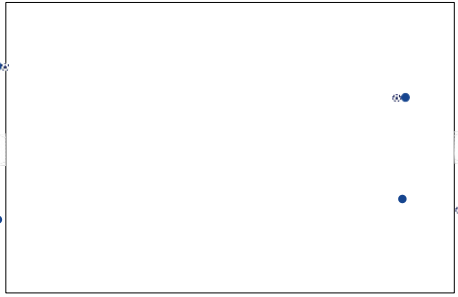
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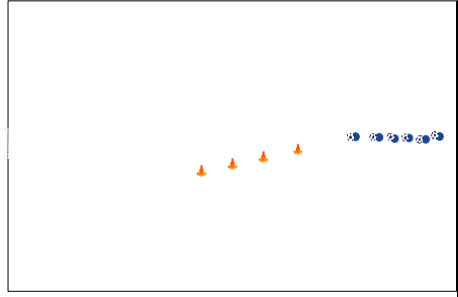
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Practice Session 8: Scoring

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Scoring games (10 minutes): Going to goal unopposed (increase difficulty by adding defenders if needed).

	Organization: Two players go to goal, they must pass twice before scoring. Immediately after scoring or missing the target, two players come from the opposite side of the field and the process continues. Field size: 20x30 yards. Time: 10 min. Coaching points: Dribble and pass and score as quickly as possible. Stay 4:1 on the positive to instructional comment throughout the session.
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3. Shooting (10 minutes):

	Organization: Dribble through the cones without touching them, once by the last cone, shoot at goal. Once player has had a shot, the next in line goes. Coaching points: Dribbling technique. Shooting - use laces, toe down, ankle locked. Plant foot pointed at the goal. Strike center of the ball. Follow through.
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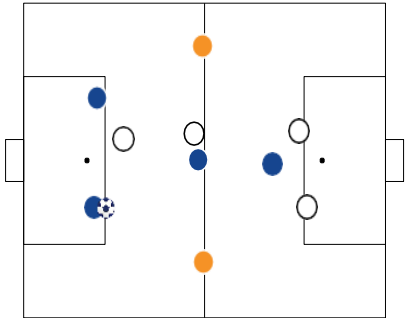
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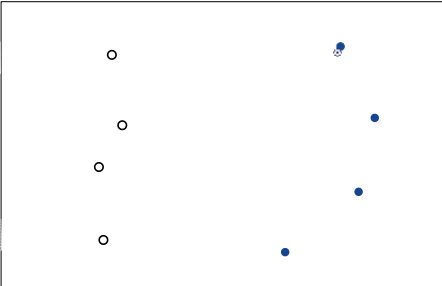
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Practice Session 9: Possession and Field Awareness

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Possession games (10 minutes): Using numbers up to create possession advantage..

	Organization: Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins. Coaching points: Encourage players to pass, find the extra players and play the game. Become fan of the players.
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3. Four goal game (10 minutes):

	Organization: Players are split into two teams (4v4). Each team has two goals to defend and two goals to attack. Field size: 40x30 yards. Time: 10 min. Coaching points: Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Encourage players to score.
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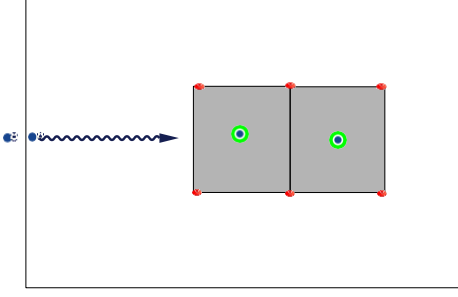
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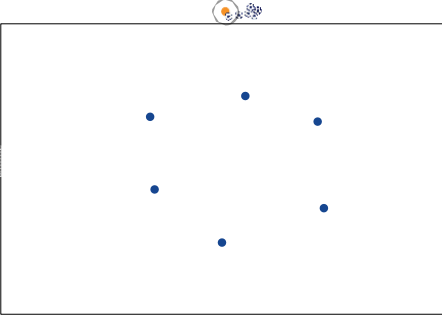
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Practice Session 10: Game situations

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. 1v1 dribbling (10 minutes): Ball control, dribbling and using body to shield defenders.

	Organization: Players play 1 v 1 in each grid and try to make it through the channel without having their ball kicked away. The defender in each grid tries to win the ball and if they do, they switch places with the player they won the ball from. After a player dribbles through the first grid, the next player in line can go. Coaching points: Encourage defenders to get in front of the ball, challenge and win the ball. Stay 4:1 on the positive to instructional comment throughout the session.
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3. World Cup (10 minutes):

	Organization: Use two goals with one ball. Coach serves a ball onto the field. All players are up against each other to try and score in either goal. After a player scores, they come off and wait to progress to the next round. The last player left is out. Coaching points: Dribbling to beat players.
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4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):
Gentle stretches and a recap of what they learned.