



**YMCA of Greater Spartanburg
Coach's Manual and Practice Planning Workbook**

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Overview of YMCA Youth Sports Coaching

Dear Coaches,

Welcome to the YMCA of Greater Spartanburg's Youth Sports Program. Whether you are a returning coach or brand new this year, we appreciate your commitment to your YMCA and hope you enjoy being a part of our league.

This will be one of the most rewarding and fun experiences you will have! As a coach, you will have the opportunity to make a positive difference in a child's life and your community – a difference that will last a lifetime.

At the YMCA of Greater Spartanburg, we are committed to building healthy spirit, mind and body in all of our programs. As a Youth Sports Coach, we are entrusting this awesome responsibility to you. The YMCA is a volunteer-led organization dedicated to building relationships and enhancing the lives of our community members – you are at the heart of our organization.

Our goal is to provide you with all the resources you will need to effectively lead a team of young athletes through a successful sports season. A successful season, however, is not a winning season. Success for youth athletes consists of far more than having the highest score at the end of the game. At the end of a successful sports season, your athletes should have learned the following:

- The value of hard work
- The importance of teamwork
- New skills to enhance their game play
- Strong sportsmanship
- The importance of the YMCA's 4 Character Traits – Caring, Honesty, Respect and Responsibility

The goal of the YMCA Youth Sports is to develop OUR children and we will only be successful if we are focused more on their development than on winning or losing games.

Our sports staff at the YMCA has the responsibility of making sure you have all the tools you need to have a successful season. Please communicate openly and frequently with our staff if you should need additional information or resources.

Have a great season! Thanks for all you do!

THE YMCA SPORTS PHILOSOPHY

Everyone Plays

We do not use tryouts to select the best player, nor do we cut kids from YMCA Youth Sports. Everyone who registers to play is assigned to a team. Remember, we are more interested in developing children's character through sports than in developing a few highly skilled players.



As a coach, you must ensure that all players receive equal playing time and every player plays at least half of every game.

Fair Play

Fair play is about more than playing by the rules. It's about you, your players and your player's parents showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players and their parents to do the same.



As a coach, set the example of good sportsmanship and reward players and parents for showing respect to all involved in YMCA Youth Sports. Do not tolerate disrespect by your players or parents.

Positive Competition

We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective means adults make decisions that put the best interest of the children above winning the contest. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson in life. Learning to win is just as important as learning to lose.



As a coach, help your players set goals that are not about winning or losing. This way, no matter what the score of the game, your players learn that no matter what the score is, there is value in playing the game.

Family Involvement

We encourage parents to be involved appropriately along with their child's participation in sports. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be present at practices and games to support their player.



As a coach, give parents responsibilities that will benefit the team – like leading devotions, making banners and signs for games or bringing healthy snacks and water.

Sport for All.

YMCA Youth Sports an inclusive program, meaning that children who differ in various characteristics, including physical ability, race, gender, religion or ability are included in participation.



As a coach, support and appreciate the diversity of children in your community and encourage your players and parents to do the same.

Sport for Fun

Sport is naturally fun for most children. They love the challenge of mastering skills, playing with their friends and competing with their peers. Sometimes, when adults become involved in children's sports, they over-organize and dominate the activity to the point of spoiling the children's enjoyment of the sport. If we take the fun out of sports, we are in danger of our children taking themselves out of sports.



As a coach, emphasize the importance of having fun to both players and parents, reminding them that the benefits of physical activity in childhood are long-lasting.

Safety First

Although some children may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play.



As a coach, teach the sports as we've prescribed so that skills are taught as appropriate for children's developmental levels; develop your player's fitness levels gradually so they are conditioned for the sport; constantly supervise your young players so that you can stop unsafe activities.

YMCA of Greater Spartanburg's Role of a Coach

YMCA Youth Sports Coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of **RESPECT, RESPONSIBILITY, HONESTY, CARING & FAITH.**

Please Remember;

1. Your **attitude** and actions are on display for your team, your team's parents, plus opposing teams. You are a **role model**—volunteer coaches should appear clean, neat, and appropriately attired.
2. You should treat all children equally—regardless of sex, race, religion, or culture.
3. Coaches must use **positive techniques** of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.
4. **YMCA Coaches should be involved for the kids:**
 1. To teach skills & knowledge about the game
 2. To teach sportsmanship, teamwork, and character
 3. To provide a fun, low-key environment for all
 4. To promote friendships and family togetherness
5. Coaches should give high priority to the **objectives** above—focusing on winning & recognition can destroy positive outcomes.
6. Y Leagues **focus on skill development, team building, and personal growth.** The YMCA of Greater Spartanburg encourages children to participate in sports at the highest level their ability will allow. Higher competitive leagues are available in the area and the YMCA will be happy to make recommendations based on players ability.

**Thank YOU for
Coaching Youth Sports
at the YMCA of Greater
Spartanburg!**

Specific Guidelines;

1. Harassment & verbal criticism of officials is not allowed. Site supervisors are available for constructive comments during or at the end of games.
2. In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be alone with a single child where they cannot be observed by others.
3. Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.
4. Accepting and adhering to all league rules and policies related to the participation of adults & youth. Please refer all disputes at halftime and/or timeouts.
5. Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings. Profanity, inappropriate jokes, sharing intimate details of ones personal life, and any kind of harassment in the presence of children or parents is inappropriate.
6. Effective coaching experts agree that instructions should be given at practice. An over-abundance of instruction at game time only serves to confuse players.
7. Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.



Policy Enforcement:

1. Individual may be given a warning for inappropriate behavior.
2. Individual may be asked to leave the game(s). Game(s) may be terminated and/or individual may be asked not to return for other Youth Sports activities.
3. Other sanctions as deemed necessary may be enforced.

8. Smoking or use of tobacco, as well as possessing or being under the influence of alcohol or illegal drugs on YMCA property or during YMCA sponsored programs or events are prohibited.
9. Volunteers shall not abuse children including:
 - Physical abuse—strike, spank, shake, slap
 - Verbal abuse—humiliate, degrade, threaten
 - Sexual abuse—inappropriate touch or verbal exchange
 - Mental abuse—shaming, withholding praise, cruelty
10. Volunteers should not transport children in their personal vehicles
11. Under no circumstances should volunteers release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian.

Coach's Signature

Date

Coach's Printed Name

The 7 Components of a Practice

Take the time each week to plan out your practices!

Opening Circle

Take a few minutes to welcome your players to practice. Be sure to do the following:

- Devotion or Thought for the day
- Review of last game – what we learned and how we can grow
- Goal for today's practice – what skills will we be working on
- Overview of the flow of today's practice – roadmap of the next hour

Warm-up and Stretch

Spend at least 5 minutes exercising to raise your players' heart rates and warm their muscles. Warm-up can be anything from a quick game of tag to running a few laps to conditioning exercises. Never skip the warm-up and stretch section of practice!

