



# U7 PRACTICE PLANS





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Some of the games and activities in this curriculum have been adapted from the following sources;

NSCAA Resource Library- [www.nscaa.com/web/Education/Resource\\_Library](http://www.nscaa.com/web/Education/Resource_Library)

Massachusetts Youth Soccer- [www.mayouthsoccer.org/coaches/session\\_plans/](http://www.mayouthsoccer.org/coaches/session_plans/)



## THANK YOU!

*For volunteering to coach for the Milwaukee Kickers Soccer Club! MKSC appreciates that you have volunteered your time and knowledge to a sport we all love!*

### *What's cool about your NEW "MKSC Curriculum"*

We encourage you to use this book as a guide for the soccer season. The games and activities will keep young athletes engaged while learning the basic skills to become a soccer player. The US Youth Soccer Association, United States Soccer Federation, and National Soccer Coaches Association of America recommends the 8's and under focus on skill development. This curriculum will provide you activities that teach DRIBBLING, SHIELDING, and MOVING the BALL FORWARD. The TACTICAL piece will develop as youth play in game situations and begin to understand how to play as a team.

### **PRACTICE POINTERS**

- You will notice the lesson plans are designed for creativity and fluidity in your practice. Most activities should take about 10 minutes unless otherwise indicated or your team is having too much fun to stop playing. Allow games, activities, and scrimmages to evolve and do not stress about perfecting the details.
- Keep instructions to a minimum; and utilize breaks/rounds to reinforce instructions.
- All practice plans have been designed for a 60 minute practice.
- **Weeks 1-4** will introduce the skill and activity to your team, **Weeks 5-8** include progressions and coaching points.
- Weekly emails will provide video demonstrations, tips, and extra activities. Email Alison (alisonc@mksc.org) to be added to our list!

### **TEAM/PLAYER EVALUATIONS**

- We have included three evaluations to assist you with benchmarking your team's progress. This is for you to understand the areas where your team needs a little extra practice.
- Team evaluations are valuable for club-wide programs like MKSC ID and YOUTH ACADEMY.
- You can evaluate players on your own while your Director of Coaching is visiting your practice.



# PARENT MEETING

## Example Agenda

1. Behavior expectations
2. Parent assistances (helping at games and practices)
3. Team goals– what your child will be working on this season, and great things to cheer for during games!
4. SNACKS!
5. Changing the Game TED Talk (link below)
6. Coach's contact information, with appropriate times to call/text and talk.
7. Game schedule, and how to communicate when your child can not make it.

*Let's have a great season!*

## SIDE LINE ETIQUETTE (US Youth Soccer)

1. Avoid "coaching" your child from the sideline while watching your child's game.
2. Do not criticize the referee.
3. Focus on the benefits of the game rather than the score.
4. Think when interacting with the opposing fans.
5. Don't stress out over the game.
6. 24 hour rule; Save issues with the coach for the next day, and communicate with him/her through his/her preferred method of communication.

([www.usyouthsoccer.org/sideline\\_etiquette\\_6\\_tips\\_to\\_make\\_youth\\_soccer\\_better\\_for\\_parents\\_and\\_players/](http://www.usyouthsoccer.org/sideline_etiquette_6_tips_to_make_youth_soccer_better_for_parents_and_players/))

Additional links to watch yourself, or share with your team's parents-

Time to be a better sports parent- <http://www.elpasotimes.com/story/life/columnists/2016/01/07/victor-r-martinez-time-better-sports-parents/78279440/>

The power of yet- Carol Dweck - <https://www.youtube.com/watch?v=J-swZaKN2lc&feature=youtu.be>

Changing the Game TED Talk- (<http://changingthegameproject.com/changing-the-game-in-youth-sports/>)





# FREE STYLE FIVE



## FREE STYLE 5

### SET UP

- Starts when players arrive to the field, and last through the first 5 minutes of your practice session.
- Do not coach during this time.
- This provides you a few minutes to set up the first activity, chat with parents, or review the lesson plan for the day.
- It also builds a cushion for players who may arrive late to practice.
- Allow your players to work with the ball on their own or in pairs.
- Encourage them to be creative, and become comfortable with the soccer ball at their feet.

NOTES:



# STREET SOCCER



## STREET SOCCER– WARM UP ACTIVITY

### SET UP

- Create a field 30x25 yards, with goals on the end line
- Put out two piles of pinnies.
- As players arrive to practice, tell them to “Grab a pinnie and jump into the game!”
- Try not to coach at all during this warm up activity, rather let your team demonstrate what they have learned.
- **This activity starts as soon as the first two players arrive to your practice.** Once your team members learn they get to play “real soccer” as soon as they arrive, you may find players arriving on time or early to practice.

