

# Gospel Projects / Eastern Shore SC

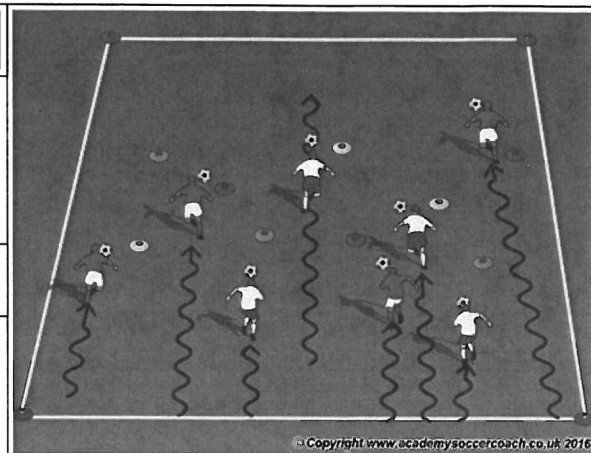
U6

## Practice Plans

### Activity 1 Super Mario Brothers

Duration 8 mins

In a 15Wx20L yard grid, place 8-10 cones randomly across the middle third of the field; these are mushrooms. All the players start at 1 end. On the coaches' command, 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. After all mushrooms are down (cones), have the players go faster.



#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Players get through without hitting any mushrooms.
- **Round 2:** If a player kicks a mushroom, they must dribble around it twice before going to the end.
- **Round 3-4:** Players race to the other side without kicking any mushrooms.

### Activity 2 Wreck It Ralph

Duration 8 mins

In a 15Wx20L yard grid, select 2-3 players to be Fix It Felix's. Felix's will place their soccer balls on top of cones to build a tower. The rest of the players are Wreck it Ralph's. They dribble their soccer balls around the grid and try to knock the balls off the cones. The Felix's try to fix all the towers that Ralph has wrecked!

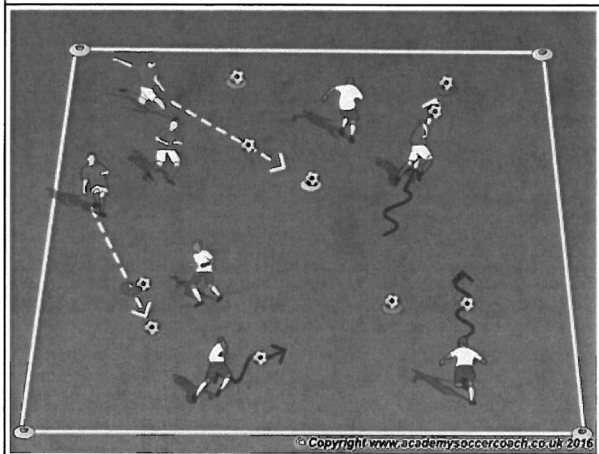
#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

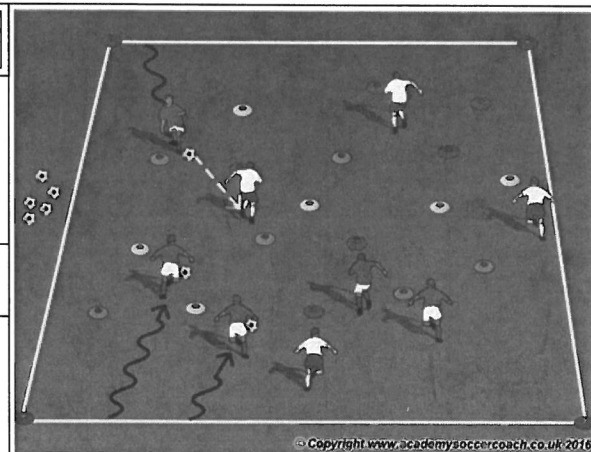
- **Round 1:** Coaches can be either the Fix it Felix's or the Wreck It Ralph's.
- **Round 2:** Select 2-3 players to be the Felix's and the rest of the players are Ralph's.
- **Round 3+:** Rotate players into both roles each new round.



### Activity 3 Pacman/Ms. Pacman

Duration 8 mins

In a 15Wx20L yard grid, scatter cones of different colors around the playing area. Select 2-3 players to be ghosts. Ghosts dribble their soccer ball and try to hit Pacman/Ms Pacman. Pacmen do not need a ball. They try to pick up as many cones as they can. If a ghost hits them below the knee, they drop their cones, get a ball and become a ghost. Coach can re-distribute the cones around the playing area.



#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Pacmen who get hit by a ghost only lose their cones but keep playing.
- **Round 2-3:** Pacmen who get hit become ghosts also and hunt the Pacmen.
- **Round 4:** All Pacmen and ghosts have to dribble a ball. When a Pacman gets hit, they still join the ghosts.

### Activity 4 Sonic The Hedgehog vs Knuckles & Tails

Duration 8 mins

15Wx20L yard grid, place 2 goals on the end line; 1 goal close to each corner. Divide the players into 2 teams. One team starts on the coaches right and one on his/her left. The coach starts in the middle of the 2 goals with all the soccer balls. When the coach serves a ball onto the field, 1 player from each team chases after it. Whomever get the ball tries to bring it back and score in their team's goal.

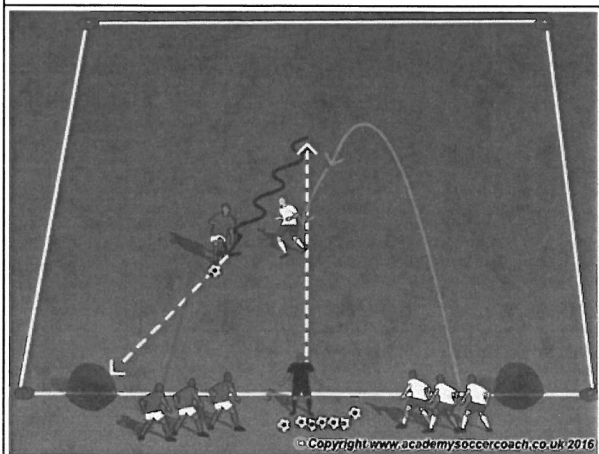
#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Game lasts until a goal is scored or the ball goes out of bounds.
- **Round 2:** Game can be 1v1, 2v1, 2v2, 3v2 or 3v3; do not get bigger than 3v3.
- **Rounds 3-4:** If 2 players are on the field for either team, they both must touch the ball before it is scored.



Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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## Practice Plans

### Activity 1 10 Touches - To the Drifting Continents

Duration 8 mins

In a 15Wx20L yard grid, 2 goals (continents) at each end & each player with a soccer ball. The players dribble their soccer ball a specific pattern: Right foot - Outside of the foot (pinky toe)-Inside of the foot (big toe)-Repeat with Left foot. Inside right (big toe) to inside left (big toe) then roll with the bottom of right to the left-repeat starting with the inside left. On whistle, they all race to any continent.