Individual Skill Drills

This is a time for players to work on a skill and develop it as an individual player. You will find individual skill drills to incorporate into your practices in the next section. Allow your players adequate time in learning any new skill before asking them to apply it as a team.

Team Skill Games

This is a time for your players to learn to come together and develop their skills as a functioning group of players. The team skill drills should build on the individual skill drills, providing natural progression from individually mastering a new skill to applying it as a team. You will find team skill drills to incorporate into your practices in the next section.

Scrimmage

There is no better way to prepare for a game and to apply the skills learned throughout practice than to put them to action in a game-type situation. Always include a scrimmage in every practice – it gives your players a chance to develop their teamwork and will enhance their comfort in game situations.

Closing Huddle

Take just a few minutes at the end of practice to review the skills you worked on and to evaluate the goals set at the beginning of practice. Encourage your players to continue to practice throughout the week with their friends and parents. Review all the necessary information for the upcoming game, including:

- Location
- What time to arrive
- Who is bringing snack

Water Breaks

Whether it is hot or cold, be sure to allow your players to get water at any point during practice. Staying hydrated helps your players focus on the skills they're learning.

Blank Practice Plans

PRACTICE PLAN

Practice Date _____

Time	Activity	The Plan for Today
:00	Opening Circle -overview of practice -set goals for practice -devotion	
:05	Warm-Up and Stretch	
:10	Individual Skill Drill	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:20	Water Break	
:25	Team Skill Games	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:40	Water Break	
:45	Scrimmage	
:60	Closing Huddle -review of practice -prepare for game	Next Game Date: _____ Location: _____ Snack: _____

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Individual Skill Drill Activities

Drills may need to be modified based on space availability in the gym

INDIVIDUAL SKILL DRILLS

On the following pages, you will find individual skill drills to help your players learn the key skills of the sport.

Here is your key to understanding how to read and use the individual skill drills in this section:

Skill	Ages
This box will tell you exactly which skill you will be working on	Age groups that are best for this drill

Difficulty

Beginner Intermediate Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

How much of practice do you need to set aside for this drill?

Materials Needed

What equipment will you need to run this drill?

Field Set-up

If there is a specific way the playing area needs to be set up in order to run this drill, you will find instructions and diagrams in this section

Instructions

Step-by-step how to run this drill

Modifications

Ideas for how to make this drill easier or harder or adjust it for different age groups or practice locations.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling, Passing, Defending	All Ages
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

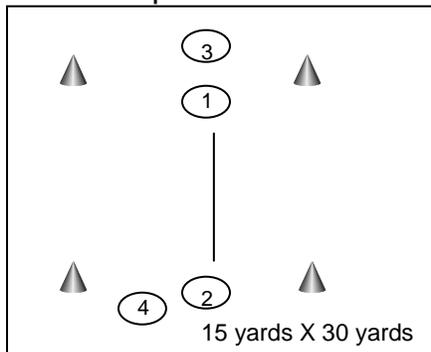
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Time Needed

Materials Needed

5-7 Minutes	2-4 Cones and 1 ball per group.
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Field Set-up



Instructions

Object of the game is to dribble the soccer ball across the opposite line.

How to play—Player 1 kicks ball to Player 2. ONCE player 2 touches the ball, player 1 can enter the field and play defender.

Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

Modifications

1. To score, player has to STOP the ball on the end line. Play 2v2.
2. To score, player must knock down a single cone (play with one cone per 2 players).
3. To score, player must dribble or pass ball through the gates (play with one goal). Player can score from either side of goal.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing, Shooting, Defending

All ages

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

2 cones/1 ball per field.

Field/Court Set-up

Instructions

Two even lines, one a defending line that begins from the end line and an attacking line that begins approximately 25-30 yards out from the goal. Defender plays a ball with pace to the attacker and then goes out to defend while trying not to give up a goal and win the ball. Change lines when the play is completed. See who the first player to score 3 goals is.

Divide the team up so there are no more than 6 kids on each field.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Dribbling	3-7

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10 Minutes

Materials Needed

Cones and a ball for each player.

Field Set-up

Form alleyway with cones (inside the cones in the ocean and both of the sides are the beach)

Instructions

Choose one player to be the shark with the rest of the players lined up at the end of the alleyway with a ball each. These players are fish who have to dribble the ball to the other end of the ocean. The shark tries to kick the fish eggs (the balls) onto the beach. Fish that lose their eggs remain in the ocean and turn into crabs. The crabs then join the shark in trying to get the remaining eggs on to beach. But only the shark can run around, crabs must be on all fours (crab walking). The last fish with the egg is the winner.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Crossing/Corners/Shooting	9-12+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

15+ Minutes

Materials Needed

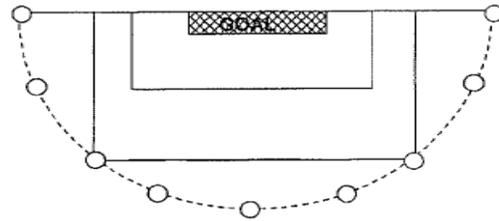
At least 9 soccer balls

9 cones

Soccer Goal

Field Set-up

Set up cones in arc similar to diagram, each cone gets a ball.



Instructions

Player takes nine shots from nine cones. To make the challenge more difficult players must make all shots before moving onto next shot.

Modifications

Each cone starts out with a player, on corner kicks players crowd box to battle and see who can score ball first on goal.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work.

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling, Defending	8+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

10 Minutes	6 cones and 1 soccer ball per 6-8 kids.
------------	---

Field Set-up

Instructions

Create three different lines of defense with three pairs of cones and a defender on the line between them. Have players dribble to beat the defenders. Begin with defender only able to move laterally on imaginary line between cones. If defender wins ball he goes to the end of the line.

Modifications

Progress to defenders beginning on the line between the cones and then giving them the ability to move forward once the dribbler enters their zone.

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling in a small space	4-7
----------------------------	-----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

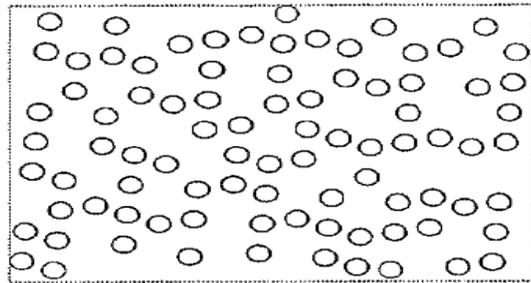
Time Needed

Materials Needed

15+ Minutes	Abundant number of cones Soccer balls for each child
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Field Set-up

Place cones throughout a grid



Instructions

Each child should have a ball. Inform players that cones are "bugs" and that if the ball touches the cone they will get bitten. If a player's ball touches the cone then the player immediately sits down. The game ends when all players are sitting down or a few players are left.

