



CYSA US PRACTICE PLAN

WEEK: 1

FOCUS: DRIBBLING / SHARING SOCCER

THEME: TOY STORY (MOVIES)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p><u>FOLLOW WOODY:</u></p> <ol style="list-style-type: none"> 1. Explain to the players at the start of the session that today they are going to be characters from Toy Story and you are going to be Woody their tour guide. 2. Have the players follow you in a straight line first off. 3. Walk the players around the coned area. 4. At every couple of paces, introduce a character from Toy Story and have the players perform different movements e.g. walk like: Buzz Light-year, Mr. Potato Head, Slinky Dog, Rex, Haam, Bo Peep... 		<ol style="list-style-type: none"> 1. Carry the ball around the area 2. Dribble the ball around the area 3. Can you try and use both feet 4. Can coach zig zag as well as a straight line
ACTIVITY 2	<p><u>TOY TRAP:</u></p> <ol style="list-style-type: none"> 1. The whole group starts in one corner and the coach puts all the toys (balls) in the middle of the bedroom (area). 2. The coach then tells them we are going to run around to see who can pat (with hands) the most toys (balls). 3. Coach then quizzes the group, on how many soccer balls they touched? 4. ask the players to touch the ball using the underneath of their sole (tapping the ball lightly). 		<ol style="list-style-type: none"> 1. Touch each ball twice (left & right) 2. In-between the feet (toe taps) 3. Jump over ball 4. Drag back turn on each ball
ACTIVITY 3	<p><u>WHAT TIME IS IT BUZZ?:</u></p> <ol style="list-style-type: none"> 1. Players are on the side of the playing area, coach (Buzz) is on the other. 2. They ask what the time is: 'What time is it Buzz Lightyear? Buzz replies with a time, they move forward with the number of steps corresponding to the number of hours. Seven o'clock= seven touches forward with the ball. 3. If Buzz shouts 'To infinity ... and beyond!' that means he wants to take their toy (ball). Buzz chases the players back to line where they started, where they are safe (toy trunk). 4. If Buzz gets a toy, then that player joins Buzz in cleaning the bedroom floor. 		<ol style="list-style-type: none"> 1. Use the sole to move the ball forward 2. Toe tap forward (both feet) 3. Perform a drag back turn to get back to safe base! 4. Have a player join you as Buzz Lightyear!
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA US PRACTICE PLAN

WEEK: 2

FOCUS: MOVING THE BALL

THEME: CARS (MOVIES)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p>HOOD AND TRUNK:</p> <ol style="list-style-type: none"> Each player has a ball. Players walk balls around area with and on Coach command; they must put their 'Hood' (head) or 'trunk' (backside) on soccer ball. Then have players jog with the ball. 		<ol style="list-style-type: none"> Introduce other car parts – engine=chest, wipers=toe-taps, etc. When dribbling use different speeds: Strip Weathers = Walk Chick Hicks = Jog Lightning McQueen = Fast Introduce Combinations; 'Hood followed by trunk!'
ACTIVITY 2	<p>PISTOL CUP CHAMPIONSHIP:</p> <ol style="list-style-type: none"> Each player has a ball and follows coach command: Red=Stop, Green=Go, Yellow=Slow. On 'Red' Get players to make a noise and screech to a halt. Last person to stop the ball gets a ticket. 		<ol style="list-style-type: none"> Take the speeds from the previous game: Strip Weathers=Slow Chick Hicks=Medium Lightning McQueen=Fast Introduce other commands: Up Hill=Foundations Car Wash=Toe Taps U-Turn=Turn Circle=Circle the ball, Over the Bridge=Stop the ball and jump over it.
ACTIVITY 3	<p>SPEEDWAY FORMATION:</p> <ol style="list-style-type: none"> Players dribble around area, waiting for the announcer (coach) to call out commands: "Hit the brakes" = the kids stop, place one foot on the ball and say "vrooom" "vrooom." "Pit stop" = the kids stop, and do 'toe-taps' on the ball and with their hands up, changing the tires. "Rev those engines" = on the spot the kids roll the ball backwards and forwards using the bottom of their foot. Use both feet! "Reverse" = the kids (perhaps without knowing it) will learn a quick turn known as the dragback/pull-back turn. Get the kids to stop, put one foot on the ball, and roll the ball behind them using the bottom of their foot. "Race to the Finish" = the kids kick their soccer ball using the inside of their foot as far away as possible. 		<ol style="list-style-type: none"> Introduce each command, then vary them up. Keep the ball close to feet. Try and introduce using each foot, inside of foot, and outside of foot.
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA US PRACTICE PLAN

