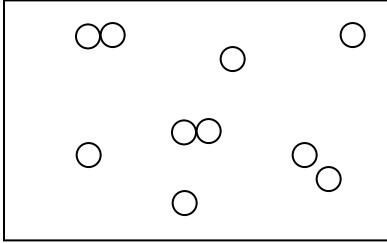
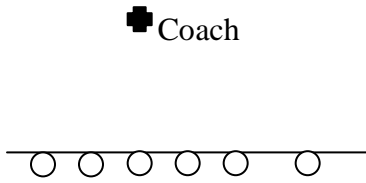
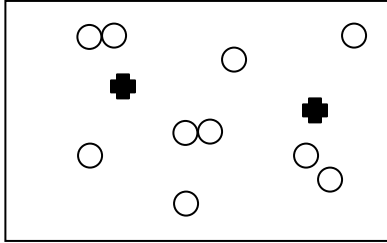
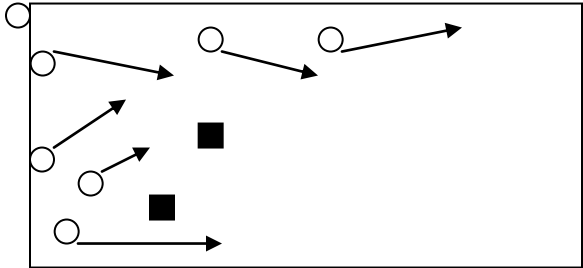
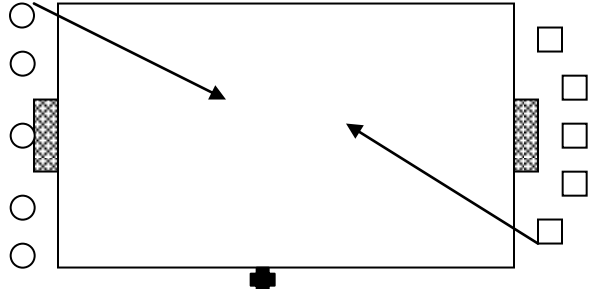




McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity	Diagram
<p>1st Activity (warm-up) <i>Greetings Game</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), etc.</p> <p>Progressions: Add dribbling.</p>	
<p>2nd Activity <i>Red Light, Green Light</i></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.</p> <p>Progressions: Add a ball. The coach can move around to make the game more challenging.</p>	
<p>3rd Activity <i>Ouch!</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell “ouch” each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>	
<p>4th Activity <i>Frog Attack</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.</p> <p>Progressions: Add a ball (for the players, not the frogs)</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

<p>1st Activity (warm-up) Identifiers</p> <p>All the players run around in a rectangle at random. The coach calls out the identifier or a group of players or individual players, who then become hunters. The hunters see who can tag the most players within one minute. The identifiers could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc. Progressions: Everyone has a ball.</p>	
<p>2nd Activity Dog and Master</p> <p>Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc. Progressions: Introduce tall cones as trees that the masters have to keep their dogs away from or an evil dog catcher that kicks dogs out of the game. The players have to see a park ranger before coming back in.</p>	
<p>3rd Activity Tigers in the Jungle</p> <p>Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is going to kick the other animals' balls into the surrounding alligator infested swamp. When an animal gets their ball kicked away they have to dodge the alligators, go get their ball, and stand holding the ball over their head making their animal noise. Another animal can unfreeze them by dribbling the ball through the frozen animals legs. Progressions: Animals dribble using only left foot, outside of feet, etc.</p>	<p style="text-align: center;">Swamp</p>
<p>4th Activity Tunnel Soccer</p> <p>Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots or so the coach moves on again. Who can score the most points in one minute? Progressions: The coach specifies how the players must kick the ball (laces, inside of foot).</p>	
<p>5th Activity (the game) Disney Game</p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