Modifications

After game is played, an easy cleanup method is to tell the players that all the "bugs" need to be "squashed" and taken to the exterminator aka the coach or assistant.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Short/Long Passes	8+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

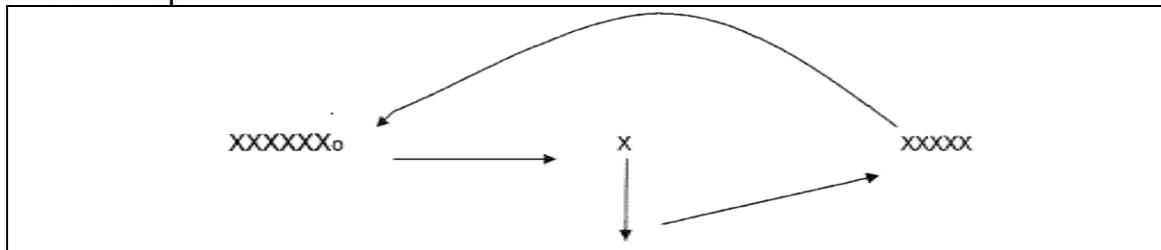
Time Needed

10 Minutes

Materials Needed

3 Cones and 1 (or 2) soccer balls.

Field Set-up



Instructions

Divide the team into two groups (if you have more than 15 players run two of the same drill side by side so there is less standing in lines). Have one line start by passing the ball to the player in the center. The player then makes a banana run to receive the ball passed from the player in the center on the floor. The player finally gives a one touch pass toward the next line. The player at the front of the line receives the ball and then chips (passes the ball through the air) to back to the other line. He/she then follows the ball by making a banana run and goes to the end of the other line.

Modifications

You can add a second ball (balls should start on opposite sides)

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling, Passing, Receiving the Ball

5+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

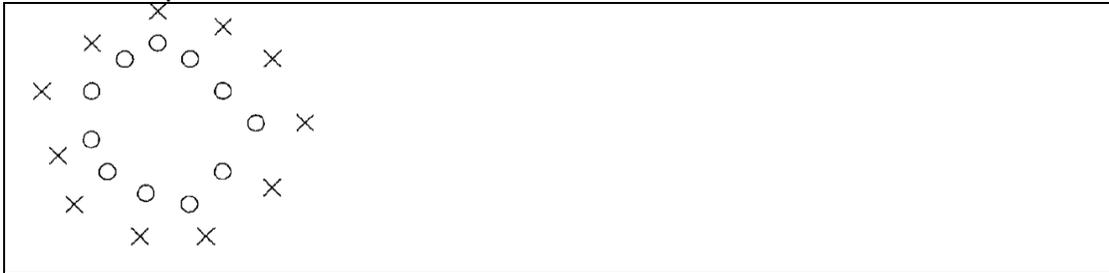
Time Needed

Materials Needed

10-15 Minutes

1 soccer ball per 2 players

Field Set-up



Instructions

Players on the outside start with the ball. They pass the ball to the person standing across from them. They receive it and pass it back to the same person. Then the person in the center rotates clockwise to the next person (the people on the outside stay stationary). The outside and inside groups should switch after 1-2 rotations.

Skills you can work on:

1. Two touch passing.
2. One touch passing.
3. Trapping (player on the outside throws a ball and the person in the center receives it and passes it back on the ground).
4. Volleys (player tosses the ball to the persons foot who hits it back in the air)
5. Headers

Modifications

1. Players on the inside move to an open outside player. They must call for the ball. Inside players should work on changing their speed. Jog until they see an open player then turn, call for the ball and sprint to receive the ball.
2. Players can receive the ball and turn (passing it to a different open player). This time the players on the outside should be given directions (TURN RIGHT, back to me, Man On, etc).

This activity emphasizes the following character value:

- Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing	3-7
---------	-----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes	One ball per player. One ball with a pinnie tied around it Two lines of small cones
------------	---

Field Set-up

Instructions

Begin with two even teams. Each start behind a line of a square grid. Place one ball in the center of the grid and each team tries to knock the bomb over their opponents' line by passing their own balls and trying to blow up the bomb on the opponents' side. Bomb can be designated by tying a pinnie around the ball to have different appearance. Once the bomb crosses opponent's end-line, one point is awarded.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling	5+
-----------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

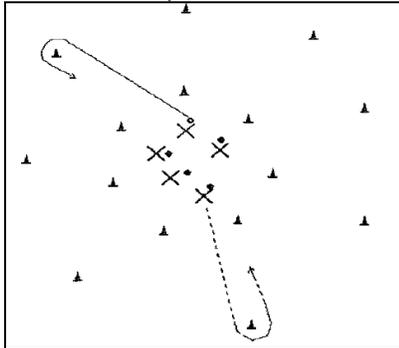
10

Time Needed

Materials Needed

5 Minutes	Soccer Balls and cones
-----------	------------------------

Field Set-up



Instructions

Players dribble inside the small circle of cones. On the coach's whistle, players explode to the outside and dribble their ball around an outside cone. First player back to inner circle wins.

When players come back, keep dribbling. Coach blows whistle again or makes last player back do 10 "ball taps" with the bottom of his cleat.

Coaching Points—when exploding, body low, use the shoe lace part of the cleat to take off.

Modifications

--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling/Defending	5-7+
---------------------	------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

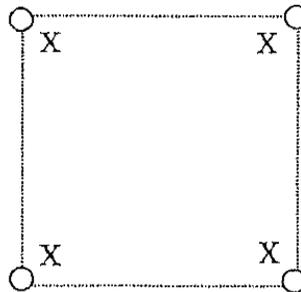
Time Needed

Materials Needed

10 Minutes	4 Cones, 4 balls
------------	------------------

Field Set-up

Construct a 10ft x 10ft grid
Place a ball each corner
Each player stands in one corner



Instructions

Each player is given a designated corner. The player must guard their corner as well as get all the other balls from opponent's corners. The game is won once all balls are in one player's corner. If the ball is played outside the grid the ball returns to the original corner that it started from.