### NOTES:



# FAST FEET!

## Fast Footwork

### SET UP

- Create a 20X25 yard space.
- Each player has a ball at their feet; start every session practicing the moves below for 5-10 minutes.

### METHOD

- Practice each move for 30 seconds– do one 10 second “test” and have players count their touches, do a second 10 second test and have players beat their last score.
- Homework Option– record themselves practicing these foot skills, and text (parents) the video to you.
- 

### “Big Toe Big Toe”

- Players begin with feet shoulder width apart and ball at either foot.
- Players use inside of their big toe to push their ball over to their other foot’s big toe while shifting their weight.
- Touch the ball back to the foot that was used to start.
- Continue pushing the ball back and forth using big toe and shifting weight.

### Hatcha-hatcha (Toe taps)

- Start with feet shoulder width apart.
- Begin by bringing the sole of one foot to the top of the ball. Lightly touch the sole of that foot to the ball.
- Then switch feet and bring the sole of the other foot up to the top of the ball. (similar to a marching motion)
- Increase the speed at which you switch feet based on how controlled and comfortable you are with the movement.

### Rock-a-bye baby (sole role)

- Place plant foot next to the ball.
- The sole of your other foot begins on the top of the ball.
- Move the ball with the sole of your foot forward and backward.
- Ball should move from the very back of the sole of your foot to the very front.
- Plant leg should have some bend to move with any mistouches.

### Front-Back

- Place your plant foot next to the ball.
- The sole of your other foot begins on the top of the ball.
- Ball should be placed slightly ahead of plant foot.
- Role the ball backwards and then push the ball back forwards with your laces.
- Plant leg should have some bend to move with any mistouches.
- Repeat the process continually.

### Step-over/The “L”

- Rivellino; step over to the inside then back the same way

### The “V”

- Touch Push (Inside- outside)



# SCRIMMAGE



## SCRIMMAGE– LAST ACTIVITY of PRACTICE

### SET UP

- Create a 30x25 yard field, with a goal on each end line.
- Divide your team into two teams, consider ability.

### METHOD

- Like “Street Soccer” let your players play, and keep coaching to a minimum.
- Watch/evaluate if they are using skills you talked about during practice, and throughout the season.

### COACHING POINTS

- If your team is struggling with space; encourage them to “Stay Big” (children often don’t understand “spread out”).
- Introduce shape formations– 3v3 players should work in a triangle, 4v4 will look like a diamond.

NOTES:



# TEAM HUDDLE

We encourage you to spend the last 3-5 minutes of your practice session in a “TEAM HUDDLE”.

During this time...

1. Review the skill you taught during practice. Ask your players what they remember and how they are going to use (the skill) during your next game.
2. “CIRCLE OF LOVE” ask each player to give one complement to another teammate:
  - ⇒ “Jimmy, thank you for giving me a high five during Hungry Hippos!” -Sara
  - ⇒ “Gillian, you are a great dribbler”- Jimmy
  - ⇒ “Sara, it was nice when you helped me up when I tripped and fell!”- Gillian
- This will encourage your players to think beyond scoring goals and winning, rather being a kind and respectful teammate. The first week “Circle of Love” will feel a little long, but your players will get the hang of it.
3. TEAM CHEER! Encourage your players to finish practice with a team cheer– even if it’s just “GO PANDAS!”
4. Remind players and parents when and where your next game is taking place. You may also find out who can not make it.



# U7 WEEK #1

FOCUS/ BENCHMARK: DRIBBLING

Dribble through cones under control, using the right and left foot (inside and outside) , and basic turns.

**FREESTYLE FIVE (Warm Up)**  
SET UP on PAGE 5

**FAST FEET (5-10 minutes)**  
PAGE 7

Take water breaks as necessary



## CROCS IN THE RIVER (Activity #1)

### SET UP

- Create a 20x25 yard field, with a 3 yard end zone on each end line.

### Method

- The coach begins as the crocs in the river.
- Coach says "GO!" players try to cross the river by dribbling their soccer ball.
- Round 1- Coaches start as crocs and if ball is lost, dribbler and crocs switch roles
- Round 2- 2-3 players start as crocs and if ball is lost, dribbler and crocs switch roles
- Round 3- When ball is lost, dribbler becomes a croc.

