



**KCSL**  
Kosciusko County Soccer League

# Practice Plan

Team	Theme	Date
All	Ball Touches—Dribbling to beat an opponent	10/6/12

Don't forget to use the ASAP method

**Announce the skill. Show (or demonstrate) the skill. Attend to your players while they practice the skill. Progressions (slowly add some pressure to further develop the skill).**

	Activity Detail	Coaching Points/Diagrams
Warm-Up/ Dynamic Stretching (8 min)	<b>Grid Dribbling.</b> Everyone has a ball inside your marked grid. Players simply dribble around within the grid. The coaches walk around and encourage players to dribble around him/her. <i>Coaching Points: Point out to players to use and move to open spaces within the grid. This will force them to look up more often. Also, when dribbling around the coach, have them use right foot to dribble right, left foot to dribble left.</i>	
Individual Skills/ Activities (8 min)	<b>Dribble Tag.</b> Everyone has a ball inside the grid. Two or three players are "it" and carry either a vest or towel. "It" players dribble around and try to tag someone. When they do, they drop the vest/towel and the tagged player becomes "it". <i>Coaching Points: Be brave! Try to fake someone out. Work together with another "it" player. Work on change of speed, change of direction, moving to open spaces.</i>	
Small Group Activities (15 min)	<b>River Crossing.</b> Everyone has a ball except for one player who stays inside a skinny rectangle. That player is the "alligator" and he must stay inside the marked rectangle. Players with the ball have to cross the "river" without the alligator stealing their ball. If the ball is stolen, that player becomes another alligator. Play until about half of the players are alligators and start again. <i>Coaching Points: Look to move to open space. Introduce change of speed concept.</i>	
Larger Group Activities (15 min)	<b>Endzone Game.</b> Divide the players into two equal teams. Set up an endzone on each end of the playing area. Instead of scoring by getting the ball into a net, a score is made by a player dribbling safely into the endzone. <b>Progression: Use two balls.</b> <i>Coaching Points: Continue emphasis of looking for and moving to open spaces. Game will blend dribbling control with need to pass.</i>	
Cool Down/ Notes	Your practice sessions will typically end working up towards game time. Cool down not necessary.	<ul style="list-style-type: none"> <li>• Continue to emphasize CONTROL of speed, whether dribbling or passing. Now add idea of keeping your eyes UP instead of on the ball and looking for and moving to open spaces.</li> </ul>

A large amount of information used here was provided by [www.coachingsoccer101.com](http://www.coachingsoccer101.com). Please visit the site for more coaching instruction and practice session ideas: [www.coachingsoccer101.com/drills.htm](http://www.coachingsoccer101.com/drills.htm). If you have any questions, contact your Director of Coaching: Troy Burns at [familyburns@ymail.com](mailto:familyburns@ymail.com).