Modifications

If there are not enough players to make grids of four the game can be modified for groups of three.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling and Passing	
-----------------------	--

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

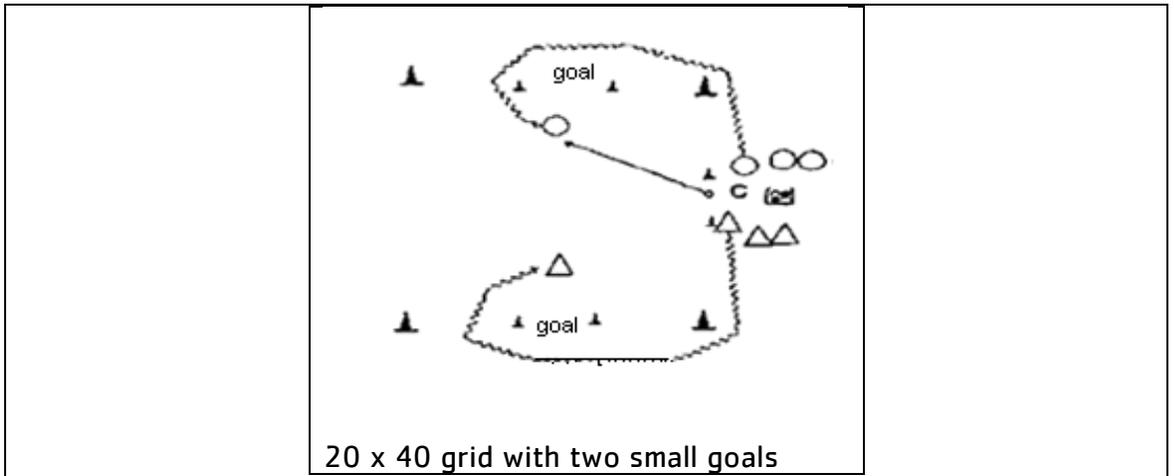
10

Time Needed

Materials Needed

10 Minutes	Soccer Balls, Cones.
------------	----------------------

Field Set-up



Instructions

Two lines of 3-5 players behind two cones. Coach in the middle with lots of soccer balls.

When the coach says "go", the first players in each line sprints around the corner cones and around the goals and tries to be the first player into the playing area. The coach serves the ball to the first player into the playing area. From there, they just play a 1v1 small sided soccer game. If a goal is scored or the ball goes out of bounds, the coach says "sprint". The two players then have to sprint off the field coming off by the coach so that they don't collide with the next two players.

The coach says "go" and the next two players go.

Modifications

--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

**YMCA of Greater Spartanburg Practice Plan Activity
SOCCER**

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Heading	6+
---------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

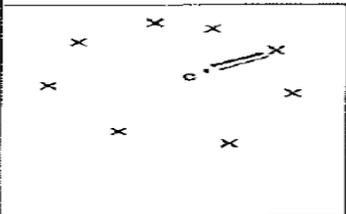
Time Needed

Materials Needed

5 Minutes	A soccer ball for each player
-----------	-------------------------------

Field Set-up

Players form a circle around the coach. The coach has a soccer ball.



Instr
uctio
ns

The coach starts at one player and works his/her way around the circle by tossing a soccer ball underhand at each soccer player. While the ball is in "mid air" he/she says "head" or he/she says "catch". If the coach says "head", the player must catch the ball and if the coach says "catch" the player must head the ball. If the player makes an error, he/she is no longer in the game and begins passing the ball with the other players who are no longer in the game. Coach keeps going around till there is only one player standing.

Modifications

Coach can say what day the day is. Regular day or Opposite Day. On opposite day a player catches the ball when he says head and heads the ball when he says catch.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Heading	6+
---------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

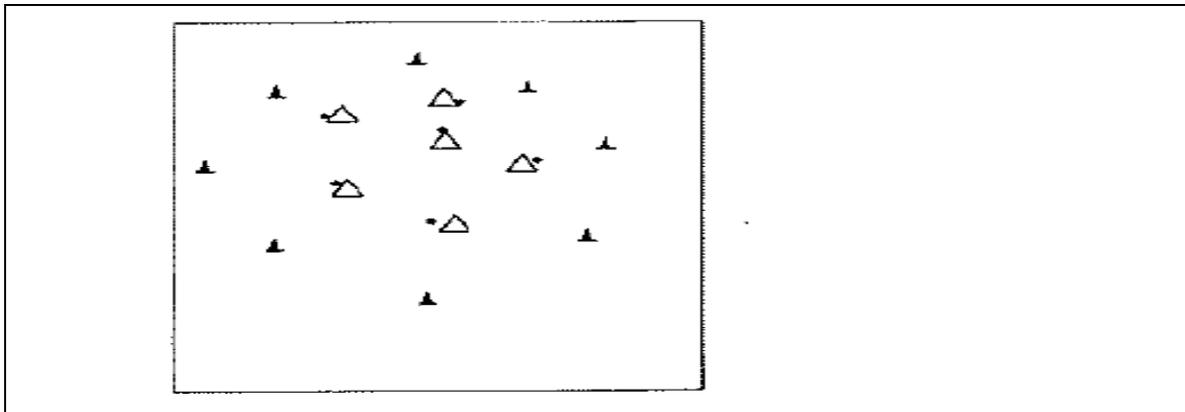
10

Time Needed

Materials Needed

10 Minutes	A soccer ball for each player and cones
------------	---

Field Set-up



Instructions

Object of the game is for players to try to kick other soccer players' balls out of bounds while protecting his or her own soccer ball.

Player who kicks out most wins.

Modifications

One player can be designated as the SHARK (identified by a pinnie). The sharks knock everyone's ball out of the circle. Last player standing becomes the next shark. Use two—three sharks if the group is large.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Mad Dog	5+
---------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

10 Minutes	A soccer ball for each player and a painted or coned out zone.
------------	--

Field Set-up

Instr
uctio
ns

In a square zone all the players begin with a ball and try to keep their ball while a small number of "mad dogs" run around chasing players to kick their ball out of the zone. If player's ball is kicked or dribbled out of the zone, have him/her perform a different skill (i.e. Tap the ball 10 times with both feet) in order to return to the game. If the players are not in the game when the whistles blow they have to perform a silly consequence.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling	All Ages
-----------	----------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10 Minutes

Materials Needed

A soccer ball for each player and a painted or coned out zone.

Field Set-up

Instructions

Players run around the outside of a circle of balls. When the music stops they must run and find a ball to sit on. The players that are out join the coach in the middle and help sing. Coaches can sing English football chants, Sunday School songs, choruses or good kids songs they would know (they may have some favorites).

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling/Defending/Offense/Shooting	8-12+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

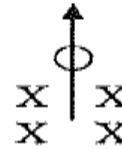
Time Needed

Materials Needed

15+ Minutes	1 cone, soccer goal, soccer balls
-------------	-----------------------------------

Field Set-up

Set cone about 30 yds. in front of goal line
Players are divided into two lines behind cone
Server serves balls between the two line



Instructions

Players are divided in two lines behind cone. The first player in each line facing away from the goal (towards the server) standing shoulder to shoulder. The server throws the ball over the two players who wait until they here the ball hit the ground. Once they hear the ball hit, they immediately turn and battle to score. Players who score stay in the game returning to the end of line. If the ball is missed both players stay in the game. The server is the judge.