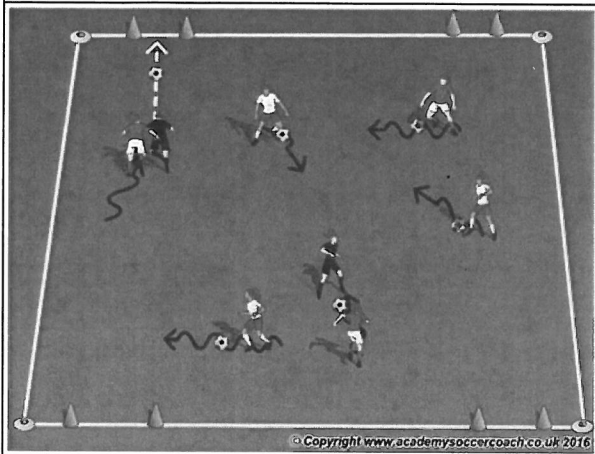
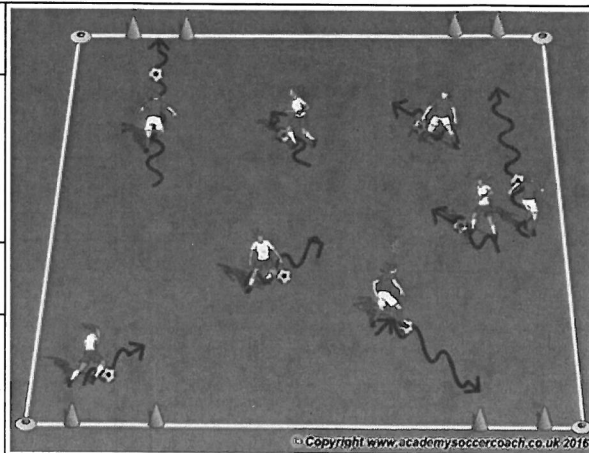
#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Players combine all touches with both feet.
- **Round 2:** Players race to any goal (continent) on coaches command.
- **Round 3+:** Players can race their friend; who can get all 10 touches then get to any goal (continent) the fastest.



### Activity 2 Saber tooth Squirrels (Scrat) Acorn Hunt

Duration 8 mins

In a 15Wx20L yard grid, 2 goals at each end, 2 players are selected to be Scrats. The rest of the players dribble their soccer ball (acorn) anywhere in the grid and avoid the Scrats. The Scrats will try to steal their acorn and hide them in any of the 4 goals. The Scrats get a point for every goal they score. The dribblers can steal their ball back. If a goal is scored, the dribbler retrieves the ball (acorn) and plays.

#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Coaches start as Scrat(s)
- **Round 2:** If a player loses his/her acorn, they must get it back and keep playing.
- **Round 3-4:** If Scrat steals the acorn and hides it in a goal, the player who lost it becomes a Scrat too.

### Activity 3 Manny Mammoths vs Capt. Gutt Pirates

Duration 8 mins

In a 15Wx20L yard grid, 2 goals at each end, divide the players into 2 teams. The coach and all the soccer balls are on the sideline at midfield. The coach divides players into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 1 player from each team enters the field and tries to score in the opponent's goals. If ball leaves the field so do all the players

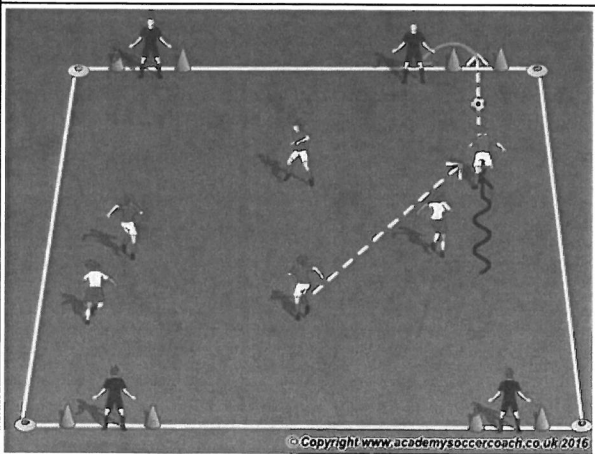
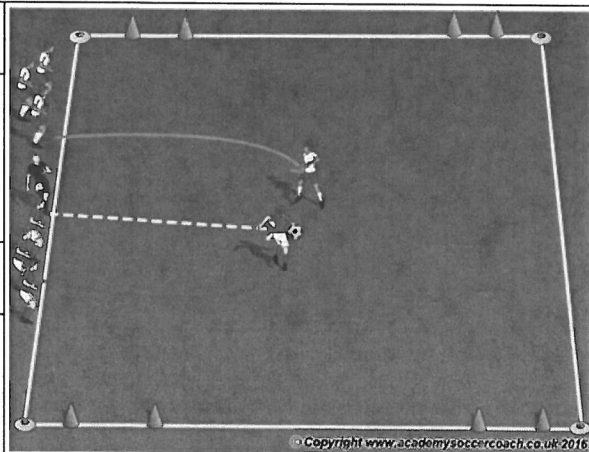
#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** 1 player from each team play 1v1 to goal(s) or the ball leaves the field.
- **Round 2:** Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.
- **Round 3:** Each player on the field has 1 goal they are allowed to score in.



### Activity 4 Collision Course

Duration 8 mins

15Wx20L yard grid, place 2 goals on each end line. Play 3v3 to 4 Goals with Guards (ask a parent to stand in each goal). If the coach points to a parent, they can move to the side and their goal is the only goal that can be scored in; only 1 goal is open at a time. If the coach points to a new parent, the new goal is open and the old goal is now closed (parent steps back in front of the goal).

#### Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Only 1 goal is open at a time.
- **Round 2:** Coach can have 1 goal at each end open.
- **Rounds 3-4:** If the goal guard is out, the guard counts to 15 seconds then moves back into goal. The coach can point to as many guards as he/she chooses.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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## Practice Plans

### Activity 1 Big Hero 6 Surfaces - Dribbling

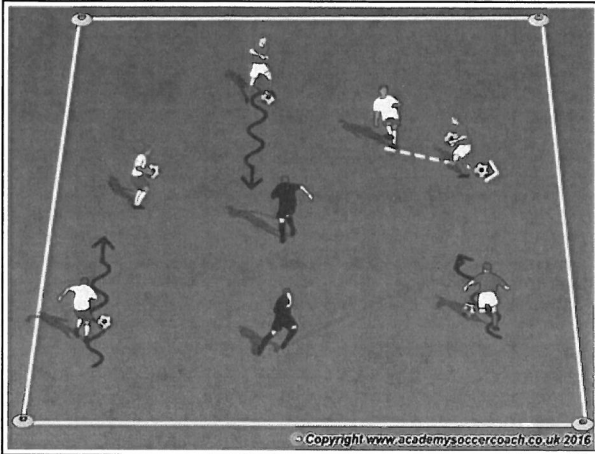
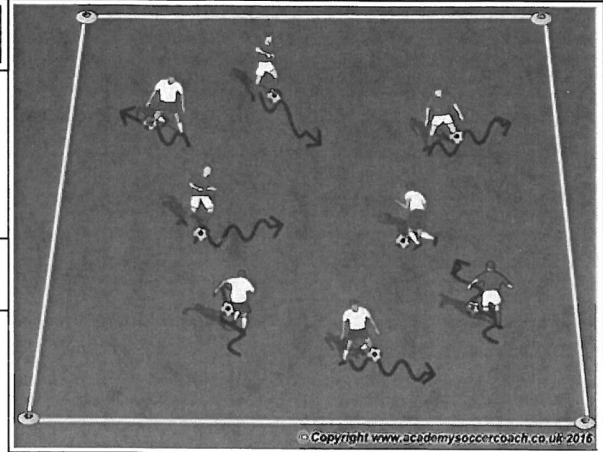
Duration 8 mins

In a 15Wx20L yard grid, each player has a soccer ball. Have the players try to use 6 surfaces of their foot in 1 fluid motion and in order: Outside of the foot (pinky toe), Inside of the foot (big toe), Laces, Bottom (sole), Toe & Heel. Once the ball has been touched with the heel, have them turn to the ball and try it with the other foot.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** have the players use 1 surface at a time then layer in the next surface.
- **Round 2:** have them complete the pattern with their favorite foot.
- **Round 3:** have them complete the pattern with their non-favorite foot.
- **Round 4:** have them switch feet after completing all 6 surfaces with 1 foot.



