



# Practice Planner

**Category:** Technical: Ball Control  
**Difficulty:** Beginner

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Individual-Adult Member

## Description

Guide to follow for practice planning. The first step to a well-run practice is organization.

## Warm Up

### WARM UP

The warm up is a very important aspect of every team's practice session. At the U6 & U8 age groups, the warm up is similar to the other activities the group does throughout the session. At the U9 age group, you can begin doing specific warm ups to prepare for your session. Also, warming up prior to games is important. Players should be physically and mentally preparing for practice sessions and games.



## Skill Development

### Skill Development

Fundamentals are a key part of every player's development and needs to be incorporated in a team's practice session, at every age level.

Allowing players the opportunity to get as many touches with the ball as possible in a practice session will build their confidence for game situations.

Fundamental Skills -

Dribbling, First Touch, Passing & Receiving, Attacking Moves, Turns / Change of Direction, Accelerating / Speed Dribbling, Using different parts of feet to dribble and receive



## Small-Sided Games

### Small Sided Games - 2v1, 3v3, 4v4

All teams benefit from integrating SSGs into their practice sessions. These are fast paced and continual flowing activities that are fun and constructive for the individual player and the team as a whole. There are so many aspects of soccer that you can focus on by playing SSGs. The different restrictions placed on a particular game will get your desired result.

### Benefits of SSGs

Quicker decisions, More thinking, More touches, Everyone involved at all times

Teaches tactics in a simpler way

With small numbers, the best teacher is the game itself

With fewer players and a smaller field size, each player gets more touches on the ball

Allows players to make simpler decisions and develop an earlier, better understanding of the game

Smaller fields mean more players are directly involved in play

More goal scoring opportunities

**Full-Sided Games** (7v7, 9v9, or 11v11) are another way to end your practice sessions.