Activity	Diagram
<p>1st Activity (warm-up) <i>Foxes and Farmers</i></p> <p>Each player sticks a scrimmage vest into back of their shorts to make a tail. Players are foxes, coach is farmer. Farmer chases foxes and tries to steal their tail. Once player loses their tail they become a farmer until there is one fox left. Champion fox gets to be farmer next game. Progression: Foxes each have a chicken (ball) and farmer tries to get all his chickens back.</p>	
<p>2nd Activity <i>Around the World</i></p> <p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area. Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.</p>	
<p>3rd Activity <i>Cross the Ohio River</i></p> <p>The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places. Progressions: Add a ball for the boaters.</p>	
<p>4th Activity <i>Cars</i></p> <p>The coach sets up several checkpoints goals or gates (two yards gates) inside a larger area. There should be at least one or two more checkpoints than there are players. Have the players start running around imagining they are driving a car ; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time. Progressions: Each player has a ball.</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

<p>1st Activity (warm-up) <i>Body Part Dribble</i></p> <p>Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: knees, heels, shoulders, feet, buttocks, NO HANDS (players must know from early age not to use hands). Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).</p>	
<p>2nd Activity <i>Fruit Salad</i></p> <p>The coach makes a circle with cones; each player needs to stand by a cone (their should not be any extra cones, just one for each player). The coach assigns a fruit name to each player (apple, orange, banana). The coach calls out a fruit name and any player who has that fruit name must run to a different cone. When the coach yells fruit salad every player must run to a different cone. Progressions: Add a ball for each player.</p>	
<p>3rd Activity <i>Cross the Bridge</i></p> <p>Divide the players into two groups, one on each endline of a field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest? Progressions: Slide the cones towards the center of the field to make the bridge shorter. Add a bridge keeper to kick balls away.</p>	
<p>4th Activity <i>Bingo</i></p> <p>A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling “bingo” as they do so. The coaches stand the cones back up immediately. Who can get the most bingos? Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there’s a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1. Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

Activity	Diagram
<p>1st Activity (warm-up) <i>Mud Monsters</i></p> <p>The coach is a mud monster and chases the players around the grid. Once a player is tagged they are stuck in the mud and can only get rescued if another player crawls beneath their legs. Players must call for help when stuck. Mud monster tries to capture all players at once, after a while mud monster gets tired and falls to the ground – kids win! Progression – players dribble ball away from mud monster who tries to eat all the soccer balls by sticking them under shirt. Players get recued by ball being kicked between legs.</p>	
<p>2nd Activity <i>Traffic Officer</i></p> <p>Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic officer) stands in the middle of the large area and directs the traffic (players) where to go. Have a different colored vest for each group of players. Progressions: Add a ball for each player. Have the different grids be different sizes. Sent multiple groups to the same grid. Dribble with outside of feet only.</p>	
<p>3rd Activity <i>Steal the Bacon</i></p> <p>Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)</p> <p>Progressions: Players must dribble the balls.</p>	
<p>4th Activity <i>Bumper Cars</i></p> <p>All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p> <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

<p>1st Activity (warm-up) <i>Musical Balls</i></p> <p>Everyone has a ball and is dribbling. The coach should sing or play music. When the music stops everyone stops dribbling and goes to find another ball. After a while, the coach can take a ball away each time. Whoever does not get to a ball must go report to the coach. The player should have to do some sort of task (Tick tock, tap dance, something with the ball) before they can get back in.</p> <p>Comments: Tell them they will get their ball back at the end.</p>	
<p>2nd Activity <i>Dribbling Maze</i></p> <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
<p>3rd Activity <i>Torpedo</i></p> <p>Have the players form two teams and face each other. Everyone on one of the teams needs a ball. Two coaches should pass the ball between the two teams. The players with the balls try to pass their ball (torpedo) to hit the ball the coaches are passing. If the player misses the person standing across from them collects the ball and tries to hit the coaches ball on the next pass.</p> <p>Progressions: Kick with the laces, kick using a specific foot.</p>	
<p>4th Activity <i>Moving Targets</i></p> <p>Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