## Team Assessment Week! (Activity #3)



## NAME GAME- 1v1 (Activity #2)

### SET UP

- Create a 20X25 field with goals at each end.
- Break team into two equal teams and give one team pinnies.
- All soccer balls are on the sideline by the coach at midfield.

### METHOD

- Coach calls the first name of one player from each team.
- Players touch their defensive goal and then the coach passes a ball out in the middle of the field.
- Players play 1 v. 1 until ball goes out of bounds or someone scores.
- Players return to their team, and coach calls out two new names. Repeat until all players have gone 2-3 times.

## SCRIMMAGE (Activity #4)

SET UP on PAGE 8

**TEAM HUDDLE—End of Practice**  
PAGE 9



# SKILLS ASSESSMENT #1

## RELAY RACES

### Set Up

- Put one cone down to designate each groups starting point.
- Place another cone five large steps away from each starting point and then place four more cones, in a straight line, every step you take.

### METHOD

- Break players up into groups of three.
- Have players weave through the cones using just their right foot and then repeat task using their left foot.
- Take note of players who are able to perform these tasks with ease and who need more instruction.
- Perform each task with the right and left foot two to three times.

## CAN YOU ...?

### Set Up

- One ball per player

### METHOD

- Stand inside the playing area with your players. Each player should have a ball at their feet
- Call out "Can you do this?" and perform one of the skills you are assessing (i.e. pull back, toe touches, boxing, dribbling with right foot, dribbling with left foot, etc.)
- Using the "Assessment Tool" evaluate each player's skill level.
- **1= Needs more practice — 5= Ready for the next challenge!**

## FOCUS/ BENCHMARK: DRIBBLING

Dribble through cones under control, using the right and left foot (inside and outside) , and basic turns.

Your goal as the coach is, by the end of the season, players should be able to perform these skills with efficiency for their age.

Once all of your players score a 4-5 on a skill, we know they are ready for the next challenge!

NAME

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

NOTES



# U7 WEEK #2

FOCUS/ BENCHMARK: DEFENDING

Stay between the dribbler and the goal!

**FREE STYLE 5 (Warm Up)**  
SET UP on PAGE 5

**FAST FEET (5-10 minutes) PAGE 7**

## Math Dribbling (Activity #1)

### SET UP

- Create a 15x20 yard space.
- Each player has a ball at their feet.

### METHOD

- Players dribbling around the space.
- Coach calls out a number, players must dribble their soccer ball and get into groups ("4" = 4 players in a group).
- Repeat with various numbers, and extend the game call out, shoe, short or t-shirt colors

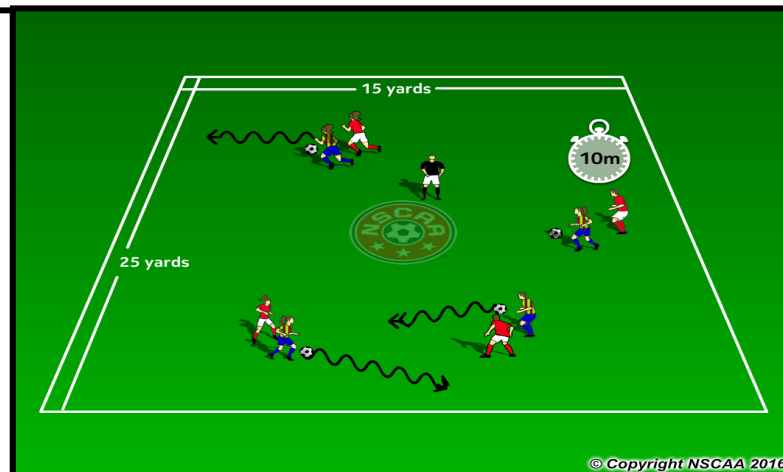
## "NO WAY!" SHIELD (Activity #2)

### SET UP

- Create a field 15x20 yards

### METHOD

- Each player has a partner (of equal ability) and one ball to share.
- Coach says "GO!" player without the ball tries to steal it from their dribbling partner.
- Once a player steals the ball they must try and keep possession until the end of the round (1min-1.5minutes)
- The partner who ends up with the ball gets a point.
- If ball goes out of bounds, the player who kicked the ball out must give possession to their partner.



## DRIBBLING GATES with DEFENDERS (Activity #3)

### SET UP

- Create a field 15x25 yards
- Place multiple gates (2 cones, 2 yards apart)

### METHOD

- Round 1, each player has a ball and dribbles through the gates to score points.
- Rounds 2-3, add "defenders"; 2-3 players without a soccer ball enter the game and try to prevent dribblers from scoring.
- If a defender steals the ball, they become the dribbler and try to score points.