WEEK: 3

FOCUS: MOVEMENT WITH THE BALL

THEME: SPONGEBOB SQUAREPANTS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p><u>SPONGEBOB SAYS:</u></p> <ol style="list-style-type: none"> Each player has a ball and moves around Bikini Bottom. Coach (SpongeBob) shouts various instructions <ul style="list-style-type: none"> If coach command is preceded by "SpongeBob says" then players must carry it out, if not the player ignores the command and continues to move around Bikini Bottom. Use commands to work on coordination and balance as well as touches on the ball: <ul style="list-style-type: none"> Throw ball up and catch Touch with inside of foot Touch with outside of foot Toe touches Foundations 		<ol style="list-style-type: none"> Make the commands quicker Increase difficulty of command <ul style="list-style-type: none"> e.g. toe taps and then accelerate
ACTIVITY 2	<p><u>MR. KRABS:</u></p> <ol style="list-style-type: none"> All players have a sponge (pinney) tucked into the back of their shorts. Coach starts as Mr. Krabs and will try to grab the sponges from the players and place them in the Krusty Krab (an area coned off at one corner of area). If player has their sponge taken they join Mr. Krabs in the hunt for sponges. 		<ol style="list-style-type: none"> Introduce each player having a ball
ACTIVITY 3	<p><u>LITTLE PLANKTON:</u></p> <ol style="list-style-type: none"> Set up a square (use lots of cones to clearly mark out) in middle of playing area. Select a Plankton and place plankton (wearing a pinney) inside square. Each player has a ball. Players begin by carrying ball and trying to run across square without being tagged to get a point. Plankton is not allowed out of square but gets a point every time they touch a player. Rotate the plankton player after a minute. 		<ol style="list-style-type: none"> Players dribble ball. Player has to dribble in and turn out of square to get a point.
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA US PRACTICE PLAN

WEEK: 4

FOCUS: CONTROLLING THE BALL

THEME: FINDING NEMO (MOVIE)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p><u>LITTLE SEA CREATURES:</u></p> <ol style="list-style-type: none"> 1. Coach scatters cones (sea rocks) around area. 2. Players start in one of the 4 corners of playing area without a ball. 3. Players run in and out of the cones without touching them – they can jump over or run around. 4. On coach command 'Sea Creatures!', players stop, and imitate a statue of a sea creature. 5. Coach then tells the little creatures to resume swimming (running in and out of the cones). 		<ol style="list-style-type: none"> 1. Add a ball on command; players must do their statue with one foot on top of the ball.
ACTIVITY 2	<p><u>SEA BED:</u></p> <ol style="list-style-type: none"> 1. Each player has a ball and has to avoid the sea rocks (cones) which are scattered around the seabed/playing area. 2. If the player's ball hits a rock they have to go to the shore and perform a soccer trick – toe taps/fundations/jump over ball a certain number of times. 		<ol style="list-style-type: none"> 1. Coach is a fisherman and tries to catch fish by touching the top of a player's ball with their foot. Player if frozen for 10 seconds and must count out loud until they can move again.
ACTIVITY 3	<p><u>STUCK IN THE TANK:</u></p> <ol style="list-style-type: none"> 1. Each player has a ball. 2. Coach is fisherman and the players are characters from 'Finding Nemo'. 3. The fisherman has to touch the top of a player's ball to freeze them. 4. When player is tagged they pick their ball up, hold it high above their head and yell 'help help I'm stuck in the tank!' 5. Another player comes along and must crawl through players' legs to release them. 		<ol style="list-style-type: none"> 1. Roll ball through legs to release. 2. Add fishermen.
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA US PRACTICE PLAN