Modifications

Players can begin sitting down shoulder to shoulder.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling	3-7
-----------	-----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

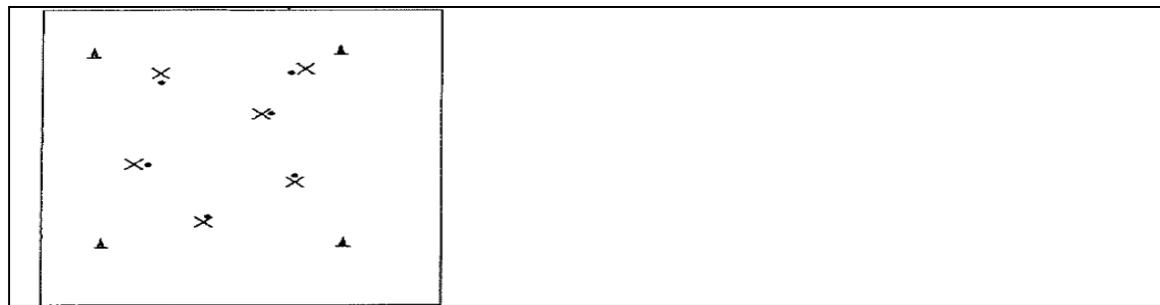
10

Time Needed

Materials Needed

5 Minutes	Soccer ball for each player and cones.
-----------	--

Field Set-up



Instructions

Coach says "Ladies and Gentleman start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach says "first gear" --- players dribble there soccer ball slowly.

Coach says "second gear" --- players dribble a little faster.

"third gear"- a little faster

"Fourth gear"- as fast as they can.

"third gear" to "second gear" to "FOURTH GEAR" ha-ha

If two players balls touch "CRASH" – fine push-ups outside circles

Coach can say "reverse" everyone has to reverse their race car.

Modifications

--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

**YMCA of Greater Spartanburg Practice Plan Activity
SOCCER**

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Shooting	8+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

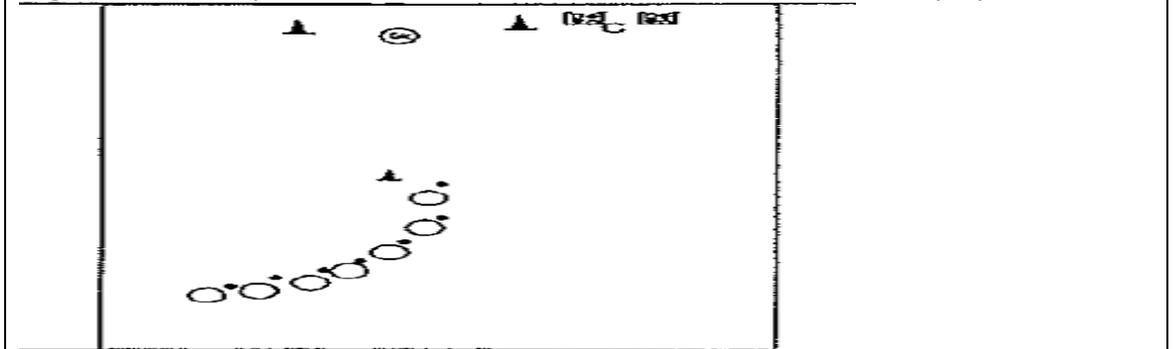
Time Needed

Materials Needed

10-15 Minutes	Lots of soccer balls
---------------	----------------------

Field Set-up

A goal with a keeper, a coach with lots of soccer balls and a line of players.



Instr
uctio
ns

The first person in line takes a shot from about 20 yards out. After he/she takes that shot, he/she heads towards the goal and the coach serves him/her a ball in front of the goal for a finesse shot. If the player misses both shots, he/she sits. If he/she makes at least one shot, he gets a ball and goes to the end of the line and is still in the game. If he/she makes BOTH shots he/she gets to "challenge" any player in line. That player has to make both shots. If he/she does not, he/she is out till the next game.

Modifications

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This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Red Light/Green Light/Black Light	All Ages
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

5 Minutes	Soccer Ball for each player
-----------	-----------------------------

Field Set-up

Instructions

Line kids up with a coach 20 yards in front of them. Coach says GREEN light and turns his back to the kids. When he/she yells RED light he/she quickly turns around and anyone whose ball is still moving is sent back to the starting line. Black light is for crazy disco dancing. The first person to reach the coach wins.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling	
-----------	--

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

5 Minutes	Soccer Balls Two Goals
-----------	---------------------------

Field Set-up

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Instructions

I: The coach spreads balls over the field. (Some may be hidden i.e. under shirt). See how long it takes the group to shoot balls into the goal.

II: Place the balls all around the field. (Some may be hidden i.e. up trees, etc). This time the group is divided into teams with a goal each. The team that shoots the most balls in their goal is a winner.

Modifications

--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Soccer Freeze Tag	5+
-------------------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

5-10 Minutes	Soccer Ball for each player, cones or a painted zone.
--------------	---

Field Set-up

A square zone with cones or painted lines.

Instructions

One or two players try to tag the other players who are dribbling the ball. If they are tagged, then they must stand with the ball above their heads. If someone who is free passes the ball through their legs ('nutmegs' the frozen player) they can rejoin the game.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling	3+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

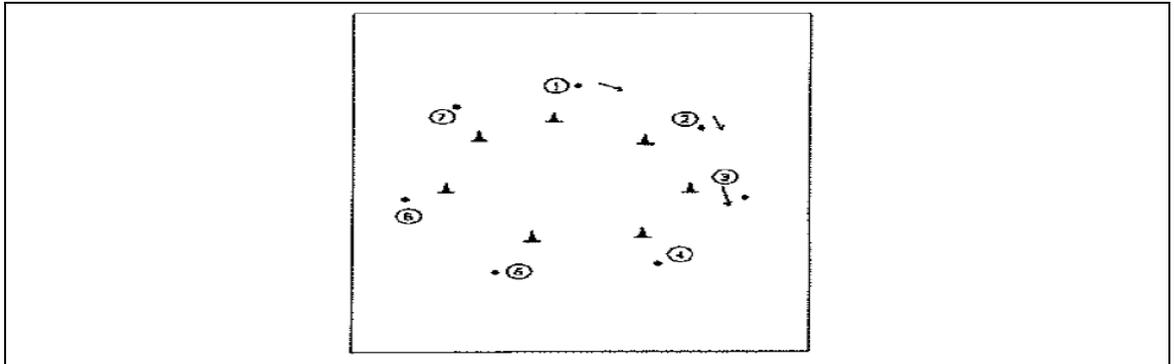
1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

5 Minutes	Soccer Ball for each player and cones
-----------	---------------------------------------

Field Set-up



Instr
ucti
ons

Create a large circle with cones.

Players find and stand next to cone.

On coach's whistle, the player race around the track and try to be the first one back to their cone.

Progression- tell players they can go in any direction. This will force them to keep their heads up.

Modifications

--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Steal the Bacon

All Ages

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes

1 soccer ball, two Goals.

Field Set-up

Field size and teaching variety depend on the age of the kids.