Take water breaks as necessary

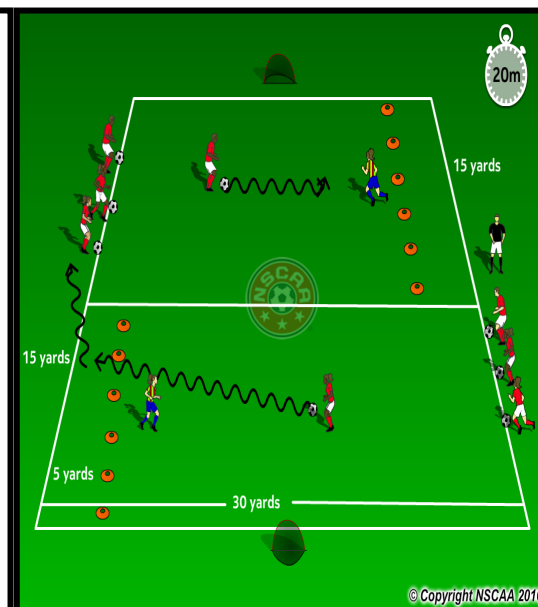
## 1 v. 1 END ZONE ALLEYS (Activity #4)

### SET UP

- Create two playing areas next to each other, each 15 X 30 yards.
- Across the end of one area mark an end zone measuring 5 yards. Mark out a similar end zone across the opposite end of the other playing area, as shown.

### METHOD

- Divide your players into two groups.
- Position one group of dribblers at the end of one playing area, opposite the end zone, and place the defender in the middle of the area.
- Repeat the set up with the other playing area and end zone.
- The dribbler tries to get passed the defender, and stop in the end zone.
- If successful, the dribbler joins the line in the adjoining area and waits to try in the opposite direction.
- If the dribble is stopped by the defender, then the roles are reversed, with the defender joining the line and the dribbler becoming the new defender.



**SCRIMMAGE (Activity #5); SET UP on PAGE 8**

**TEAM HUDDLE—PAGE 9**



# U7 WEEK #3

FOCUS/ BENCHMARK:  
DRIBBLING FORWARD  
(Dribbling with speed to goal)

**STREET  
SOCCER  
(Warm Up)  
SET UP  
PAGE 6**

**FAST FEET  
(5-10  
minutes)  
PAGE 7**



## **GALAXY DRIBBLING (Activity #1)**

### **SET UP**

- Create a 15 x 20 yard field.
- Create 3 yard triangular shaped "galaxies".

### **METHOD**

- Have players dribble their soccer ball in the grid.
- In 90 seconds, challenge the players to get into and out of as many "galaxies" as possible.



## **1 V. 1 GALAXY BATTLE (Activity #2)**

### **SET UP**

- Create a 15 x 20 yard field.
- Create 3 yard triangular shaped "galaxies".
- Divide team into two equal (in number and ability) and give one team pinnies.

### **METHOD**

- Coach starts with all the soccer balls on the sideline and in the middle.
- One team starts on the coach's right side and the other on the left.
- When the coach passes the ball into play, one player from each team goes after it and stops it in any galaxy.
- One point is earned for the team whose player stops the ball in a galaxy first.
- Round ends when the ball goes out of bounds or ball is stopped in a galaxy to score a point.

Take water breaks as necessary

## **ADVENTURES in the GALAXY!**

### **(Activity #3)**

#### **SET UP**

- Create a 15 x 20 yard field with one goal on each end line.
- Create two teams
- **METHOD**
- Coach starts with all the soccer balls on the sideline and in the middle.
- Teams are on either side of the coach.
- When the coach passes the ball onto the field, the coach will tell one team to send out (2) players and the other team to send out (1).
- Players score into the opponent's goal for a point.
- Play for 60-90 seconds or until a goal is scored.
- Call out a new group of players to create a 2 v. 1 game.



## **SCRIMMAGE (Activity #4)**

SET UP on PAGE 8

**TEAM HUDDLE -End of Practice**

**PAGE 9**



# U7 WEEK #4

FOCUS/ BENCHMARK:  
PUTTING IT ALL TOGETHER!

