

Practice Plan

Dribbling 3 & Penalties & Kicks / Thursday - Jul/26/2007

Activity / Drill	Duration	Start	End	Coach
Team Building Drill - Player Introduction	3 min	6:30 pm	6:33 pm	
Dribbling Drill - Move - Inside roll	1 min	6:33 pm	6:34 pm	
Dribbling Drill - Move - Outside roll	0 min	6:34 pm	6:34 pm	
Dribbling Drill - Move - Pull-back	0 min	6:34 pm	6:34 pm	
Dribbling Drill - Move - Step-over	1 min	6:34 pm	6:35 pm	
Dribbling Drill - Circle & Outside-Of-Foot Push	2 min	6:35 pm	6:37 pm	
Dribbling Drill - Dribble Across A Square	5 min	6:37 pm	6:42 pm	
Break	2 min	6:42 pm	6:44 pm	
Goalkeeping Drill - Catching Ground Balls	2 min	6:44 pm	6:46 pm	
Goalkeeping Drill - Catching Mid-Body Level Balls	2 min	6:46 pm	6:48 pm	
Goalkeeping Drill - Catching Upper-Body Level Balls	2 min	6:48 pm	6:50 pm	
Shooting Drill - One Goal Dog Fight	10 min	6:50 pm	7:00 pm	
Break	2 min	7:00 pm	7:02 pm	
Containment Drill - Instruction - Free Kick	1 min	7:02 pm	7:03 pm	
Containment Drill - Instruction - Indirect Kick Fouls All	1 min	7:03 pm	7:04 pm	
Containment Drill - Instruction - Indirect Kick Fouls Goalie	1 min	7:04 pm	7:05 pm	
Containment Drill - Instruction - 10 Direct Kick Fouls	2 min	7:05 pm	7:07 pm	
Defensive Drill - Mark Up Behind Opponent Practice	5 min	7:07 pm	7:12 pm	
Containment Drill - Instruction - Penalty Kick	5 min	7:12 pm	7:17 pm	
Containment Drill - Instruction - Corner Kick	10 min	7:17 pm	7:27 pm	
Containment Drill - Instruction - Goal Kicks	10 min	7:27 pm	7:37 pm	
Break	2 min	7:37 pm	7:39 pm	
Scrimmage: 6v6 or 5v5	15 min	7:39 pm	7:54 pm	
HandOut Uniforms & KV Line Painting volunteers	5 min	7:54 pm	7:59 pm	

Notes

- Drill** Player Introduction
Equipment single ball
Formation All players form a circle shoulder to shoulder.

Description

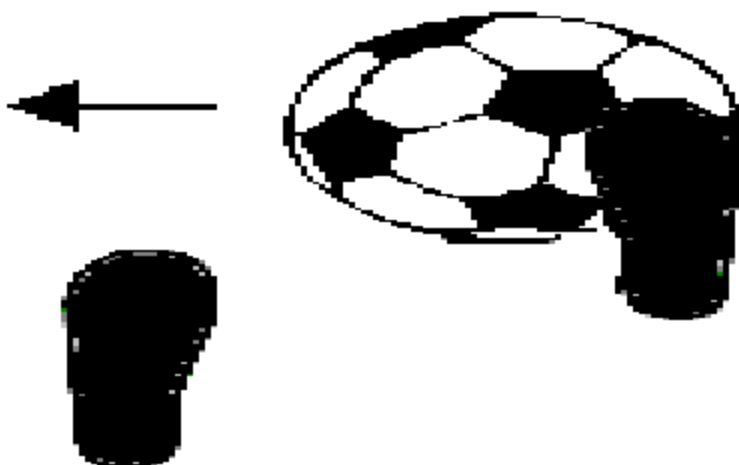
The ball is handed to one player who then announces his/her name. The ball is then passed to the right. After a few cycles of this, the player handing the ball announces the recipients name. After a few cycles of this, the ball is passed to another player anywhere in the circle at which point the recipient announces their name. This is followed by the passer announcing the recipient's name.

Drill Move - Inside roll
Equipment Ball per player
Formation

Description

Inside roll

Roll the ball to the inside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the outside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.



Drill Move - Outside roll
Equipment Ball Per Player
Formation

Description

Outside roll

Roll the ball towards the outside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the inside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.



