



United States Youth Soccer Association

Practice Plan

Name: Lesson Four Date: July 2005
Age Group: U8 / U9 Theme: Goalie

Activity

Coaching Points

Table with 2 columns: Activity and Coaching Points. Activity column includes 1st Activity (warm-up) Mini Drills - Time: 15 minutes, Toe taps, Body Part Dribbling, Toe Fencing, Ball Stretching, Over & Under, Side to Side, Ball box, Pull instep push, and Pullback. Coaching Points column includes: Be sure to have someone demonstrate the correct way to do each drill, Don't let each activity take more than one or 2 minutes.

2nd Activity <i>Goal Alley</i> <i>Time: 5 – 10 Min.</i>	<ul style="list-style-type: none"> ▪ Builds on Defending and Shooting ▪ Awareness
<p>10 X 15 Area Players work in pairs with one ball between them. Each player defends his/her goal line while trying to score on their opponent. Players have unlimited touches but must remain in their own side of the playing area. Hands cannot be used. Players try to block shots and control the ball to prevent the goal. Change partners after 5 minutes. As a progression add the rule that if the ball rebounds across the halfway line or out over the side line when a save is being made, possession goes to the opponent.</p>	
3rd Activity <i>Catch, throw & Save</i> <i>Time: 5 – 10 min</i>	<ul style="list-style-type: none"> ▪ If the players are having difficulty crossing the ball, have them throw-in the ball ▪ Monitor to make sure every player gets a turn ▪ Rotate the goalie and crosser ▪ Set up a few cones to give an idea on where the ball should go
<p>Start with one Goal Keeper and one to two crossers. Everyone else will be moving around the play area, dribbling their ball or some other activity.. Keeper tries to stop and redistribute to the crosser. Reset and go again.</p>	
4th Activity <i>Run & Shoot, Run....</i> <i>Time: 5 – 10 min.</i>	<ul style="list-style-type: none"> ▪ If the players are having difficulty crossing the ball, use a coach or have them throw-in the ball ▪ Monitor to make sure every player gets a shot on goal ▪ Rotate the shooter and crosser ▪ Set up a few cones to give an idea on where the ball should go ▪ Good for conditioning
<p>One Goal keeper, one passer and one shooter. 8-10 balls with passer and on whistle the passer delivers a ball from side for shooter to hit first time. Shooter than runs back around the cone shoots next ball. Continue with all balls. This is good shooting practice because often you must shoot the ball when your legs are tired or you're winded. Good for conditioning. Players switch places after shooter is done.</p>	
5th Activity <i>2 Goals back to back</i> <i>Time: 5 – 10 min.</i>	<ul style="list-style-type: none"> ▪ Split into even teams, rotate if team cannot be made even or add a neutral player ▪ Players should be looking for a shot on goal or a pass ▪ Goalies should always be ready ▪ Add an extra ball or two for a faster pace.
<p>Place two goals back to back (or use cones) and then mark off the field so there is at least a 30x20 yard space in front of each goal. Use two goalkeepers and it's 4 vs. 4 on the field. Each team can score on either goal. The goalies are neutral and should always distribute the ball (even after goals) to the space on the left without favoring any team. Use throw-ins for any balls out of bounds. Extra players should rotate in after each goal.</p>	

Scrimmage 2v2 or 3v3

Homework:

Chose at least one activity below and get at work on it for at least 30 minutes prior to our next practice session.

- Work on your mini drills
- Work on your juggling skills
- Work on your wall work
- Work on feints and moves