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| Warm Up Activity  **“Chase the Coach”** | Each player should have a ball.  The coach will lead the players around the field changing directions several times. | **Coaching Points :**  Dribbling with head up.  Players will follow the exact path of the coach. Encourage players to create angles and use the shortest path. |
| Activity 1  **“Ball Master”** | Each Player should have a ball.  The players dribble to the coach and give him their ball.  The Coach tosses the ball and players dribble the ball back to the coach.  The coach can give different dribbling changes; ie head, elbow, feet, knees.  C:\Users\Jill\Pictures\Microsoft Clip Organizer\00305807.jpg | **Coaching Points:**  Listening Skills  Problem Solving  Dynamic Dribbling   |  | | --- | |  | |
| Activity 2  **“Steal the Bacon”** | Using the U4 game field place more balls than players in the middle of the field.  Setup mini goals in the 4 corners of the U4 game field.  Divide players among the 4 corners.  Players will start from the corners and when the coach says “GO” they will race to the center, grab a ball and dribble it back to their goal. If balls remain they can go back for more. | **Coaching Points:**  After 60 seconds reconfigure the teams and start again. |
| Activity 3  **“Moving Goals”** | C:\Users\Jill\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AUDXMH59\MC900352305[1].wmf  Each player should have a ball.  Coaches/parents will hold onto a jersey as if it was a rope.  Players will dribble around trying to score; as the goal  Continues to move around the field. | Coaching Points: |
| Activity 4  **3 v 3**  **4 v 4** | Divide players into two fields.  On each field there should be a blue team and a white team.  \* Try to pair players with similar ability to play against each other.  This will challenge players and allow for them to be successful. | Coaching Points:  Remind players to stay on the field when the ball goes out.  Continue to fill their emotional tanks |

Be sure to give plenty of water breaks & a snack break if needed. While you are waiting for players to come back from their water break you can have players working on toe touches, or rocking the ball forward/back and side to side.

All information provided is from a variety of US Youth Soccer practice plans.