**STREET SOCCER (Warm Up)**  
SET UP on PAGE 6

**FAST FEET (5-10 minutes) PAGE 7**

Take water breaks as necessary

## **SOCCER BOWLING (Activity # 1)**

### Set Up

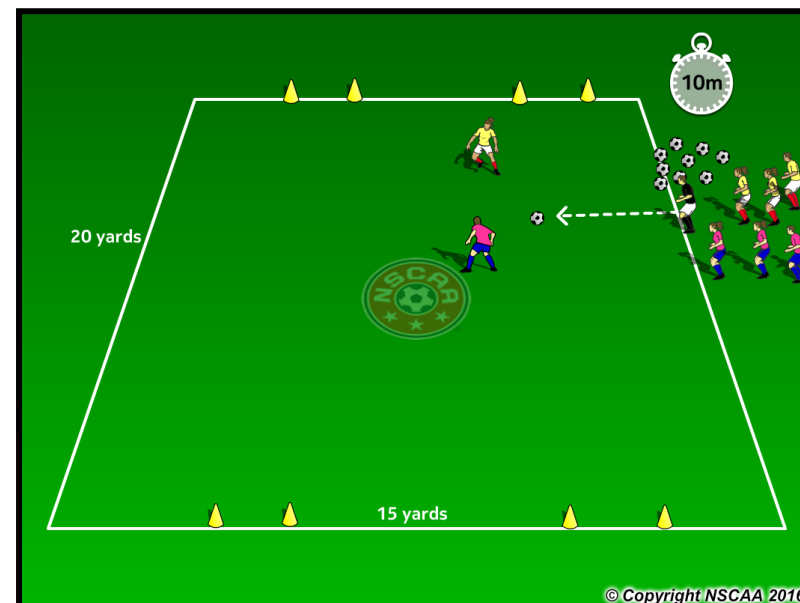
- Divide player into groups of 2-3
- Place one cone down to designate each groups starting point.
- Create a triangle with disc cones, and place a ball on each cone– see below.

### Method

- Each group starts with a ball.
- First player in the group passes the ball towards the triangle made out of cones, trying to knock a ball off.
- Once they have taken their turn, they run and collect the ball, dribbles back to their group and the next person tries to knock a ball off.
- First team to knock all three balls off of their cone wins.
- Play multiple rounds, have players use the right and left foot.
- **This activity will introduce PASSING– see this week's video clip for proper technique!**



## **Team Assessment Week! (Activity #2)**



## **1v1 to 4 GOALS (Activity #3)**

### **SET UP**

- Create a field 15x20 yards
- (2) goals on each end line, (4) total
- Divide players into two teams, standing on either side of the coach.

### **METHOD**

- Play starts when the ball is passed onto the field, and (1) player from each team steps onto the field.
- Players try to score in any of the (4) goals.
- Play for 60-90 seconds, or until a goal is scored.

**SCRIMMAGE (Activity #4)**  
SET UP on PAGE 8

**TEAM HUDDLE**  
PAGE 9



# SKILLS ASSESSMENT #2

*Compare to Assessment #1*

## RELAY RACES

### Set Up

- Put one cone down to designate each groups starting point.
- Place another cone five large steps away from each starting point and then place four more cones, in a straight line, every step you take.

### METHOD

- Break players up into groups of three.
- Have players weave through the cones using just their right foot and then repeat task using their left foot.
- Take note of players who are able to perform these tasks with ease and who need more instruction.
- Perform each task with the right and left foot two to three times.

## CAN YOU ...?

### Set Up

- One ball per player

### METHOD

- Stand inside the playing area with your players. Each player should have a ball at their feet
- Call out "Can you do this?" and perform one of the skills you are assessing (i.e. pull back, toe touches, boxing, dribbling with right foot, dribbling with left foot, etc.)
- Using the "Assessment Tool" evaluate each player's skill level.
- **1= Needs more practice — 5= Ready for the next challenge!**

## FOCUS/ BENCHMARK: DRIBBLING

Dribble through cones under control, using the right and left foot (inside and outside) , and basic turns.

Your goal as the coach is, by the end of the season, players should be able to perform these skills with efficiency for their age.

Once all of your players score a 4-5 on a skill, we know they are ready for the next challenge!

NAME

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

NOTES



# U7 WEEK #5

## FOCUS/ BENCHMARK: DRIBBLING

Dribbling is defined as moving the ball across the field with your feet using various surfaces, while keeping the ball close to you and under control.

**FREE STYLE 5 (Warm Up)**  
SET UP on PAGE 5

Take water breaks as necessary

### FAST FEET (5-10 minutes) PAGE 7



#### CROCS IN THE RIVER (Activity #1)

SET UP and METHOD see Week #1

##### PROGRESSION

- Round 1 instruct players to only dribble with their left or right foot.
- Round 2, only dribble with the inside, then outside of their feet.
- Round 3, use the laces to dribble fast across the river.

