

HYS Practice Plan: K Week 2

Activity #1: Ouch (10 mins)

Each player has a ball. The coaches move around while players try to hit them with the ball below the knee. Play several rounds as follows:

- Round 1: Shoot with the inside of your right foot (2 min) – one point for each hit
- Round 2: Shoot with the inside of your left foot (2 min) – two points for each hit
- Round 3: Shoot with the laces on your right foot (2 min) – five points for each hit
- Round 4: Shoot with the laces on your left foot (2 min) – 10 points per hit

Activity #2: Red Light/Green Light (10 mins)

All players have a ball and dribble in a limited space. When coach says “red light,” players must stop the ball and put a foot on top of the ball. When coach says “yellow light,” players must dribble very slowly. When coach says “green light,” players dribble fast. Once players catch on to this game, add light of other colors and affix different actions to them (i.e., blue light = go in reverse, orange light = get on all fours and push the ball with your head, purple light = juggle the ball on your thigh, etc.)

Activity #3: Tunnel Ball

The parents will be standing inside the area, spread apart from one another with their legs together. The kids will be next to you and on your command will dribble their soccer ball in and out of their parents are. When you shout "Tunnel Ball" the parents will open their legs wide and the young players have to kick (pass -inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble.

Variations: A nice little progression for this game can be to get the kids to crawl through the adult's legs after they have kicked their ball through. Kids love getting dirty and being mischievous and this will add a little fun to the game.

Alternative Activity

Fishy Fishy, Get out of Here, Simon Says

Scrimmage (15 mins)

Break off into two games if you have enough players. If you can try to even the teams up, the goal is for the games to be close and the kids to have fun. If one team is beating the other by a lot add a player to the other team.