<p>1st Activity (warm-up) <i>Cartoon Network</i></p> <p>Players are inside a giant TV set and coach has the remote. Each side of the grid represents a different channel with a different show. Coach shouts out name of show and players must race to that side. Coach invents a dance to do at each side for each show e.g. jumping jacks. Progression: Players dribble. Coach can keep changing the channel to force players to turn with ball.</p>	
<p>2nd Activity <i>Pirate Ship</i></p> <p>Player's all have a ball and are on board a pirate ship. Coach is the captain of the ship. When Coach calls "Captain's comin" players must stop with foot on ball and salute by saying "Aye, aye, captain!". Other commands are: "Back to work" = dribble "Scrub the decks" = foot skills with ball "Climb the riggings" = toe taps " Fire your cannons" = kick balls off ship "Storm" = dribble super fast around ship. Also have each side of the ship be North, South, East, West. When coach calls a direction players must dribble to that side.</p>	
<p>3rd Activity <i>Over the Hedge</i></p> <p>Players choose their character from the movie. They line up at the start of the yard and must all try to get to other end of yard to steal some trash (training vests), without setting off traps (knocking into cones). Cones are placed all over the yard to make players look where they are going. 1st player back with trash is the winner of race. Progression: Make it team relay races.</p>	
<p>4th Activity <i>Gone Fishin'</i></p> <p>Two teams of players line up one behind the other next to each goal facing middle. One player from each team runs to middle, collects a ball (catches a fish), dribbles it back and puts it on the boat. Then the next two players go. Continue until all fish are caught and see who caught the most. Progression 1: Players must do a specific turn when they catch fish. Progression 2: Coach is a shark and tries to stop the players from getting the fish back to the boat.</p>	
<p>5th Activity (the game) <i>Fruit Salad</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a name of a fruit (make sure there's a matching fruit at the other end). Coach sends in a ball and calls out a fruit and that fruit from each end goes onto the field and plays 1v1. Progressions: Try calling out different fruits (banana from one side and apple from the other side). When coach calls out 'fruit salad' everyone goes in at once.</p>	

Scrimmage 2v2 or 3v3



McHenry Area Soccer Federation

Practice Plan – U5/6/7

Activity

Diagram

<p>1st Activity (warm-up) <i>Spongebob</i></p> <p>Players line up at end of grid and choose to be either Spongebob, Patrick, or Sandy. Coach is Mr. Crabs and stands in middle of grid. Players try to run across sea (grid) and get to other side without getting tagged. Once tagged player becomes a crab and helps tag others. Last one left wins.</p> <p>Progression: Players dribble a ball, coach tries to kick them out.</p>	
<p>2nd Activity <i>Tom and Jerry</i></p> <p>Players are paired up, one is Tom the other Jerry. Jerry must run around square trying to lose Tom who is chasing with a soccer ball. Tom must try to dribble and stay as close to Jerry as possible. When coach says "Freeze" Tom and Jerry must freeze, Jerry faces Tom with legs apart and Tom tries to pass ball through Jerry's legs. Hit leg = 1 point, hit leg and through = 2 pts; straight through = 3 pts.</p> <p>Progressions: 1. Tom must make the pass with weak foot. 2. Jerry also has a ball, Tom tries to hit ball instead of passing between legs.</p>	
<p>3rd Activity <i>Scooby Doo</i></p> <p>Each player has a ball and they dribble around trying to capture the ghosts (coaches, parents). Each time a ghost gets hit below the knee they lose a life. After 5 lives they fall to the ground and are captured. Once all the ghosts are captured the game is over.</p> <p>Progression: Ghosts now try to capture Scooby doo by taking their ball. If a player's ball gets taken they must fight to get it back.</p>	
<p>4th Activity <i>Bugs Bunny</i></p> <p>One player is Bugs Bunny and must try to run through the farm to get a carrot. All other players are farmers and try to shoot ball at Bugs bunny as they run by. Player keeps running back and forth collecting carrots until someone hits them below knee with a ball. Keep switching until everyone has been Bug's Bunny.</p> <p>Progression: Bugs Bunny now dribbles a ball and farmers must hit the ball, not the legs.</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3