##### COACHING POINTS

- Before starting each round, demonstrate how to use the various parts of the foot.
- Allow players 60-90 seconds to practice using their non -strong foot, inside/outside, and laces before restarting the game.



#### NAME GAME 1v1 (Activity #2)

SET UP and METHOD see Week #1

##### COACHING POINTS

- Remember to use all parts of the foot, especially the laces to dribble quickly!
- Keep the ball close to the foot when dribbling.
- Remind players about shielding (Week #2).
- Are you using "FAST FEET" moves?



#### SUPER MARIO BROTHERS (Activity #3)

##### SET UP

- Create a field 15x20
- Place 8-10 cones randomly across the middle third of the field; these are the mushrooms.

##### METHOD

- All players start on one end.
- Coach says "GO!", all the players try to dribble to the other side without hitting a mushroom.
- If all the Mario Bros. make it through, the coach puts down more mushrooms and the players try again.
- Rounds 2-3, have the players dribble faster! "Let's see if everyone can get to the other side in 30 seconds!"

#### SCRIMMAGE (Activity #4)

SET UP on PAGE 8

**TEAM HUDDLE**  
End of Practice  
PAGE 9



# U7 WEEK #6

FOCUS/ BENCHMARK: DEFENDING

Stay between the dribbler and the goal!

**FREE STYLE 5 (Warm Up)**  
SET UP on PAGE 5

**FAST FEET (5-10 minutes) PAGE 7**

## MATH DRIBBLING (Activity #1)

SET UP and METHOD see Week #2

### VARIATION

- Players who dribble into another player, or out of bounds, do 10 toe taps before the start of the next round.

### Coaching Points

- Remind players to use all parts of their foot.
- Challenge players to dribble with their head up, and see where they are going.



## "NO WAY!" SHIELD (Activity #2)

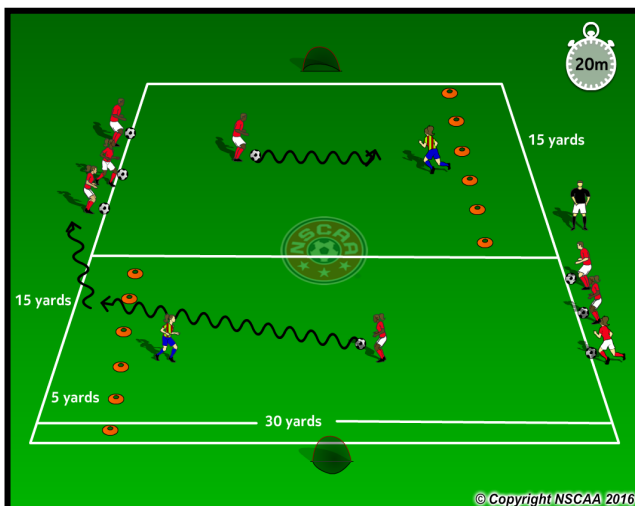
SET UP and METHOD Week #2

### VARIATIONS

- Players work only with their partner
- If player loses the ball to their partner, they can try to steal from another player.

### COACHING POINTS

- Players should keep their body between the defender and the ball.
- Remind defenders to watch the ball and not their opponent's body.



## 1 v. 1 END ZONE ALLEYS (Activity #4)

SET UP and METHOD see Week #2

### VARIATIONS

- Instead of changing the defender, allow the defender to complete a circuit of all offensive players on their field.
- Decide on a move that the attacker must use to beat the defender-this will encourage attackers to work on their moves.

### COACHING POINTS

- Encourage defenders to shadow the offensive players, and try to steal the ball.
- Offensive players should dribble quickly towards the end line, using their laces. Remember to shield the ball!

Take water breaks as necessary

## DRIBBLING GATES with DEFENDERS (Activity #3)

SET UP and METHOD see Week #2

### VARIATIONS

- Round 1, dribble through as many gates as you can, Round 2, beat your score!
- Round 3, practice your turn and "FAKE" the gate! Encourage players to turn or pull back before going through the gate.
- Rounds 4-5, half the team are "Dribblers" and half are "Defenders". Switch roles for round 5.

### COACHING POINTS

- Review turns and pull backs.
- Remind players to dribble with their eyes up.