### Activity 2 Frozen Tag

Duration 8 mins

In a 15Wx20L yard grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monster will try to tag the players with their hand. Once tagged, the dribbler is frozen and must stand still with the ball over their head. To get unfrozen, a teammate must pass the ball through the frozen player's legs.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Coach is the Freeze Monster.
- **Round 2:** Select 1-3 players to be Freeze Monsters.
- **Round 3 & 4:** Coaches can unfreeze any frozen player by tagging them but if tagged by a Freeze Monster, the coach is out of the game.

### Activity 3 Bruce the Sharks & Nemo

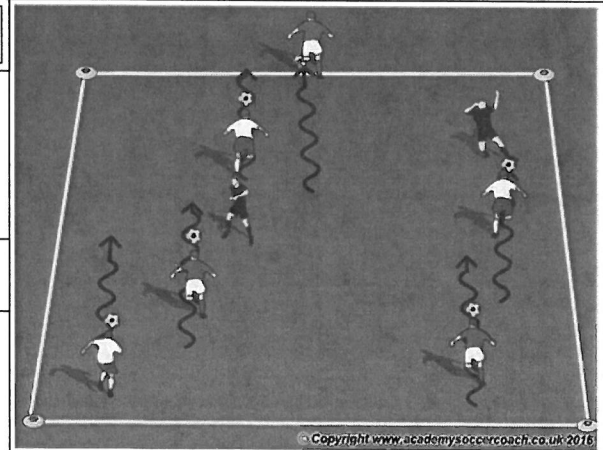
Duration 8 mins

In a 15Wx20L yard grid, coach selects 1-3 players to be Bruce the Sharks. Sharks must stay inside the grid and do not need a soccer ball. The rest of the players are Nemos. They all have a soccer ball and start at one end of the grid. When the Bruce says, "Nemo, Nemo Cross My Ocean," the Nemos have to dribble their ball to the other side. If Bruce steals their ball, they become a Bruce the Shark also.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Coaches can start as Bruce the Shark(s).
- **Round 2:** Coach selects 1-3 players to be Bruce the Sharks.
- **Round 3 & 4:** Bruce the Sharks must dribble the ball out of the grid. If Nemo steals it back, he/she can try to get to the side.



### Activity 4 Pirates of the Caribbean

Duration 8 mins

In a 15Wx20L yard grid (the ship), place all the players (Captain Jack Sparrows) on one end line without soccer balls. All soccer balls (cannon balls) are lined up on either side of the grid. On the coach's command, the pirates will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbossa) will be the shooters to start. Pirates who get hit are now shooters.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Coaches start with the soccer balls but players are not eliminated if hit.
- **Round 2 & 3:** Once a player is hit below the knee, the must help the coaches and shoot cannon balls (soccer balls).
- **Round 4:** 2 players start as shooters. Coaches and players are the runners.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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## Practice Plans

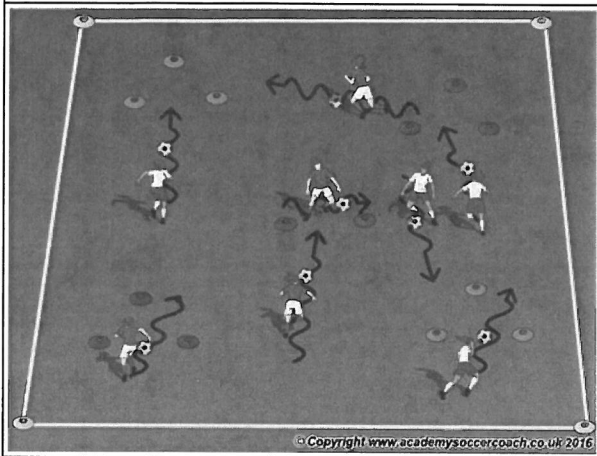
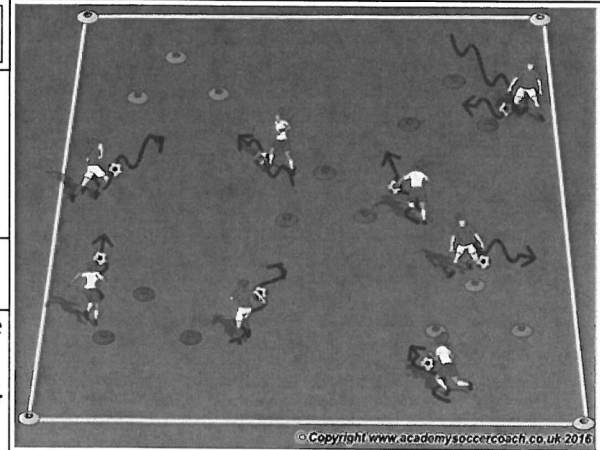
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### Activity 1 10 Touches - Explore the Planets Duration 8 mins

In a 15Wx20L yard grid with several 3 yard triangular shaped gates (Planets), have all the players dribble their soccer balls toward any planet. The dribbling pattern is: Right foot - Outside of the foot (pinky toe)-Inside of the foot (big toe)-repeat with Left foot. Inside Right (big toe) to inside Left (big toe) then roll with the bottom of Right to the Left-repeat starting with the inside Left.

**Variations** Activity Time  Rest  Intervals

- **Round 1:** Players race to get 10 touches with just the outside of each foot then the inside. Try to combine 1 foot (pinky toe to big toe) then combine both feet.
- **Round 2:** Players try to complete inside right-inside left-roll right to left and repeat.
- **Round 3+:** try to combine the 2 patterns on their way to a planet.



### Activity 2 Dribbling Galaxy Hoppers Duration 8 mins

In a 15Wx20L yard grid with several 3 yard triangular shaped Galaxies, have all the soccer players dribble their soccer ball. In 90 seconds, challenge the players to get into and out of as many Galaxies as possible. Each new round, have them try to beat their previous score.

**Variations** Activity Time  Rest  Intervals

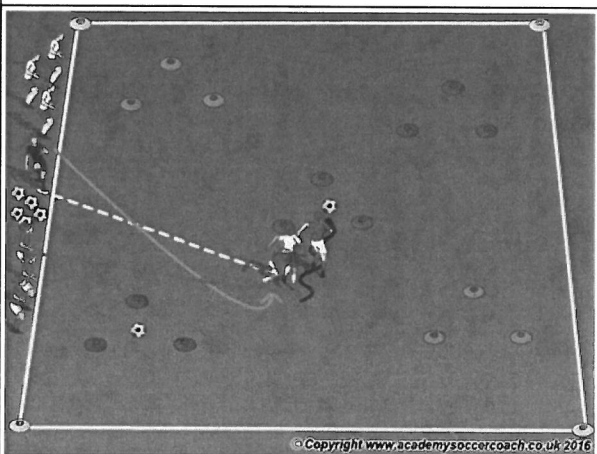
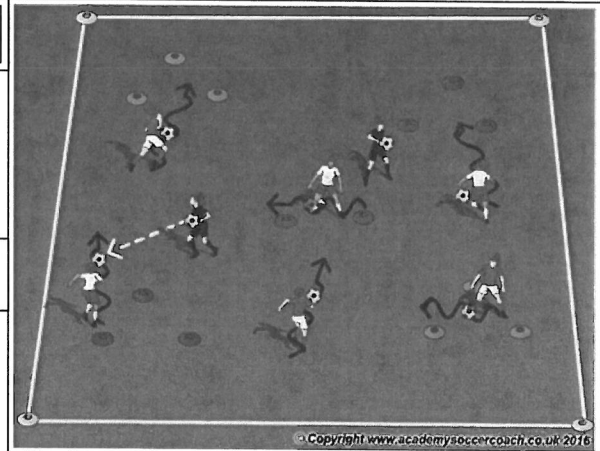
- **Round 1:** Get to as many Galaxies as possible.
- **Round 2:** Whichever side they enter the Galaxy, they must exit the same side.
- **Round 3 & 4:** Challenge the players to use the surfaces from Activity 1 on their way to each new Galaxy.