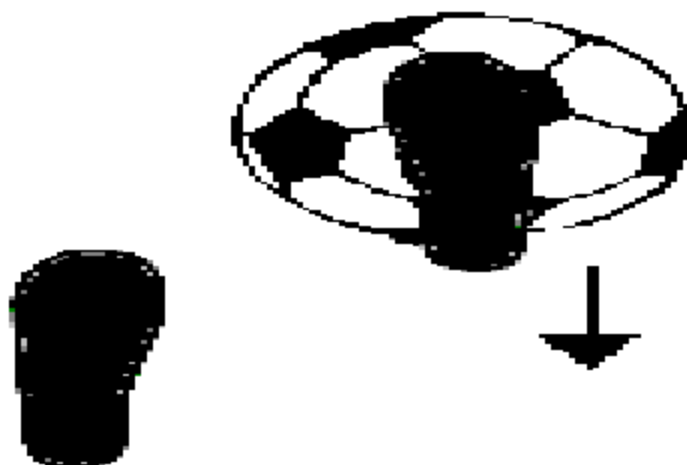
Practice Drills

Dribbling

Drill Move - Pull-back
Equipment Ball per player
Formation

Description

Pull-back (Defender to left or North West)
Place sole of right foot on ball. Pull/roll the ball behind you (South to South East)



Practice Drills

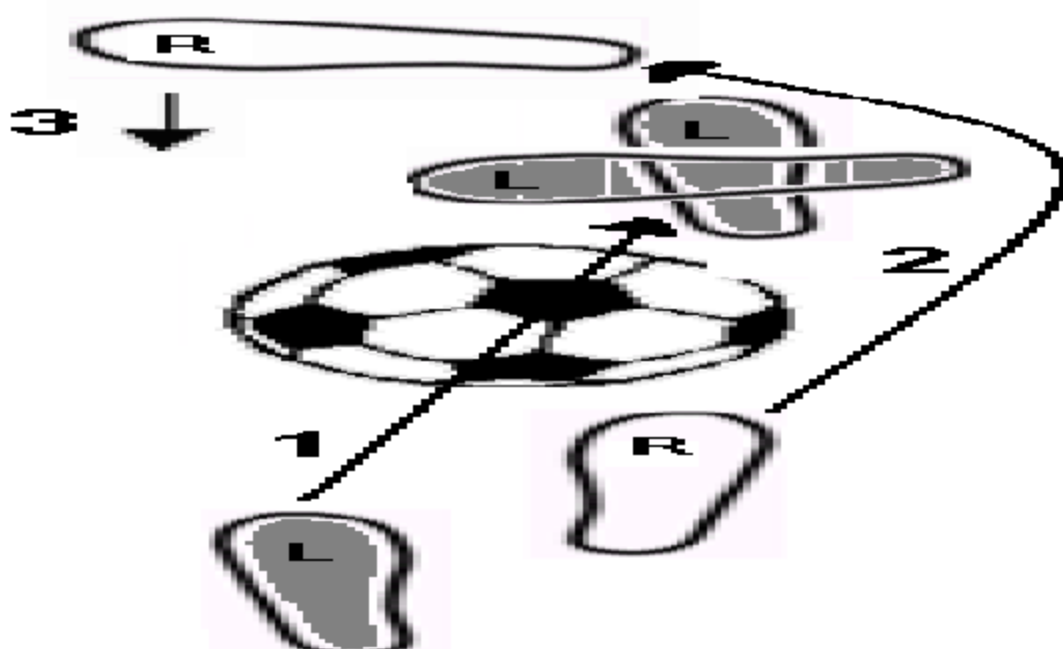
Dribbling

Drill Move - Step-over
Equipment Ball per Player
Formation

Description

Step-over (Defender to North East)

1. Place right foot slightly behind the ball. Swing left foot in front of ball, putting weight on left foot as it comes to rest in front of right foot. Swing right foot around the left foot and the ball as far as you can comfortably reach towards the left side (West), so that you swivel around to the left and end up facing South to South West.