Instructions

Begin with goals at either end. Split the players into even teams and number them off 1—5 (players on opposite teams with the same number should have equal ability). Have both teams standing next to their goals off the field. The coach will call out a specific number and both players enter the field and play until a goal is scored or the balls go out of play

Modifications

Work for a little bit playing 1v1 and then progress into calling 2, 3 or 4 (even all) the players.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Stop it!	All Ages
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

5- 10 Minutes	Ball for each player. Grid with cones or painted lines.
---------------	---

Field Set-up

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Instructions

<p>Players must keep their ball inside the grid and contact with anyone else or their ball is not allowed. Stop the ball with different parts of the body on the coach's command (i.e. foot, knee, nose, ear, belly, etc). Last player to stop the ball does a silly consequence.</p>

Modifications

<p>Both players whose ball touch must get outside the grid and perform a different drill (i.e. Toe taps, dancing with the ball 10x and then they can re-enter the game). Coaches commands can progress into moves: Scissor steps, step-over's, turns, etc.</p>
--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Storm the Castle	3+
------------------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes	Plenty of soccer balls and 10-20 cones.
------------	---

Field Set-up

Instructions

Break the group up into two even teams and tall cones. Set up an even number of cones on each line approximately 10 yards apart. The object of the game is to knock down the other team's entire castle wall (tall cones) and once you do you can go and take their cone and build up your own castle wall with the cone. You must pass the ball from behind your own castle wall while being careful not to knock down your own castle which the other team can then come and take. Also you can not block a ball from hitting your cones with your feet. If coach sees this go and knock down the cone that may have been knocked down. Play a two minute timed game and winner is the team with the best castle wall (most cones). Try to keep things even and you may need to change a player or two to keep it even.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Storm Troopers	3+
----------------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

10 Minutes	A ball for each player. A lot of tall cones
------------	--

Field Set-up

--

Instructions

Set cones at random about a large area. Split teams into two groups and have a contest to see which team can knock all of the cones down the quickest by passing the ball into the cones. You can also add a couple of Storm Troopers from the opposing team who run around and set up cones that are knocked over. If a storm trooper gets hit with a ball he/she must crab crawl to his/her team position before a teammate can enter in his place to continue trying to set cones up before they are all knocked over.

Modifications

--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Thread the Needle	All Ages
-------------------	----------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

5 - 10 Minutes	1 Ball per/2 players
----------------	----------------------

Field Set-up

--

Instructions

<p>Divide group into pairs, with players standing a short distance from each other. The player with the ball tries to pass the ball between the legs of his/her partner who has his/her legs open. The players switch back and fourth seeing who can make the best passes out of ten. You can change the distance and which foot, etc.</p>
--

Modifications

Competitions can be partner vs. partner and partners vs. all other groups.
--

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Shooting/Heading/Volleys	9-12
--------------------------	------

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

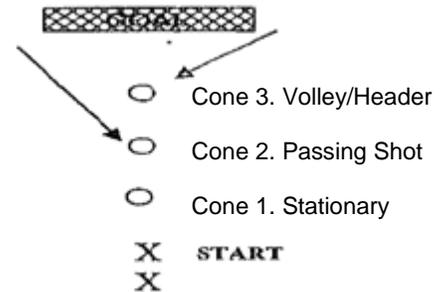
Materials Needed

15+ Minutes, depending on amount of people	Three cones, At least three balls (more are recommended with a large number of people), soccer goal
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Field Set-up

*Refer to diagram

Place Cone 1 approximately 18 yards from goal line. Place Cone 2 approximately 12 yards from goal line. Place Cone 3 approximately 6 yards from goal line. An abundant amount of balls should be placed at Cone 1 for stationary shot. All other balls should be placed beside each goal post for servers.



Instructions

Players will have the opportunity to shoot three balls. On Cone 1 shooter will take a stationary shot, preferably in the air to stimulate a free kick. After completing the first shot shooters will continue immediately to Cone 2 and receive a pass on the ground, this shots should be played preferably on the ground to the corners to stimulate finishing a shot played from a teammate or a rebound. Players will then immediately continue to Cone 3 where they will be served a ball in the air, thrown as a header or volley. (It is essential to have a good server on this post to get maximum practice) This shot would simulate a game situation much like finishing a corner or a rebound. When the shooter has made it threw all three corners they will precede to the end of the starting line.

Modifications

Points can be given for each goal scored, when all shooters have gone the player with the most points can think of a consequence for the others. After shooting players can become servers on posts.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing	5+
---------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

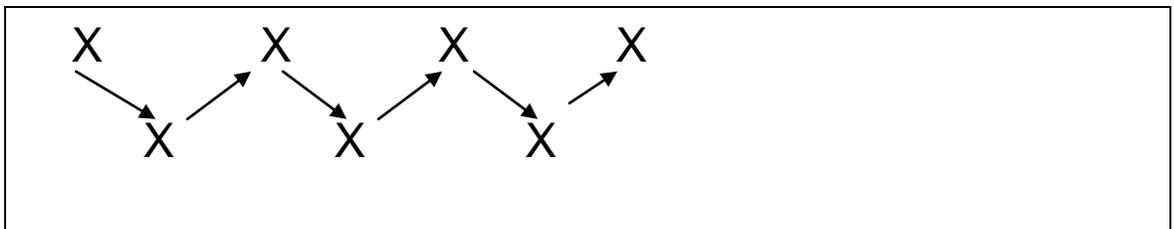
10

Time Needed

Materials Needed

5-10 Minutes	5 Cones and one soccer ball per group.
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Field Set-up



Instr
ucti
ons

One player on each cone. Coach determined how many touches the kids may take (two touches, one touch) before they pass the ball. If the players make a mistake the ball must return to the start of the drill. Once the team completes the task they are given a new challenge.

Modifications

One touch, two touch, volleys (in the air), headers (very difficult), left foot only, right foot only.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Land on the Moon	
------------------	--

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes	Small cones and soccer balls.
------------	-------------------------------

Field Set-up

Instr
ucti
ons

A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid. In turn, players have to try to land their rockets (balls) onto the surface of the moon (circled marked off by cones). A point is awarded for each successful mission. Repeat several times and tally up points. The practice is designed to improve the technical ability of the push pass with an emphasis on pace and accuracy.

Modifications

One touch, two touch, volleys (in the air), headers (very difficult), left foot only, right foot only.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling	5+
-----------	----

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1 2 3 4 5 6 7 8 9 10

Time Needed

Materials Needed

	A marked off square of cones or painted lines. A number of balls
--	---

Field Set-up

Instructions

Use a square as your playing surface. One side of the square is lined with "wild beasts" who have a ball each. One of the lines at a right angle to that line has a few "lions" on it. When you say "go", the wild beasts try and reach the opposite side of the square while dribbling the ball. The lions try to run to the opposite end of the square and steal a ball from the wild beasts. Once the ball is over the opposite line, the ball is safe. The coach restarts the game and it continues to all balls are in the lions "den".