### Activity 3 Space Invaders Duration 8 mins

In a 15Wx20L yard grid with several 3 yard Space Ships (bases). Select 2 players to be it. They have the ball in their hands and guarding the ships. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.

**Variations** Activity Time  Rest  Intervals

- **Round 1:** Coaches can start guarding the ships.
- **Round 2:** Select 2 players to start as guards of the ships.
- **Round 3-4:** Only 1 player on a ship at any time.



### Activity 4 Battle Star Destroyers Duration 8 mins

In a 15Wx20L yard grid with several 3 yard triangular shaped Battle Stars. Divide the the players into 2 teams. The coach starts with all the soccer balls on the sideline and in the middle. 1 team starts on the coach's right side and the other on the left. When the coach puts a ball in play, 1 player from each team goes after it and stops it in any Battle Star. 2 Balls stopped in any Star by the same team, destroys that star.

**Variations** Activity Time  Rest  Intervals

- **Round 1:** Play 1v1 Games (can play multiple games simultaneously).
- **Round 2:** Play 2v1 or 2v2 Games.
- **Round 3 & 4:** When playing 2v1 or bigger, extra points can be awarded if both players can touch the soccer ball before they stop it in a Battle Star.

**Game - 4v4** Duration - 25 mins **Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.**

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## U6

## Practice Plans

### Activity 1 Red Light/Green Light

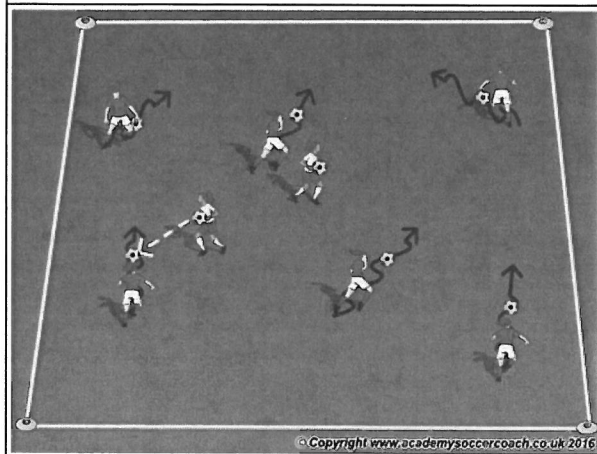
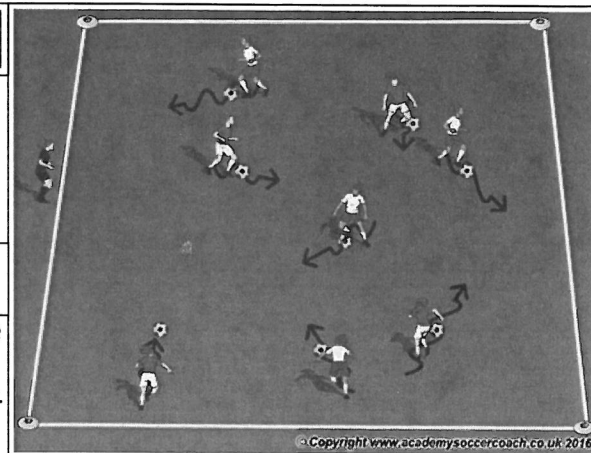
Duration 8 mins

In a 15Wx20L yard grid, each player with a soccer ball. The players dribble their ball around the grid. When the coach calls out "RED LIGHT," all players must stop their ball as fast as they can. If the coach calls out "GREEN LIGHT," all players must dribble their ball again. If the coach calls out "YELLOW LIGHT;" coach's choice, players can either dribble very fast or slow like a turtle.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players race to get 10 touches with just the outside of each foot then the inside. Try to combine 1 foot (pinky toe to big toe) then combine both feet.
- **Round 2:** Players try to complete inside right-inside left-roll right to left and repeat.
- **Round 3+:** try to combine the 2 patterns.



### Activity 2 Chaos on the Highway

Duration 8 mins

In a 15Wx20L yard grid, select 2-3 who start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their ball with their feet (like crazy drivers). The Police Patrol run around and try to ticket the crazy drivers by hitting the drivers ball with their ball (can only toss it underhand.) The Police Patrol count how many tickets they can give out in 90 seconds.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as the Police Patrol.
- **Round 2-3:** Players start as Police Patrol but trade places with the crazy driver whose ball they hit.
- **Round 4:** Any player tagged by the Police Patrol helps to write tickets.

### Activity 3 Crushing Monster Trucks

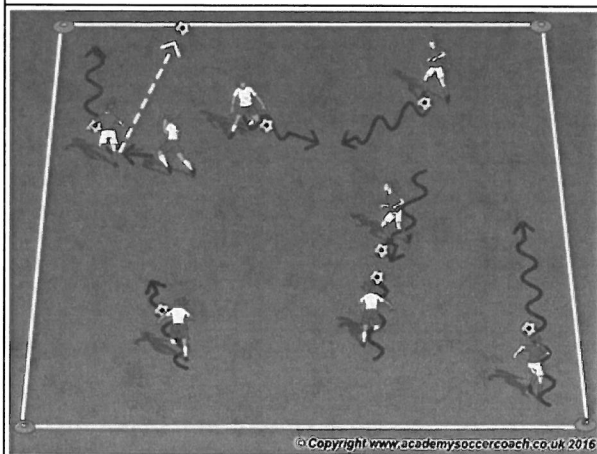
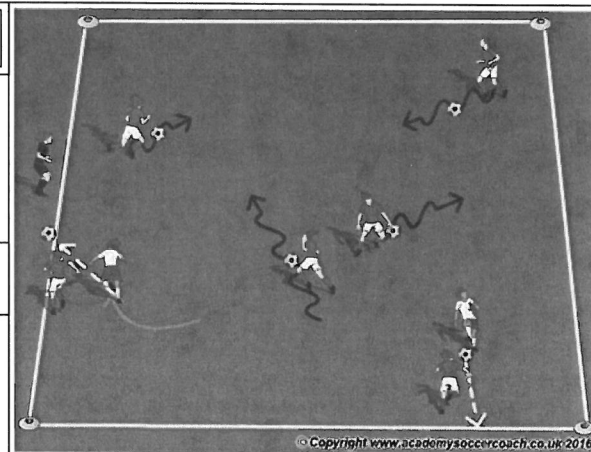
Duration 8 mins

In a 15Wx20L yard grid, select 2-3 Trucks (do not have a ball). All other players dribble their soccer ball around the grid and avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it and re-enter the game. Coach can also ask them to complete a task before re-entering such as 5 toe taps.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches can be the Monster Trucks.
- **Round 2:** 2-3 Players are the Monster Trucks and they count the number of smashes they get.
- **Round 3-4:** Monster Trucks must get the ball to the coach to earn a point.



### Activity 4 Demolition Derby

Duration 8 mins

In a 15Wx20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Only the coaches can kick the soccer balls out of the grid.
- **Round 2:** The players are now dribbling and kicking other balls out of the grid.
- **Round 3 & 4:** Once a ball is kicked out, it stays out but the player without a ball can steal another ball and try to keep it (only dribblers can kick balls out of the grid).