Practice Drills

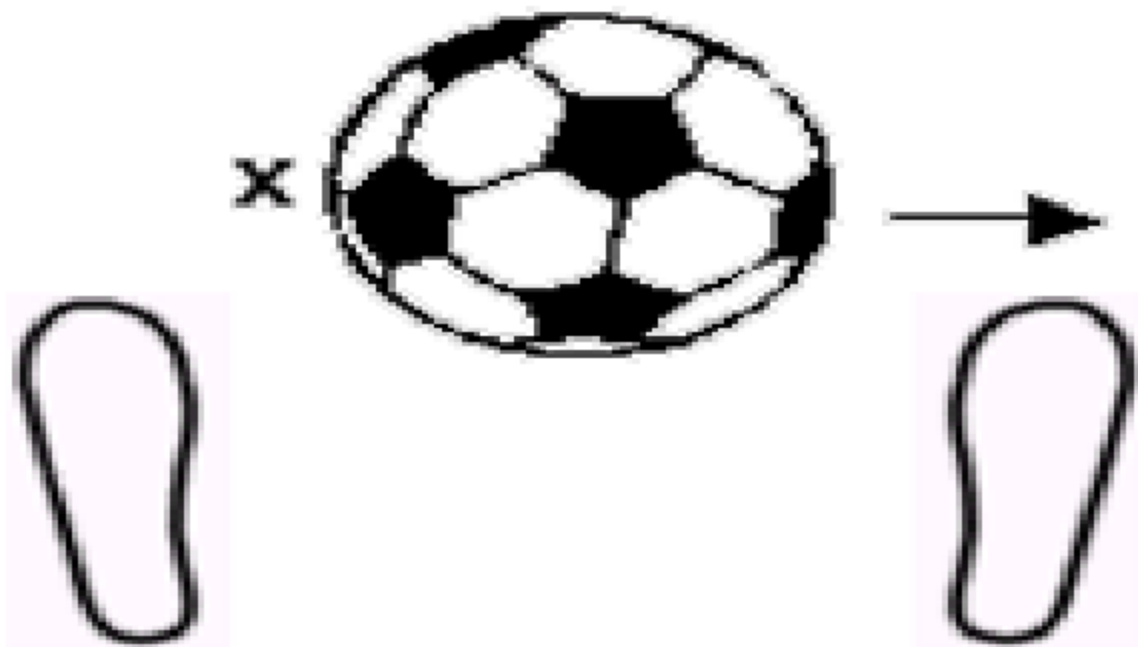
Dribbling

Drill Circle & Outside-Of-Foot Push
Equipment 1 ball per player
Formation none

Description

1. Each player stands behind a ball with feet apart like below
2. Move the right foot forward & then around the front of the ball so the outside of the right foot is touching the ball where the x is. Then push the ball softly to the right (so it goes only 2 or 3 feet), turn to the right so the ball is again at your feet & do it again.
3. Do 10 "circle & pushes" using the right foot & then 10 using the left foot. The first player to do 10 wins.

Teaches: Footwork & use of outside-of-foot to control the ball



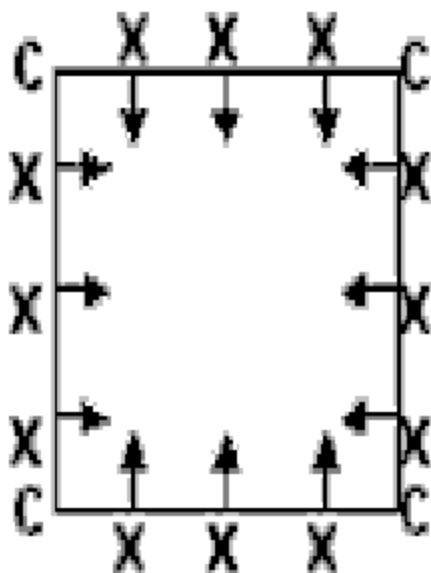
Practice Drills

Dribbling

- Drill** Dribble Across A Square
Equipment cones. Each player has a ball
Formation Use 4 disk cones to make a square about 10 or 12 steps wide (smaller or larger depending on age & number of players)