Modifications

Wild beasts that do not have a ball can sit or be used to pass by wild beasts.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

Team Skill Drill Activities

Drills may need to be modified based on space availability in the gym

TEAM SKILL GAMES

On the following pages, you will find team skill games to help your players apply the skills they worked on during the individual skill drills as a team.
Here is your key to understanding how to read and use the team skill games in this section:

Skill	Ages
This box will tell you exactly which skill you will be working on	Age groups those are best for this game.

Difficulty

Beginner
 Intermediate
 Advanced

Physical Intensity

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

Time Needed

Materials Needed

How much of practice do you need to set aside for this game?	What equipment will you need to run this game?
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Field Set-up

If there is a specific way the playing area needs to be set up in order to run this game, you will find instructions and diagrams in this section

Instructions

Step-by-step how to run this game.

Modifications

Ideas for how to make this game easier or harder or adjust it for different age groups or practice locations.

This activity emphasizes the following character value:

- Caring
 Honesty
 Respect
 Responsibility
 Faith
 Teamwork
 Sportsmanship
 Fair Play
 Healthy Habits
 Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Passing and Defending	8+
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Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

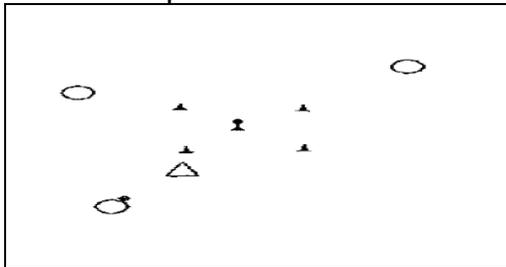
10

Time Needed

Materials Needed

10 Minutes	Soccer Balls, Flat Cones, and Tall Cones.
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Field Set-up



Instructions

3 attacking players against one defender. The 3 attacking players pass the ball to each other and score by knocking the soccer ball off the cone in the middle. No players are allowed in the grid.

Modifications

Depending on the skill level, must complete a set number of passing before a shot. Make a grid smaller to defender can defend easier which will force quicker and smarter passing.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Passing	5+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

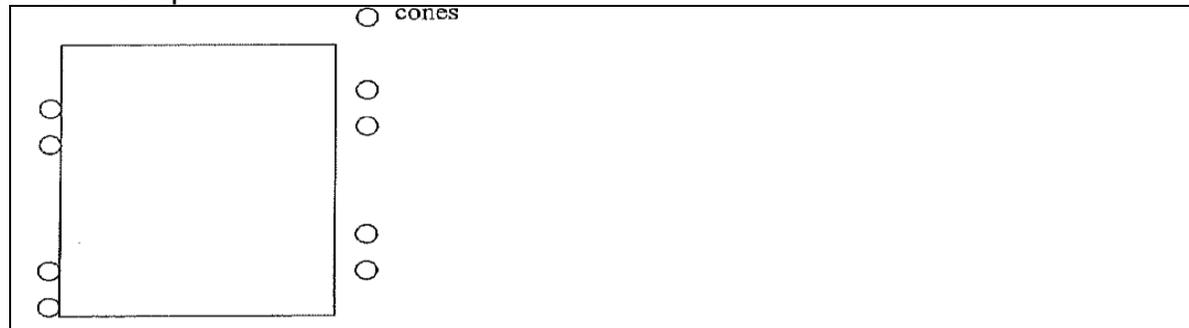
Time Needed

10—15 Minutes

Materials Needed

8 Cones

Field Set-up



Instructions

Divide the group into two teams. The game is played like a regular scrimmage; however, there are four goals (2 per team on each side). This drill encourages players to spread the field, cross the ball and communicate with one another.

Modifications

Players must dribble through the gates to score

Players must pass the ball through the gates to a teammate to score

Players must pass the ball uninterrupted 10x before scoring

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Dribbling/Passing/Attacking	9-12+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

15+ Minutes

Materials Needed

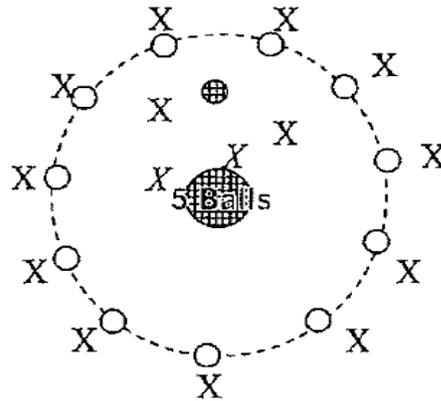
6 Balls

Cones to make a circle

2 Pennies

Field Set-up

Create a circle with the cones to create a boundary. Stack five balls pyramid style in center of circle.



Instructions

Divide the group into two teams. The game is played like a regular scrimmage; however, there are four goals (2 per team on each side). This drill encourages players to spread the field, cross the ball and communicate with one another.

Modifications

Players must dribble through the gates to score

Players must pass the ball through the gates to a teammate to score

Players must pass the ball uninterrupted 10x before scoring

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Dribbling/Passing	8+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

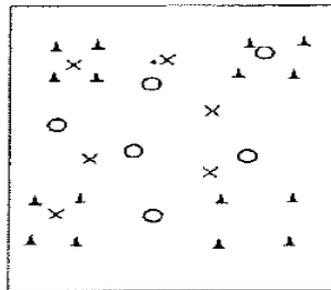
Time Needed

10 Minutes

Materials Needed

1 Soccer Ball per 2 players. 12 Cones.

Field Set-up



Instructions

The object of the game is to score points by passing a ball to a teammate who is inside one of the four corners. Each team can score in any corner but cannot score in the same corner twice in a row.

This is a tactical game for older players.

Modifications

The pass must be a give and go to his/her teammate.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Shooting. Defending. Goal Keeping	5+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10-20 Minutes

Materials Needed

1 Goal, 3-4 Balls

Field Set-up

Instructions

All of the balls should be placed on the corner (balls are served into the game via corner kick). Players divide into teams of two. Essentially the game is 2v2v2v2. There should be one goalie. Teams choose national team names (Brazil, USA, Djibouti, etc.). Players must score a goal to advance to the next round. The final team left in each round is eliminated (they can move to take the corner kicks). After each round is finished the teams who scored in the previous round re-enter the game and repeat until there is one team left. The World Cup Champions.

Players can steal other people's goals by deflecting the ball off of themselves, stealing the ball from another team and shooting, heading the ball, etc.

Modifications

Teams must yell their team name before shooting the ball. If they forget to say their name it does not count.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill

Ages

Dribbling and Defending

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

Materials Needed

10 Minutes

Cones and Soccer Balls

Field Set-up

Instructions

Set up four zones in the corners with discs or pennies with same number of players and balls beginning in each zone.