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

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## Practice Plans

### Activity 1 Steal The Treasure

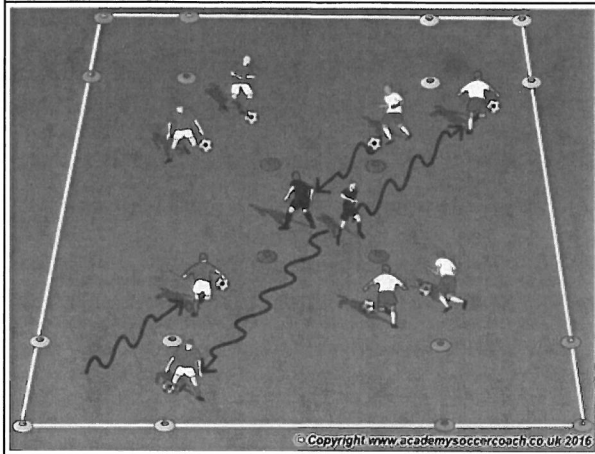
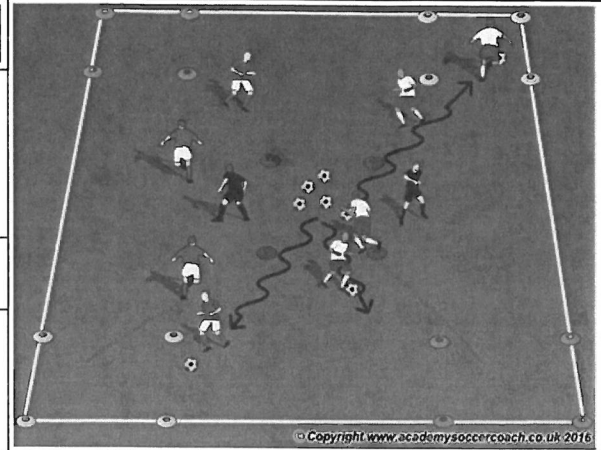
Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner (Pirate Ships) and 1 in the center of the field (Treasure Ship.) Divide the players equally between the 4 corner squares. All the soccer balls in the center square with the coaches guarding them. The players try to invade the Treasure Ship and steal soccer balls. If tagged by a coach, they must go back to their ship before they can try again.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Coaches are the guardians of the Treasure Ship & players are the invaders.
- **Round 2-4:** Select 2 or 3 players to be the guardians.



### Activity 2 Pirates' Invasion

Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner and 1 in the center of the field. Divide the players equally between the 4 corner squares and each player has a soccer ball. The coaches stay in the center square. The players try to dribble their ball into the center square, tag a coach then get back to their home square without getting tagged by the coach. Each successful dribble in and out is 100 pts.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** players try to dribble into the center square and out without getting tagged by a guardian (coach).
- **Round 2:** Players try to dribble into the center square and tag the guardians.
- **Round 3+:** 1st player to get 4 tags can switch and become a guardian.

### Activity 3 Capture the Cannon Balls

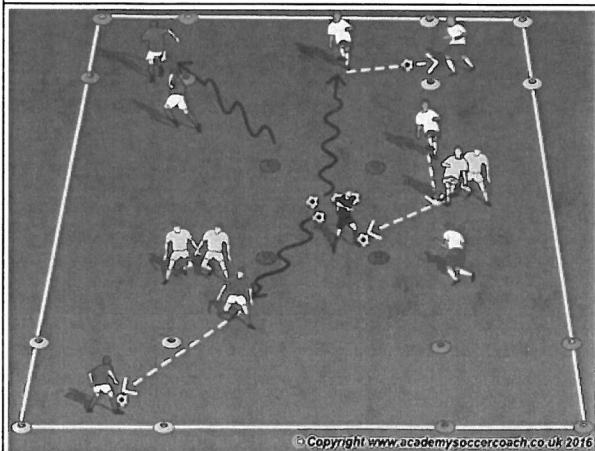
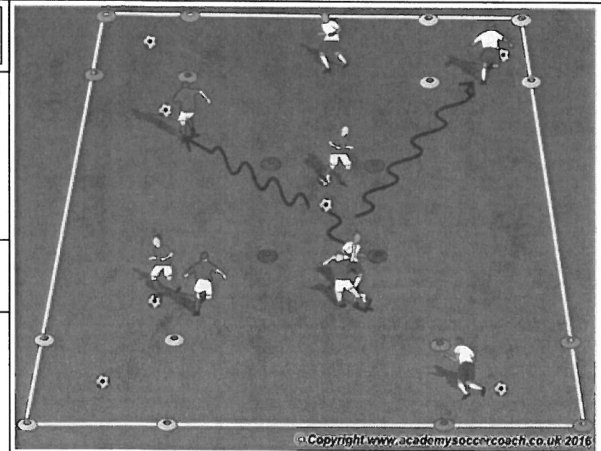
Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner (Home Ship) and 1 in the center of the field (Treasure Chest). Divide the players equally between the 4 corner squares. All the soccer balls in the center square; they are the cannon balls on a ship. On coach's command, all players will try to steal the cannon balls and take them back to their ship. Players can steal cannon balls from other ships too.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Players can only dribble the ball back to their ship.
- **Round 2:** Players can dribble or pass the ball back to their ship but ball must be stopped on the ship. **Round 3+:** Coaches can check if the players can come up with a plan to get more cannon balls back to their ship.



### Activity 4 Two-Headed Sea Monster

Duration 8 mins

15Wx20L yard grid, place a 4x4 yard square in each corner (Caves) and 1 in the center of the field (coach is in there to stop balls for the monster). Divide the players equally between the 4 corner squares. All the soccer balls in the center square. 2 pairs of players are moving around the field (joined at the hands). They steal soccer balls & pass them back to the coach. Players get any ball they can back to their cave.

#### Variations

Activity Time  Rest  Intervals

- **Round 1-2:** Players get as many balls as possible back to their cave.
- **Round 3-4:** Each team starts with a ball and try to get from cave to cave while avoiding the two-headed monster. If they lose their ball, they can get a new one from the center square and continue playing.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

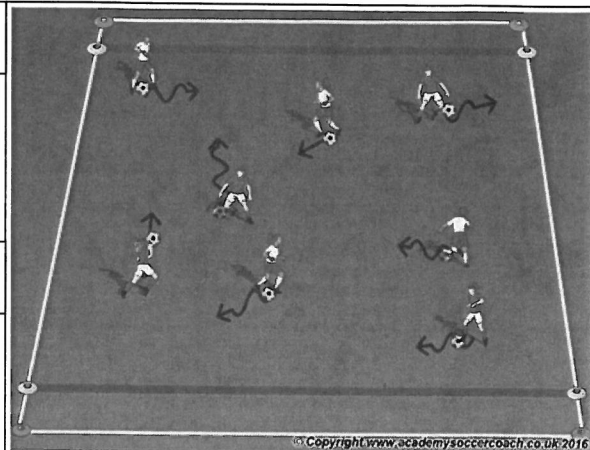
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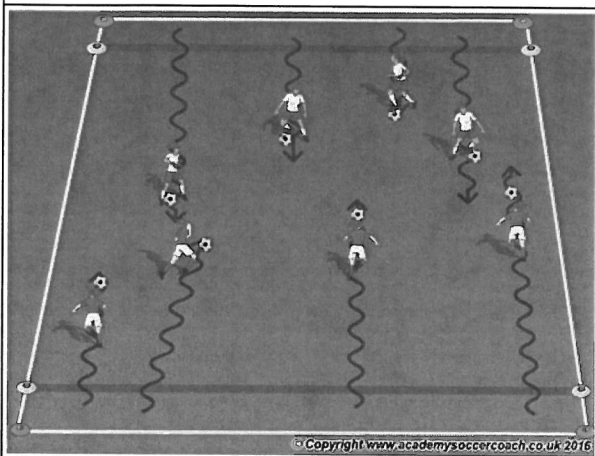
### Activity 1 4 Surfaces-Dribbling (Explore the Jungle) Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Have the players try to use 4 surfaces of their foot in 1 fluid motion and in order: Outside of the foot (pinky toe) - Inside of the foot (big toe,) laces and bottom (sole). Once the ball has been stopped, have them try it with the other foot. Players can explore the entire field including the end zones.