Description

1. Spread players around the square, all facing inward
2. All players start on "Go" & each player dribbles across the square & back. (Tell them to dribble to the imaginary line on the opposite side of the square, make a turn & dribble back to where they started. Point out at the first of the game that the cones create an imaginary "Starting Line" and "Turning Line" for each player).
3. " Must do a "Pullback", a "Stop/Turn", a "Cutback" or a "Hook Turn" to turn. (Do a Pullback, aka a "Drag Back", by putting the bottom of the foot on top of ball to stop it & pull it back in the direction you came from. Do a Hook Turn by pulling the toes up & turning the foot so the outside of the foot can "hook" the ball, stop it & pull it back. A Cutback uses the inside of the foot to hook the ball). See photos of a Pullback (called a "Drag Back"), Hook, Cutback & Stop/Turn at www.fa-soccerstar.com (click "Turning" on the left side and then "How To Master" on the right side above the photo).
4. Tell players to look up while they dribble so they don't run into each other (don't worry, there won't be many collisions).
5. Each player keeps count of his or her trips across the square. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player his score after each game.
6. Play 3 games; 1st to 12, then to 10, then to 8. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game. For beginners, let them decide how to turn using the method they are most comfortable with. For advanced or select players, require a Pullback one game, then a Hook, then a Cutback. Let a "Stop/Turn" count for a Pullback.
7. After your team has played this game in a few practices, make the square larger so it is less crowded. This will let players speed up when they get in open space. Tell them that they can go faster if they kick the ball in front of them, but they MUST still keep control of the ball. If they kick it too far, they won't be able to make their turn. In most games, a player will lose the game if he or she loses control of the ball even once. The game is self-teaching, but it is helpful for the coach to be encouraging and to point out how players can improve their performance.



PLAYERS DRIBBLE
ACROSS SQUARE
& BACK
X = Players C = Cones

- Drill** Catching Ground Balls
Equipment One ball
Formation Position the goalkeeper 5 to 10 yards from a coach.

Description

Have the coach roll or kick the ball toward the goalkeeper who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper.

Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball by scooping it in the standing position and dropping to one knee to catch the ball.



No illustration for this drill

- Drill** Catching Mid-Body Level Balls
Equipment One ball
Formation Position the goalkeeper 5 to 10 yards from a coach.

Description

Have the coach toss or kick the ball toward the goalkeeper at mid-body level who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper.

Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball with their bodies.

No illustration for this drill

- Drill** Catching Upper-Body Level Balls
Equipment One ball
Formation Position the goalkeeper 5 to 10 yards from a coach.

Description

Have the coach toss or kick the ball toward the goalkeeper at upper-body level who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper.

Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball with their hands and quickly bringing it into their body.

No illustration for this drill

Drill Instruction - Free Kick
Equipment
Formation

Description

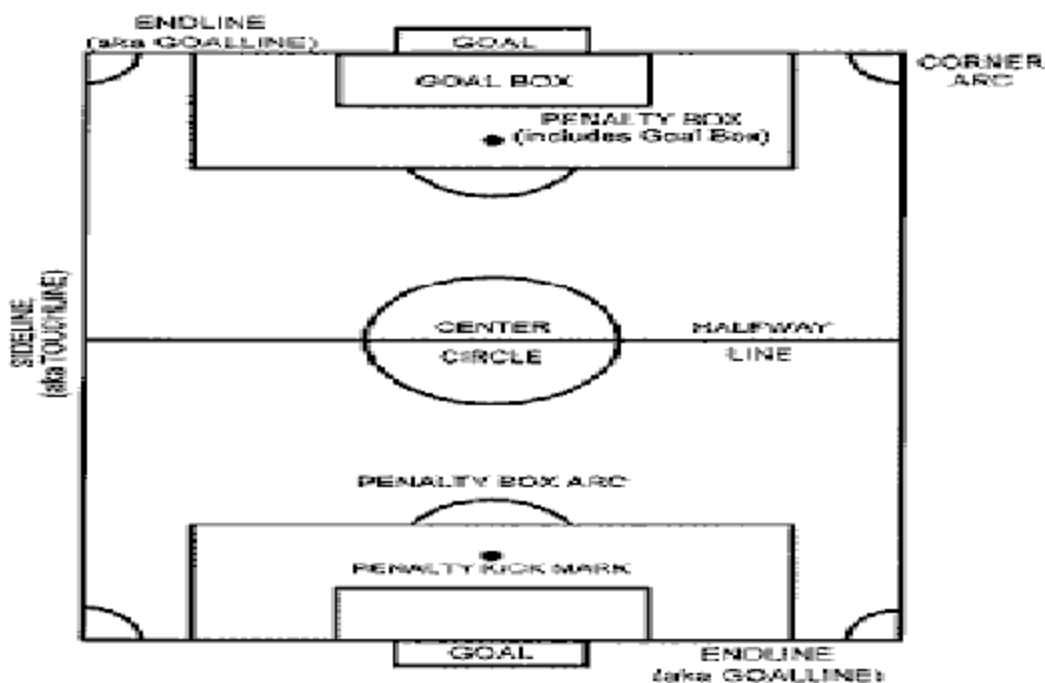
When one team is penalized, the other usually gets a "free kick". There are 2 types of free kicks (direct & indirect) and a special type of Direct Free Kick called a Penalty Kick:

Direct Free Kick - Where a goal may be scored by kicking the ball directly into the opponent's goal without anyone else touching it (although it still counts if someone else does touch it).

Indirect Free Kick - On which a goal may be scored only if another player touches the ball before it enters the goal. Question: "How do you know if a free kick is indirect?" Answer: "The referee will raise his arm above his head and leave it up until the ball is kicked". On an indirect kick you should have one player gently tap the ball so another player standing behind the ball can kick it; or pass it to someone who shoots it. If on an Indirect Free Kick the ball is kicked into the goal without anyone else touching it (other than the kicker) the goal does not count and the other team is awarded a goal kick. However, if the ball is touched by a player on either team, including the goalkeeper, before it goes into the goal, the goal counts.

Penalty Kick - When a player commits a foul within his own Penalty Box, which would normally result in a Direct Free Kick, the other team is given a Penalty Kick ("PK"). (See "Penalty Kick"). On Penalty Kicks, everyone but the kicker & goalkeeper must stay out of the Penalty Box until the kicker moves the ball.

On Direct & Indirect Free Kicks, defenders must stay away from the kicker (6 yards if U-8, 8 yards if U-10 & 10 yards for U-12 & older) until a player on the kicking team moves the ball, if they don't they can receive a yellow card. (See "Fouls", "Hand Ball", "Cards", "Offside Rule", & "Penalty Kick". Go to www.fifa.com. for more details).



Drill Instruction - Indirect Kick Fouls All
Equipment
Formation

Description

For which the other team receives an "indirect free kick" (meaning a goal only counts if another player touches the ball before it enters the goal). The indirect free kick is taken from where the offense occurred. There are 2 types of indirect kick fouls:

a. Four that apply to all players:

1. "Dangerous Play" (or playing in a dangerous manner) is any action by a player that in the judgment of the Referee is dangerous to himself or to another player and that isn't a "direct kick foul" such as tripping. Examples would be a high kick when an opponent is nearby, or if a player tries to head a low ball that an opponent is trying to kick, then the player who is putting himself in danger would be guilty of dangerous play. Another example would be any action that might endanger the goalkeeper within the Penalty Box. If the goalkeeper and an opponent both go for a loose ball, the Referee will tend to favor the goalkeeper if there is a collision. It isn't necessary for someone to be hurt for dangerous play to be called. For example, slide tackling with spikes high would be dangerous play, even if the opponent isn't contacted. However, a dangerous act (such as a high kick) isn't "dangerous play" unless an opponent is nearby.

2. "Impeding the Progress of an Opponent". Generally, a player cannot use his body to impede another player's movements, even if it is not deliberate. This can be called if a player is not within "playing distance" of the ball (i.e., 3 feet) and blocks an opponent's movement or screens an opponent from the ball. However, if a player is within playing distance & able to play the ball (meaning not laying on the ground), the player can legally screen an opponent from the ball. (You usually see this when a ball is going out of bounds & the player whose team will get the throw-in screens the opponent so the opponent can't save the ball). Impeding the progress of an opponent used to be called "obstruction". The rule also applies to "innocently" impeding the goalkeeper by standing in front of him when he has the ball.

3. Preventing the goalkeeper from releasing the ball from his hands. A player who attempts to prevent the Goalkeeper from putting the ball into play by standing directly in front of the Goalkeeper can be called for breaking this rule or for "unsporting behavior", in which case both a Yellow Card & an indirect kick would be awarded. (See "Cards")

4. Any time a yellow or red card is shown & a direct kick isn't awarded (e.g., for "unsporting behavior", "dissent", persistently breaking the rules, and offensive or threatening language; see "Cards" for a list of the many types of unsporting behavior).