**SCRIMMAGE (Activity #5); SET UP on PAGE 8**

**TEAM HUDDLE—End of Practice PAGE 46**

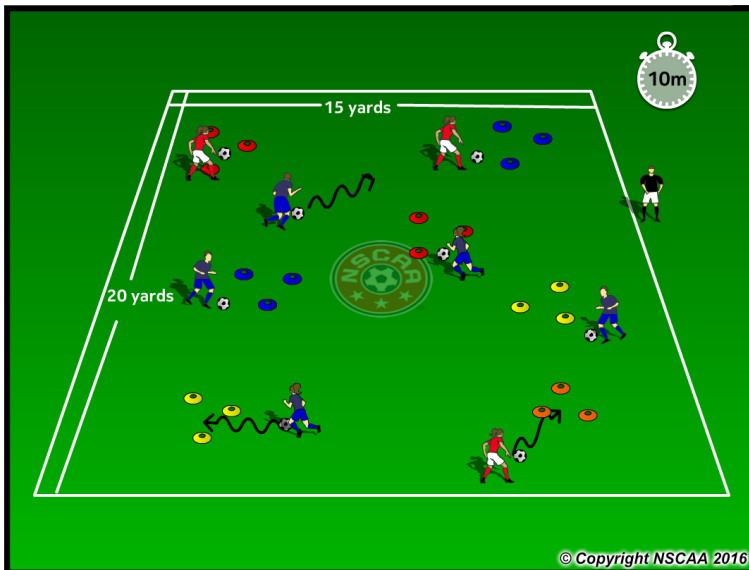


# U7 WEEK #7

FOCUS/ BENCHMARK:  
DRIBBLING FORWARD  
(Dribbling with speed to goal)

**STREET SOCCER  
(Warm Up)**  
SET UP on PAGE 6

**FAST FEET (5-10  
minutes) PAGE 7**



Take water breaks as necessary



## ADVENTURES in the GALAXY! (Activity #3)

SET UP and METHOD see Week 3

### COACHING POINTS

- Remind players to dribble quickly to goal with their laces!
- Reward an extra point for doing a turn or pull back.

## GALAXY DRIBBLING (Activity #1)

SET UP and METHOD see Week 3

### VARIATIONS

- Exit the Galaxy the same way you enter.
- Each round, encourage players to use a different part of their foot (inside, outside, laces, bottom/roll).

### COACHING POINTS

- Encourage players to keep the ball close to their foot.
- Dribble with eyes up, see other players and the Galaxies.



## 1 V. 1 GALAXY BATTLE (Activity #2)

SET UP and METHOD see Week 3

### VARIATIONS

- Play multiple 1v1 matches at the same time.
- Transition into 2v2, and reward extra points if both teammates touch the ball before entering a Galaxy.

### COACHING POINTS

- Make quick decisions.
- Defensively, stay low and keep eyes on the ball.

**SCRIMMAGE (Activity #4)**  
SET UP on PAGE 8

**TEAM HUDDLE- END of PRACTICE**  
PAGE 9



# U7 WEEK #8

FOCUS/ BENCHMARK:  
PUTTING IT ALL TOGETHER!

**STREET SOCCER (Warm Up)**  
SET UP on PAGE 6

**Team Assessment Week! (Activity #2)**

**FAST FEET (5-10 minutes) PAGE 7**

Take water breaks as necessary

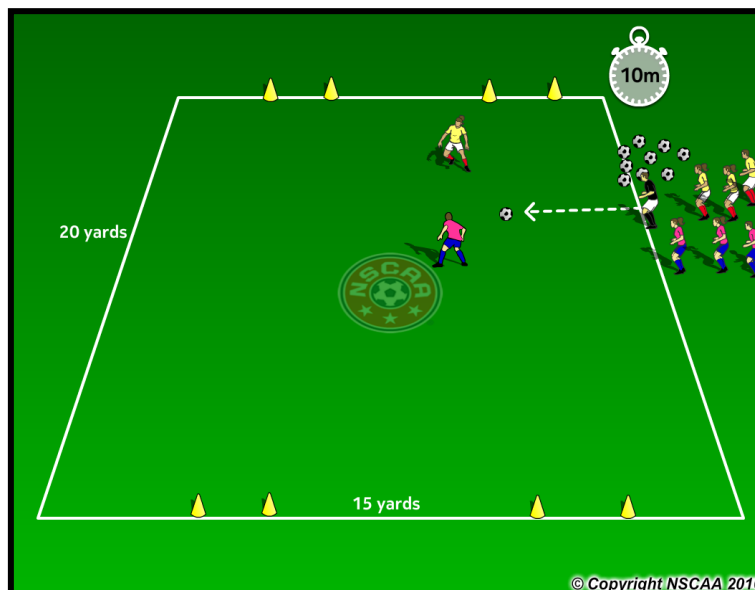
## **SOCCER BOWLING (Activity #1)**

### Variations

- Move cone triangle to only 5 yards away
- Perform same game but instead of using the sole or laces of your foot to make the pass.