**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** have the players use 1 surface at a time then layer in the next surface.
- **Round 2:** have them complete the pattern with their favorite foot.
- **Round 3:** have them complete the pattern with their non-favorite foot.
- **Round 4:** have them switch feet after completing all 4 surfaces with 1 foot.



### Activity 2 Cross the Amazon Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each end line, get the players in pairs and place them on opposite sides of the grid. On the coach's command, the players will dribble their soccer ball across the river to the other side. When they arrive at the other side, they must stop their ball in the end zone. First player to stop their ball and call out their name gets a point.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

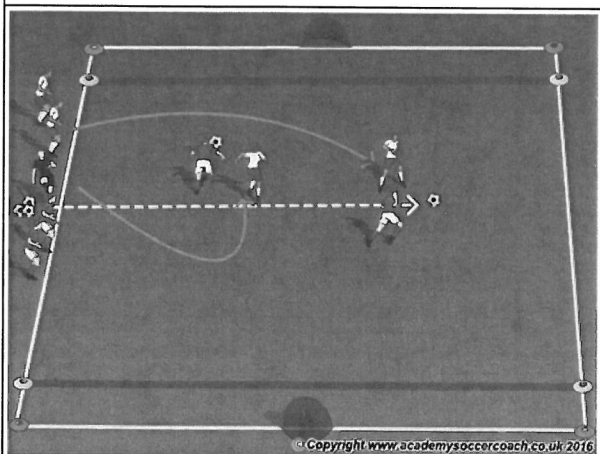
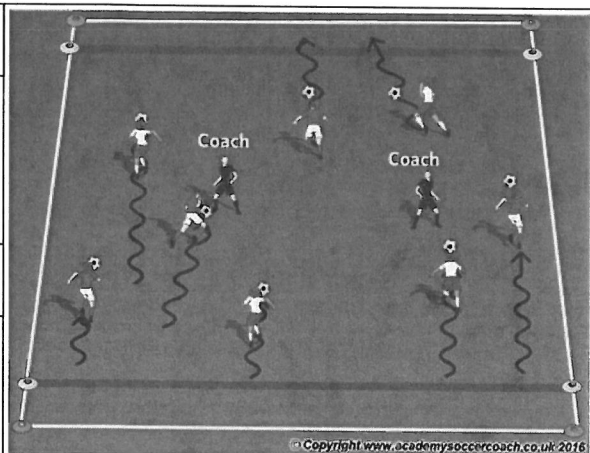
- **Round 1:** Players can use any surface they want to get across the Amazon.
- **Round 2:** Players use the laces to go forward and the sole to stop their ball.
- **Round 3:** On the way across, players can try to tag their partner for a point without getting tagged themselves.

### Activity 3 Crocs in the River Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each end line, all players start with their ball in one end zone. The coaches start as crocs in the river. On the coach's command, the players will dribble their soccer ball across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc also.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as crocs and if ball is lost, the dribbler gets another try.
- **Round 2:** Players start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 3+:** When ball is lost, dribbler becomes a croc also.



### Activity 4 2v2 Rumble in the Jungle Duration 8 mins

In a 15Wx20L yard grid, a 3 yard end zone and a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. The coach divides players into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in opponent's goal. If ball leaves the field, so do all the players.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** 2 players from each team play 2v2 to goal or ball leaves the field.
- **Round 2:** No goal can be scored from inside of the end zone.
- **Round 3:** Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

# Gospel Projects / Eastern Shore SC

## U6

## Practice Plans

### Activity 1 Eagles Nest

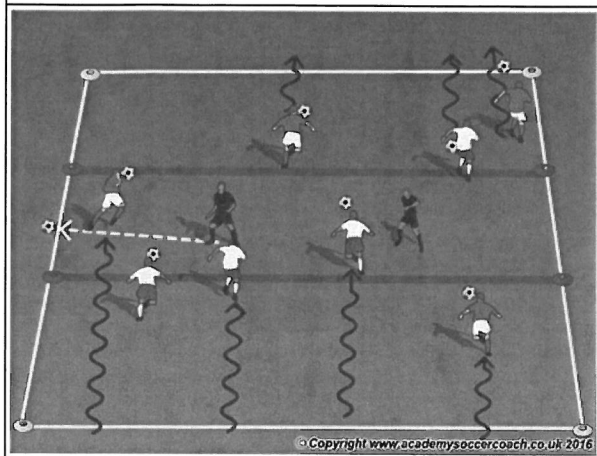
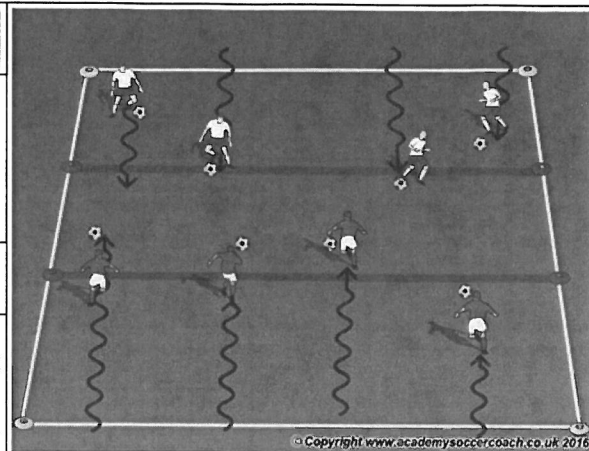
Duration

In a 15Wx20L yard grid and a 5 yard zone in the middle (Nest), divide the players into 2 teams and everyone has a soccer ball. Each team starts at opposite ends of the field. On the coach's command, the teams have to race into the center area and stop their ball. First team to have all soccer balls (Eggs) stopped in the Nest, wins. Now, have them race back to their starting end for addition victories.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Have the players get to the middle and stop as quickly as possible.
- **Round 2:** Have the players dribble with the laces and stop with the sole of the foot
- **Round 3:** Have the players try to get to the middle with their non-dominate foot.
- **Round 4:** Have the players get to middle using the inside and outside of each foot.



### Activity 2 Boston Bulldogs

Duration

In a 15Wx20L yard grid and a 5 yard zone in the middle (the dog pound), have 2 coaches start in the pound (no ball and must stay in the pound as dog catchers). The players have a ball and start on one end line. On the coach's command, all players with a ball must sneak through the dog pound without waking the catchers. If you wake the catcher and they steal your ball, you are a dog catcher.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** Coaches start as the Dog Catchers.
- **Round 2:** Coach can choose players to start as Dog Catchers.
- **Round 3 & 4:** The number of dog catchers accumulates. Dog catchers must dribble the ball out of the pound when the ball has been won.