Drill Instruction - Indirect Kick Fouls Goalie
Equipment
Formation

Description

Four indirect kick fouls that only apply to the goalkeeper & only if committed inside the Penalty Box (the goalkeeper is treated like a regular field player when he is outside the Penalty Box):

1. Taking more than six seconds while controlling the ball with his hands before releasing it (releasing it can include throwing it, kicking it or dropping it to the ground and then kicking or dribbling it. Once released, it is "live").
 2. Touching the ball with hands after it is deliberately kicked to the Goalkeeper by a teammate. (Note: It is okay to pick up an accidentally kicked ball or a pass from a teammate that isn't "kicked" but is made using the head, chest, knee, etc.).
 3. Touching the ball with hands on a throw-in from a teammate (i.e., the goalkeeper can't pick up a throw-in from a teammate).
 4. Intentionally handling the ball again after he has released it and it has not touched any other player (e.g., dropping the ball, dribbling it and then picking it back up). Read 2 and 3 above. The Goalkeeper can only handle it again after an opponent touches or if it is accidentally kicked back or if it is headed or chested back by a teammate. He can't pick it up if a teammate has intentionally kicked or thrown it to him.
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Drill Instruction - 10 Direct Kick Fouls
Equipment
Formation

Description

There are 10 direct kick fouls. The rules say that the referee should call a foul for numbers 1 thru 6 if he believes they are committed in a manner he considers "careless, reckless or using excessive force":

1. kicking or attempting to kick an opponent. Accidentally kicking an opponent while tackling the ball is not a foul unless it was careless, reckless, or there was excessive force. If a player slide tackles from the front, it will be considered at least "dangerous play" (which is an indirect kick foul), or kicking, or tripping, or "unsporting behavior", even if the ball is contacted, since it would at the least be reckless or dangerous. (See "Cards, Red Card, Serious Foul Play")
 2. tripping or attempting to trip an opponent (if careless, reckless or using excessive force),
 3. charging into an opponent (the goalkeeper can also be called for this if his action is careless, reckless or uses excessive force),
 4. striking or attempting to strike an opponent (if careless, reckless or using excessive force),
 5. pushing an opponent, including the goalkeeper (if careless, reckless or using excessive force),
 6. jumping at an opponent in a careless or reckless manner or using excessive force (this includes jumping for a header if an opponent is carelessly or recklessly bumped, and jumping at the goalkeeper),
 7. blatant holding or pulling (including holding clothing, using any part of the body to hold an opponent & "Sandwiching"),
 8. making contact with an opponent before touching the ball when tackling an opponent to gain possession of the ball (Note: it is always a foul if the tackler contacts the ballhandler before touching the ball. However, it can still be a direct kick foul if the ball is touched first but the tackler was "careless, reckless, or used excessive force" and was judged to have kicked, tripped, charged or jumped at the ballhandler. Or, if the Referee believes the tackler played in a "dangerous manner", an indirect kick can be awarded),
 9. spitting at an opponent, even if it doesn't hit the opponent (this is grounds for a Red Card),
 10. deliberately handling the ball (a "hand ball" should not be called if a player is instinctively trying to protect himself from injury or if the
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- Drill** Mark Up Behind Opponent Practice
Equipment 1 ball and playing field
Formation Divide team up using pinny. Various formations.

Description

On the other team's goal kicks, punts, throw-ins, & free kicks, mark up behind an opponent & then step in front & steal the ball, or, if the ball goes past you, box out the opponent and win the ball".

Setup practice situations where one team marks up behind a player during:

1. Goal kick
 2. Throw in
 3. Free Kick
-

Drill Instruction - Penalty Kick

Equipment

Formation Special type of direct free kick. When a player commits any of the 10 "Direct Free Kick Fouls" within his own Penalty Box, the other team is given a Penalty Kick.

Description

1. tell your players to stay out of the Penalty Box until after your shot is taken. If they go inside the Box early, you lose the ball and the shot doesn't count.

2. tell your shooter to keep the ball on the ground and to aim for one side of the goal. In Recreational soccer, most missed penalty kicks are due to the shooter trying too hard and missing the goal. It is better to try to pass the ball into the goal than to try to kill it. A shot low to the corner is very difficult for the goalie to stop.