Modifications

Divide the group into four teams and give each team a 'zone'. Players run to other zones and try to steal other teams' soccer balls and return them by dribbling the balls into their own zones.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Passing/Dribbling	9-12

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

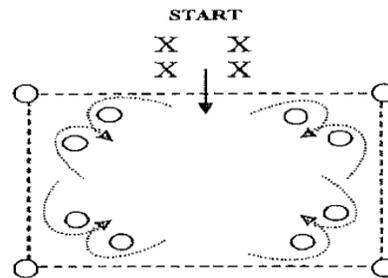
15+ Minutes

Materials Needed

12 Cones, 4+ balls

Field Set-up

Layout grid 10 yds. X 10 yds.
 Set up four goals inside grid as shown in diagram.
 Players line up outside grid in two lines.
 Server stands in middle of two lines with the ball.



Instructions

Ball is played into grid by server. First two players in each line battle 1v1 in grid to score through gates. To score players must maintain control through gates and can only score if the ball is taken from the outside and dribbled in as shown in diagram. The winner returns to the front of their original line to battle next opponent. The same gate cannot be scored on twice in a row. If the ball is played out of bounds, the play restarts with the next two opponents in each line.

Modifications

Instead of 1v1 game can be played 2v2. Where two players enter game at a time.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Dribbling and Passing	5+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

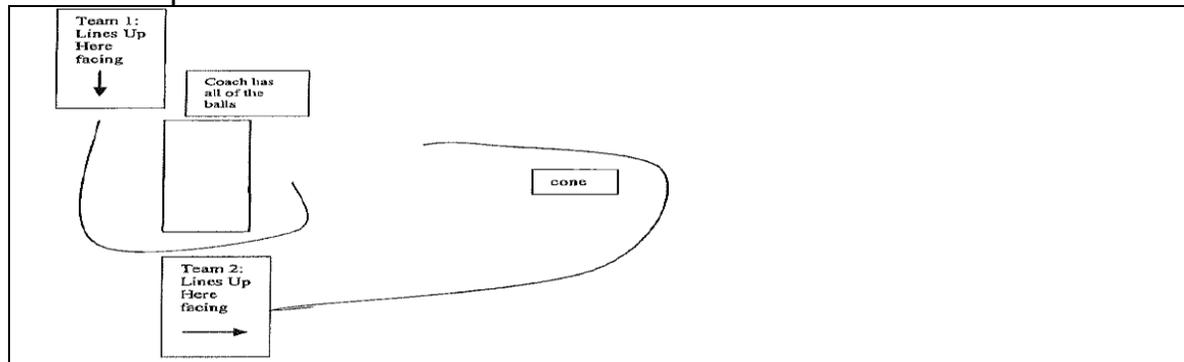
Time Needed

10-15 Minutes

Materials Needed

Lines on a field and a soccer ball

Field Set-up



Instructions

Divide the group into two teams. The game is played like a regular scrimmage. The way a team scores is to stop the ball on the other team's end line. The ball cannot be rolling to score. Encourages spreading the field, dribbling with control and communication.

Modifications

Players must have x number of passing before attempting to score.
 X number of players must touch the ball on their team before attempting to score.

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork

Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Shooting/Goal Keeping	5+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

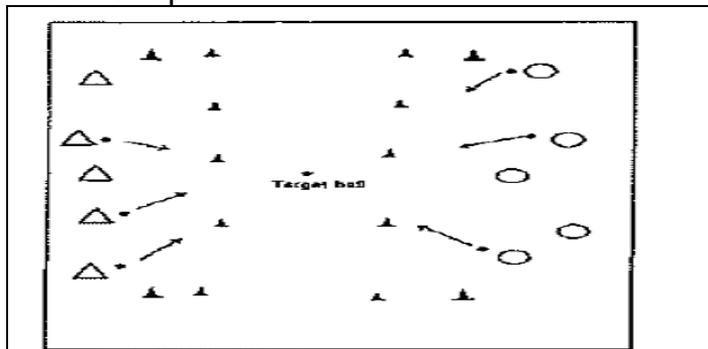
Time Needed

10-15 Minutes

Materials Needed

5-10 Soccer Balls

Field Set-up



Instructions

Divide the group into two even teams. On the whistle the first team (lined up behind the goal on the far side will run around the goal to the front- taking the long way around) and play keeper. At the same time the player lined up on the right side of the goal will run up and around the cone (about 18 yards from the goal), receive a pass from the coach and SHOOT the ball. After the ball is shot the next person from each team will sprint out and do the same thing. Count the number of goals scored by the shooting team after 2 minutes. Switch roles and repeat. The team with the most goals wins.

Modifications

Shooters can only take one touch.

Shooters can only take two touches.

Coaches can throw the ball in and the shooters must trap the ball and shoot quickly.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill Team Skill Building Drill

Skill	Ages
Soccer Baseball	All Ages

Difficulty
 Beginner Intermediate Advanced

Physical Intensity
 1 2 3 4 5 6 7 8 9 10

Time Needed	Materials Needed
10-20 Minutes	Set up a baseball field as normal with a 'home plate' being two cones or a goal

Field Set-up

Instructions

Split the group into two teams. Set up a normal baseball diamond with the 'home plate' being two cones or a goal the ball must pass through or into for an out. Everybody on each team "bats" by kicking the ball and running the bases. The player will continue to run bases (up to 4) until the ball are passed into or through the goal by the outfield team. The runner will be awarded the number of bases that were rounder prior to the out. The coach simply adds each runner's scores together to determine a winner at the end of the game. Teach team to pass to one another to quickly get the ball back into the goal.

Players must field with body by trapping the ball and passing it to their teammates where they pass the ball through/into home plate.

Modifications

This activity emphasizes the following character value:

Caring Honesty Respect Responsibility Faith Teamwork
 Sportsmanship Fair Play Healthy Habits Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Dribbling/Passing	All Ages

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

10 Minutes

Materials Needed

Field Set-up

Instructions

Kids run around a grid without balls and they have to avoid getting hit by the balls which coaches and dribbling. If a kid gets hit by a ball he must freeze in an open leg stance. He can only start running again if he's/she's released by someone crawling between his legs. Add fun by making kids scream "help me" on becoming frozen. Finish off by reversing the roles—kids have to hit the coaches, etc.

Modifications

You can also put a couple of balls extra in the grid and unfreeze the kids by the ball having to be passed between their legs by a teammate.

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work

YMCA of Greater Spartanburg Practice Plan Activity
SOCCER

Individual Skill Building Drill

Team Skill Building Drill

Skill	Ages
Passing	3+

Difficulty

Beginner

Intermediate

Advanced

Physical Intensity

1

2

3

4

5

6

7

8

9

10

Time Needed

5-10 Minutes

Materials Needed

Soccer Balls and Cones

Field Set-up

Instructions

Players on each side try make the target ball cross the opposing teams line by kicking (push passing) their soccer ball at the target ball.
Trains power and accuracy.

Modifications

This activity emphasizes the following character value:

Caring

Honesty

Respect

Responsibility

Faith

Teamwork

Sportsmanship

Fair Play

Healthy Habits

Hard Work