### Activity 3 Coyote & Roadrunner

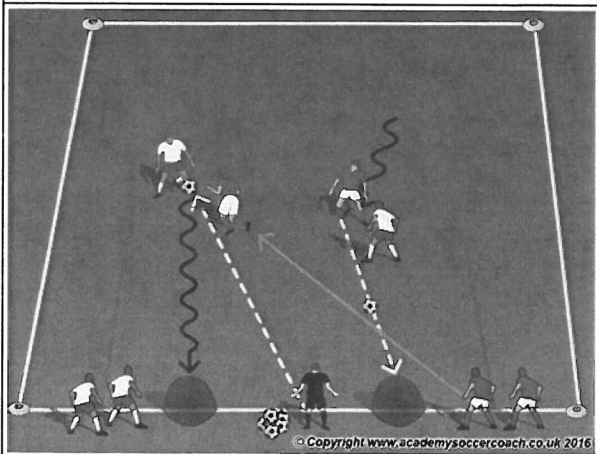
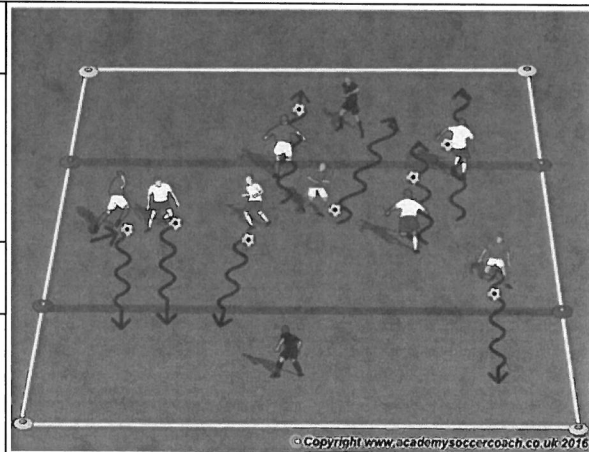
Duration

In a 15Wx20L yard grid and a 5 yard zone in the middle (Roadrunner's hideout), 1 coach in each end (Coyotes), the rest of the players in the cave dribbling a soccer ball (Roadrunners), When the coach calls out "Dinner Time," the Roadrunners must dribble out to either end line. If the Coyote tags them, they become Coyotes too. Now they must sneak back to the hideout after they finish dinner.

#### Variations

Activity Time  Rest  Intervals

- Round 1: Coaches start as the Coyote.
- Round 2: Players start as Coyotes but switch roles when the ball is lost.
- Round 3: Coyotes accumulate as they tag Roadrunners or win their ball.
- Round 4: Roadrunners have to get out to the end line and back to their cave.



### Activity 4 Tigers vs Lions

Duration

In a 15Wx20L yard grid and 2 goals on the same end line, the coach will divide the players into 2 teams; 1 group are the Tigers and the other are the Lions. The coach sets up between the 2 goals with all the soccer balls. The Tigers start on the coaches left and Lions on the right. When the coach serves a ball onto the field, 1 player from each team chase the ball and score it in their team's goal.

#### Variations

Activity Time  Rest  Intervals

- **Round 1:** 1 Player from each team enters the field.
- **Round 2:** Multiple 1v1 games played at the same time.
- **Round 3 & 4:** Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.



# Gospel Projects / Eastern Shore SC

## U6

## Practice Plans

### Activity 1 The Hungry Caterpillar

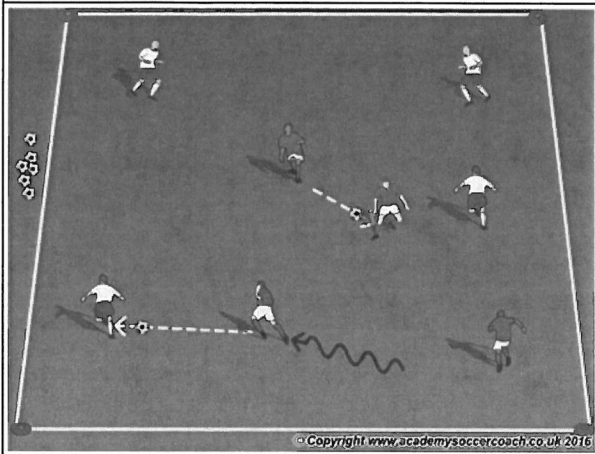
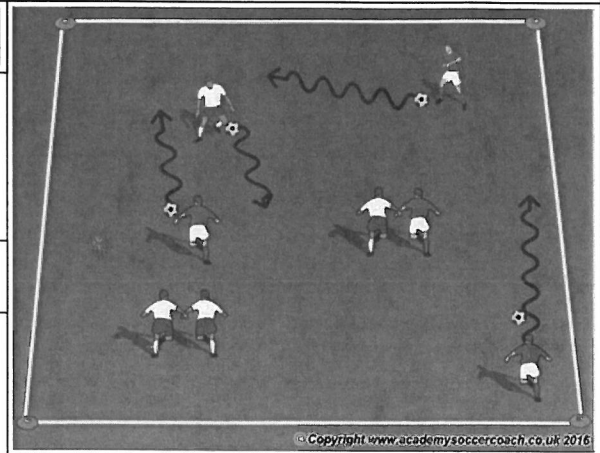
Duration 8 mins

In a 15Wx20L yard grid, all players are dribbling their soccer ball (pieces of fruit) except for 1 or 2. The players without a ball are Hungry Caterpillars and each will try to make themselves the biggest. They chase the dribblers around to get their fruit. If a dribbler or their ball gets tagged, they join the Caterpillar to make it grow. First caterpillar to get 4 player becomes the giant butterfly.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as the Hungry Caterpillars.
- **Round 2:** Select players to start as Hungry Caterpillars.
- **Round 3:** If the dribblers can last for 20 seconds without getting tagged, they can pick a teammate from the Caterpillar to be a dribbler again.



### Activity 2 Hansel & Gretel

Duration 8 mins

In a 15Wx20L yard grid, select 2 players to start as Thing 1 & Thing 2; they do not need a soccer ball and can only hop around the field. The rest of the players start at one end line with a ball; they are Cats in Hats. On the coaches command, the dribblers try to get across the field without getting tagged by a Thing. If a dribbler gets tagged, they become a Thing also.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches are Things but do not have to hop or skip.
- **Round 2:** Players are Things and must hop or skip.
- **Round 3:** Dribblers have to get the entire way across and back without getting tagged by a Thing.

### Activity 3 The Cat In The Hat vs Things 1 & 2

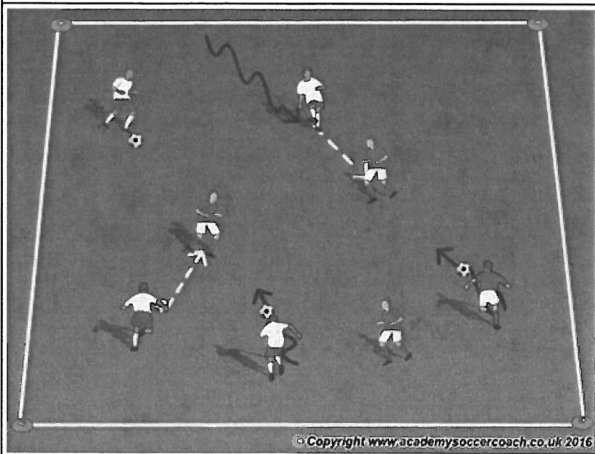
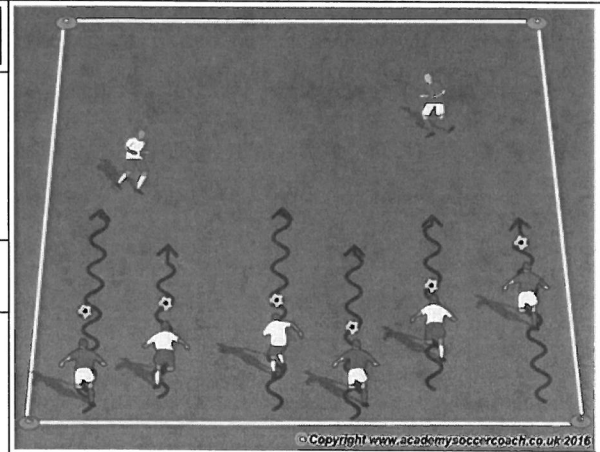
Duration 8 mins

In a 15Wx20L yard grid, select 2 players to start as Thing 1 & Thing 2; they do not need a soccer ball and can only hop around the field. The rest of the players start at one end line with a ball; they are Cats in Hats. On the coaches command, the dribblers try to get across the field without getting tagged by a Thing. If a dribbler gets tagged, they become a Thing also.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches are Things but do not have to hop or skip.
- **Round 2:** Players are Things and must hop or skip.
- **Round 3:** Dribblers have to get the entire way across and back without getting tagged by a Thing.