Tip For Your Penalty Kicks Tell your kicker to kick the ball low to the corner. This shot is impossible for a goalkeeper to defend because it takes him too long to get low to the ball. The second best is the top corner, but the problem with shooting for the top is that it is a lot easier to miss (i.e., to shoot over the top of the goal) or to curve it wide. Also, if the shot doesn't go higher than the goalkeeper's shoulder, he has a very good chance of blocking it.

Tip For When Your Opponent Is Taking The Penalty Kick . The rules allow the goalkeeper to move along the line before the kick. (He can move, but can't wave his arms, jump up & down, talk to the kicker, or do anything else to try to distract the kicker except to move along the line). One simple thing to do is to teach your goalkeeper to start out one step to his left from the center of the goal & as soon as the kicker starts his run to the ball the goalkeeper should move to his right on the line. This is a legal way of distracting the kicker. What usually happens is the kicker sees more space open on the goalkeeper's right & decides to shoot there, but when the goalkeeper moves to fill the open space it is too late for the kicker to change the direction of his kick (unless he happens to be left footed, which will happen 10% of the time) and if he tries to make a perfect shot to the corner there is a good chance he will curve it to his left & miss the goal, if he's a right-footed kicker. Even if it doesn't work, it's more fun for your goalkeeper than just standing there like a sitting duck.

Drill Instruction - Corner Kick
Equipment
Formation

Description

(aka Corners). A corner kick is a method of restarting play. When the ball goes out of bounds over the end line (aka the "Goal Line") and was last touched by the defending team, the attacking team inbounds it from the nearest corner by kicking it in from the Corner Arc (note: this doesn't apply if a goal was scored). Defenders must stay 6 yards back if U-8, 8 yards if U-10 & 10 yards back if U-12 or older. (If they don't, they might get a yellow card). The ball may be placed anywhere inside the Corner Arc or on the Corner Arc lines. There are 2 types of corners: a "Long Corner" and a "Short Corner". A player is not offside if he receives the ball from a Corner Kick. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick. The kicker may not play the ball a second time until it has touched another player. (See "Short Corner" & "Long Corner", and "Offside Rule").

Short Corner - A corner kick where the ball is put into play with a short pass instead of a long kick. Once put into play, the "Offside Rule" applies.

Long Corner - A corner kick that is kicked to the front of the goal in hopes an attacker will kick or head it in, as opposed to a "short corner" which is passed in. A Long Corner is a type of "Cross" to "Center The Ball".