### Coaching Points

- Correct passing technique
  - ⇒ Plant foot (the foot not being used to pass the ball) is placed next to the ball, toes pointed in the direction they want their pass to go.
  - ⇒ Follow through of passing foot towards target
  - ⇒ Hips facing the direction of the target



## **1v1 to (4) GOALS (Activity #3)**

SET UP and METHOD Week #4

### VARIATIONS

- Passing into the goal is 1 point, dribbling through either goal is 10 points.
- Bonus points awarded for goals scored after a turn, move or pass.
- Coach can play 2v1, 2v2, 3v2 or 3v3 with each serve.

### COACHING POINTS

- If the defense is on one side of the field, offense should look to the other side of the field to move forward and get away from pressure.
- Going towards defenders with speed and confidence (practicing moves in game situations).
- Defensively watch ball and communicate with teammates.
- 

## **SCRIMMAGE (Activity #4)**

SET UP on PAGE 8

**TEAM HUDDLE**  
End of Practice  
PAGE 9



# SKILLS ASSESSMENT #3

## RELAY RACES

### Set Up

- Put one cone down to designate each groups starting point.
- Place another cone five large steps away from each starting point and then place four more cones, in a straight line, every step you take.

### METHOD

- Break players up into groups of three.
- Have players weave through the cones using just their right foot and then repeat task using their left foot.
- Take note of players who are able to perform these tasks with ease and who need more instruction.
- Perform each task with the right and left foot two to three times.

## CAN YOU ...?

### Set Up

- One ball per player

### METHOD

- Stand inside the playing area with your players. Each player should have a ball at their feet
- Call out "Can you do this?" and perform one of the skills you are assessing (i.e. pull back, toe touches, boxing, dribbling with right foot, dribbling with left foot, etc.)
- Using the "Assessment Tool" evaluate each player's skill level.
- **1= Needs more practice — 5= Ready for the next challenge!**

## FOCUS/ BENCHMARK: DRIBBLING

Dribble through cones under control, using the right and left foot (inside and outside) , and basic turns.

Your goal as the coach is, by the end of the season, players should be able to perform these skills with efficiency for their age.

Once all of your players score a 4-5 on a skill, we know they are ready for the next challenge!

## NAME

	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

## NOTES

# MEMBER CLUB



MKSC is the only National Coaches Association of America (NSCAA) ELITE Member Club in the greater Milwaukee area. We have developed a partnership with the world's largest coaching education organization to bring ALL coaches (Recreation to Academy) top notch coaching programs, educational materials, and global soccer knowledge.

As an MKSC coach you will receive weekly bulletins with information about the NSCAA and twice-a-year FREE coaching education clinics.

If you are not already a member, please contact Alison Cefalu ([alisonc@mksc.org](mailto:alisonc@mksc.org)) to learn more. You will receive a discounted yearly membership, as well as access to the NSCAA Resource Library.

Visit– [NSCAA.com](http://NSCAA.com) to learn more!



# US YOUTH SOCCER

## United States Soccer Federation

Y-1 License— All Milwaukee Kicker Soccer Club coaches are required to take the Y-1 course offered by the Wisconsin Youth Soccer Association. For a list of courses offered this season, visit [www.wiYOUTHSoccer.com](http://www.wiYOUTHSoccer.com)

## NEW RULES

For a complete list of the new rules for your age group, visit [www.WiyouthSoccer.com](http://www.WiyouthSoccer.com). Some rules have been modified for Milwaukee Kicker Soccer Club leagues.

## Positions

While we encourage coaches to let players run freely during the game, USYS suggests setting up your players in a "DIAMOND" formation. During the game do not force players to stay in a specific area, spot or line. Encourage players to "make a DIAMOND" when there are breaks in the game; kick offs and/or goal kicks.

### Tactical Emphasis

- ⇒ Continue to encourage players to dribble the ball forward, especially those who break away from the "swarm".
- ⇒ Teams should play offense and defense together.
- ⇒ Introduce recognizing when to pass to a teammate.

The picture shows a basic DIAMOND line up. The "center back" is not a "goal keeper" and should be positioned 5-10 yards in front of the goal during natural breaks in play.