### Activity 4 Tiggers vs Rabbits (Whinnie the Pooh)

Duration 8 mins

In a 15Wx20L yard grid, the coach will divide the team into 2 teams; 1 team is the Tiggers and the other is the Rabbits. The Tiggers start without a ball and can only hop or skip. The Rabbits start with a ball and try to hit the Tiggers below their knees. When a Rabbit hits a Tigger, the Tigger becomes a Rabbit.

#### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Rabbits start with the ball and they count the number of Tiggers hit.
- **Round 2:** Tiggers become Rabbits and vice versa (switch roles).
- **Round 3 & 4:** Tiggers become Rabbits when hit and the number of Rabbits grows.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.

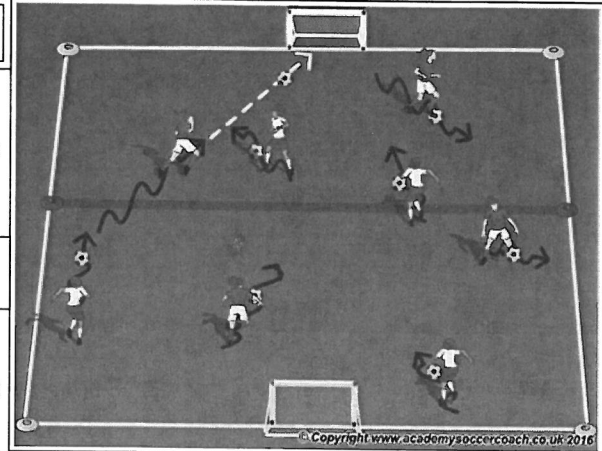
# Gospel Projects / Eastern Shore SC

U6

## Practice Plans

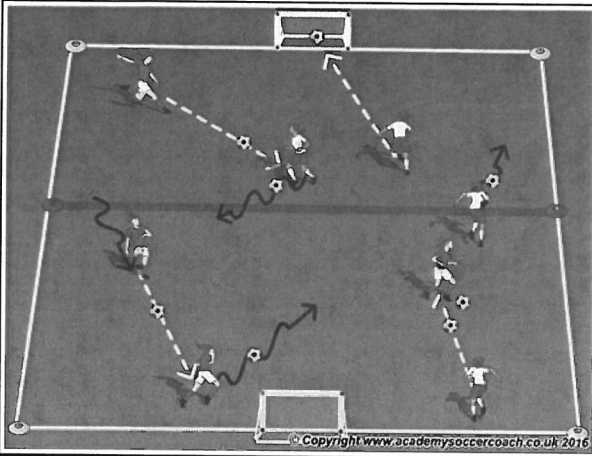
### Activity 1 10 Touches x 2 to Goal Duration 8 mins

In a 15Wx20L yard grid, 1 goal at each end & all player with a soccer ball. The players dribble their soccer ball a specific pattern: Right foot - Outside of the foot (pinky toe)-Inside of the foot (big toe)-repeat with Left foot. Inside Right (big toe) to inside Left (big toe) then roll with the bottom of right to the left-repeat starting with the inside left. On the coach's command, they all race to either of the 2 goals.



**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players combine all touches with both feet.
- **Round 2:** Players race to any goal on coach's command.
- **Round 3+:** Players can race their friend; who can get all 10 touches twice, then get to any goal the fastest?



### Activity 2 3 Strikes You're Out Duration 8 mins

In a 15Wx20L yard grid, a goal at each end, all players dribble their soccer ball. They will try to tag other players by hitting them below the knee with their ball. Once a player is tagged for the first time, he/she will put a hand behind their back. The second time, the other hand is placed on their head. Third time, they struck out and must quickly score in either goal before they can get back into the game.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

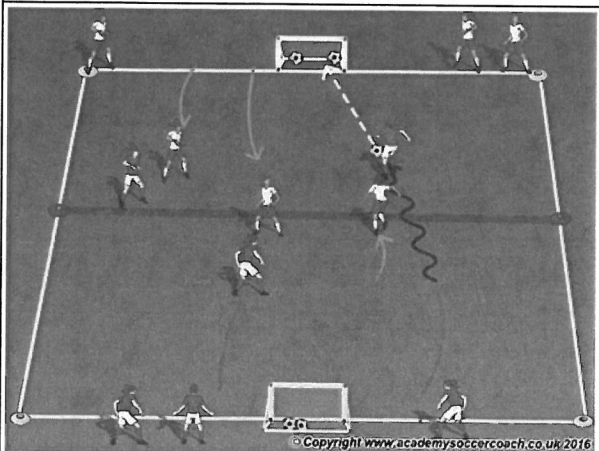
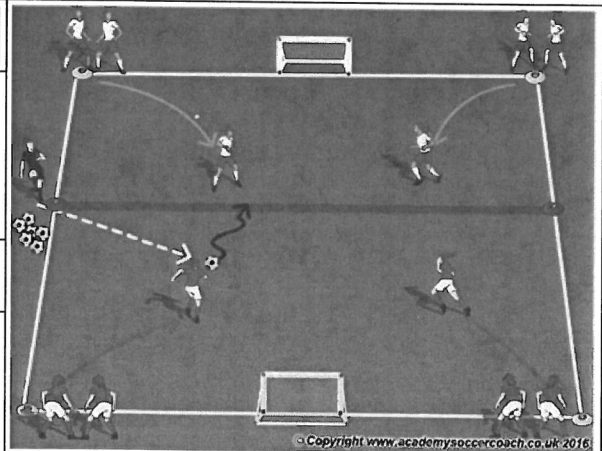
- **Round 1:** Coaches are the only taggers.
- **Round 2-3:** Select 2-3 players to help the coaches as taggers.
- **Round 4:** Everyone is a tagger but must also avoid getting tagged.

### Activity 3 4 Corner Shootout Duration 8 mins

15Wx20L yard grid and a goal on each end line, divide the players into 2 teams. Players of the 1 team are split between the 2 corners on 1 side and the other team splits between the 2 corners on the other. When the coach puts a ball into play, 1 player comes out from each corner to play 2v2. The game is over when a goal is scored or the ball goes out. Coach serves another ball and new players go.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Play a 2v2 game with no additional incentives.
- **Round 2:** Extra points if both players on a team touch the soccer ball before scoring.
- **Rounds 3-4:** Extra points for goals scored from behind the midfield line.



### Activity 4 All 5 Wins Duration 8 mins

15Wx20L yard grid, a goal at each end, 2 soccer balls in each goal and 1 to start the game. Divide the players into 2 teams of 6; 3 on the field and 3 on deck. Play the game and if a team scores, they get another ball from their own goal and the game continues (make it-take it). After 90 seconds, if your goal is not empty, switch the players on the field and the game continues. First team to get all 5 in 1 goal wins.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Play for 90 seconds or all balls are in 1 goal. - Game is continuous even when you rotate players.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.