Drill Instruction - Goal Kicks

Equipment

Formation When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either

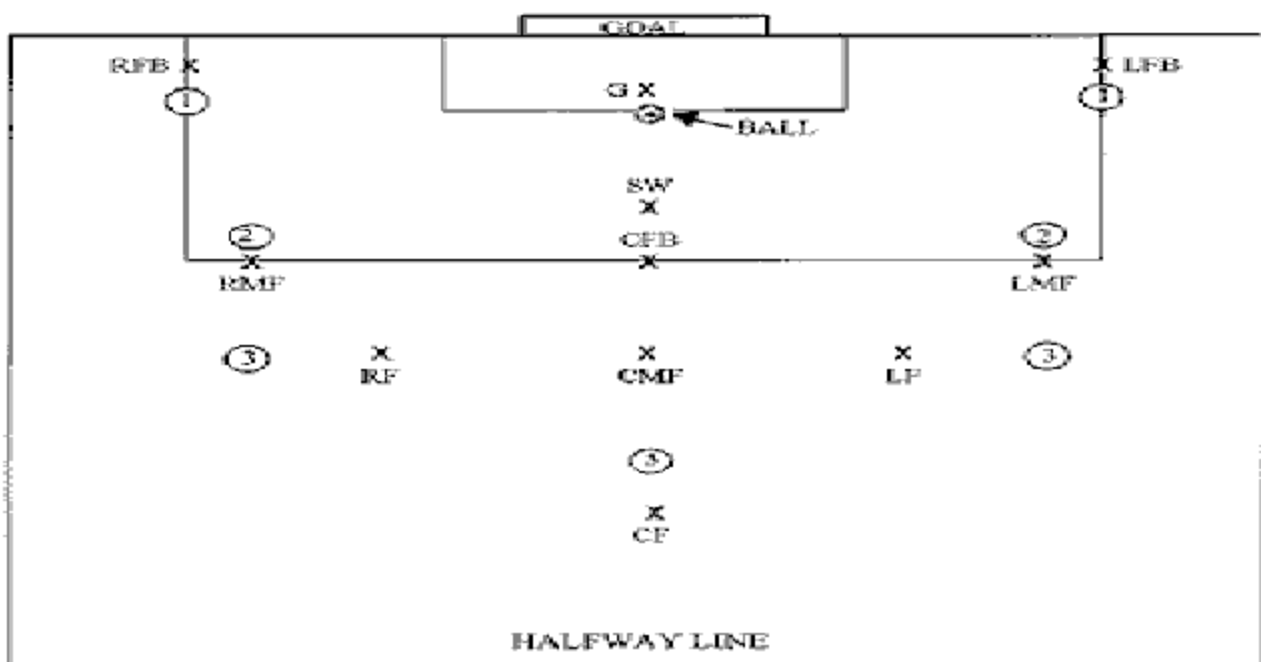
Description

To Defend Goal Kicks, Teach Coaching Rule # 3: On the other team's goal kicks, punts, throw-ins, & free kicks, mark up behind an opponent & then step in front & steal the ball, or, if the ball goes past you, box out the opponent and win the ball".

"SPREAD THE FIELD" GOAL KICK SET UP (Showing Kicker's 1st, 2nd & 3rd Choices)

1. Diagram is one-half of a 50' x 100' field
2. The Goalkeeper is shown taking the kick
3. "X" is the player's position (If the kicker can kick farther, move the MF's & F's back)

- A. Start with ball in middle of Goal Box line so the other team must defend both sides
- B. Ideally, use the Goalkeeper to kick or a kicker who can pass with his right or left foot
- C. Sweeper (SW) always follows the kick (i.e., follows the ball)
- D. The receiver should let the ball clear the Penalty Box before touching it. If he doesn't, the referee is supposed to require the kick be taken over, but there is no penalty unless the receiver repeatedly breaks the rule. (Defenders must stay out of the Penalty Box until the ball clears the Penalty Box).
- E. If the kick is to the left (or right), everyone shifts that way & the FB & MF farthest from the ball shift to the front of the goal to protect in case the ball is lost
- F. 1st preference is a pass to the side to (1) LFB or RFB (left fullback or right fullback)
- G. 2nd preference is a pass to the (2) RMF or LMF
- H. 3rd preference is a long kick over the (3) CMF or to open space toward the side line
- I. If the pass is (1) or (2), then take the ball out to the side line & pass it down the side line to the next player. Try to keep it out of the center on your end of the field.
- J. If the pass is to the CFB or CMF, they should quickly send a long ball out to the RF or LF (do not dribble in the center close to our goal)



- Drill** One Goal Dog Fight
- Equipment** Set of balls
- Formation** Split players into 2 even teams ... give each team a name.
(see Youth Coach Handbook #3)
Each team lines up to the side of a goal post.

Description

1. To start the game, the Goalie throws the ball just past the top of the penalty box.
2. When the goalie throws the ball onto the field, the first player in line from each team runs out to the ball and they begin to play 1 vs 1 to goal.
3. First player to the ball gains possession of the ball, turns with the ball, attacks the defender and tries to score.
4. Second player to the ball defends and attempts to steal the ball.
5. If the defender steals the ball, he/she becomes the attacker and tries to score while the former attacker defends.

- Get to loose ball quickly

- Attacking players ...

1. Gain possession of the ball, quickly turn and attack the defender at speed
2. Make one quick move to get by the defender and shoot

- Defending players ...

1. Try and not let the attacker turn with the ball and try to steal the ball when the attacker has his/her back to the goal.
2. If the attacker is able to turn with ball, channel the attacker to the outside, away from the goal so the attacker has a bad angle when he/she shoots.

-Competition, Variations& Restrictions:

1. Play games to 5
2. After several games have been played, the coach shouts out 4 names (2 from each team) before goalie throwis the ball and the players play 2 vs 2.
3. Shout out 6 names (3 from each team) and play 3 vs 3.
4. Last team to touch the ball before it goes into the net gets credit for the goal
5. Play 2 touch.