WEEK: 5

FOCUS: CHANGING DIRECTION

THEME: MONSTERS INC. (MOVIE)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p><u>MONSTER COUNTDOWN:</u></p> <ol style="list-style-type: none"> Each player has a ball. Players dribble their soccer ball around the bedroom (field). They dribble till they hear Sulley count down from 5-1. Players have to find a space (at least an arm's length away from all other players) and be stopped in a space on the number 1. 		<ol style="list-style-type: none"> Scatter cones around the playing area, and instead of looking for a space to find, on the count they look for a cone. Gradually take cones away.
ACTIVITY 2	<p><u>MONSTER SPIN:</u></p> <ol style="list-style-type: none"> Each player has a ball. Players carry the ball around bedroom and on Sulley's command have to make a full 1 circle (360) and then carry on moving in the direction they were travelling. 		<ol style="list-style-type: none"> Players must throw ball up before spinning a catch it. Players dribble ball with feet. Players do different movements before spinning <ul style="list-style-type: none"> - Toe taps, - Foundations
ACTIVITY 3	<p><u>MONSTER KNOCKOUT:</u></p> <ol style="list-style-type: none"> Each player has a ball. Players are dribbling their balls around Monstropolis. Sulley (Coach) is attempting to knock the player's balls out of the area (bedroom). When a player has their ball knocked out, they have to perform a soccer trick to get back in the game: <ul style="list-style-type: none"> - Toe taps - Foundations - Jump over the ball a certain number of times 		<ol style="list-style-type: none"> Player becomes Sulley. Add another Sulley.
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA US PRACTICE PLAN

WEEK: 6

FOCUS: BALL MASTERY

THEME: MADAGASCAR (MOVIES)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p><u>AT THE ZOO:</u></p> <ol style="list-style-type: none"> 1. Players move around zoo without a ball. 2. In each corner of playing area, they to see a particular group of animals 3. Players act like that animal: <ul style="list-style-type: none"> - Monkeys – jump up and down and make monkey noises - Penguins – shake hands - Giraffes – stretch as high as they can, - Whales – jump and spin. 		<ol style="list-style-type: none"> 1. Scatter cones around the playing area, and instead of looking for a space to find, on the count they look for a cone. 2. Gradually take cones away.
ACTIVITY 2	<p><u>SAFARI:</u></p> <ol style="list-style-type: none"> 1. Each player has a ball. 2. Players are on safari in Madagascar but have to listen out for the Lion's (coach) command: <ul style="list-style-type: none"> - Zoo Keeper=Stop, Last person to stop the ball gets a roar! - Escape Time=Go, - Zoo Truck =Slow. 		<ol style="list-style-type: none"> 1. Introduce the following commands: <ul style="list-style-type: none"> - Climb the Tree=Foundations - Coconuts=Toe Taps - Ambush=Turn - Around the Lake=Circle the ball - Over the River=Stop the ball and jump over it - Thorn in the Foot=Use other foot
ACTIVITY 3	<p><u>CIRCLE THE JUNGLE:</u></p> <ol style="list-style-type: none"> 1. Make a large circle (jungle) in area. 2. Each player has a ball. Players dribble around outside of circle and on the coach's command, have to dribble across the circle to other side and continue to dribble. 		<ol style="list-style-type: none"> 1. Coach raises an arm instead of verbal command 2. Have a lion who tries to get their ball as they travel across jungle
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA U5 PRACTICE PLAN

WEEK: 7

FOCUS: RUNNING WITH THE BALL

THEME: THE INCREDIBLES (MOVIE)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p><u>INCREDIBLE CONE COLLECTION:</u></p> <ol style="list-style-type: none"> Each player has a ball. Their first task is to collect a cone and wear it as a hat which gives them Incredible super powers. Can they dribble their ball around wearing a super power hat? 		<ol style="list-style-type: none"> Switch hats with a friend. Turn with ball. On coach's command "Syndrome is coming", get to one corner of area as quickly as possible to be safe from his x-rays.
ACTIVITY 2	<p><u>SUPERPOWER CHALLENGE:</u></p> <ol style="list-style-type: none"> Each player has a ball. Players (Incredibles) dribble around the area and on coach command have to stop their ball, jump over it and go and find another ball and dribble it away. Each time they do their power gets stronger. 		<ol style="list-style-type: none"> Toe Taps on ball before switching Foundations Player must dribble to one corner, leave their ball and go and get another one.
ACTIVITY 3	<p><u>INCREDIBLES RELAY:</u></p> <ol style="list-style-type: none"> Put the players into teams of 2-3 Have them complete a short relay race using a high five as a changeover. 		<ol style="list-style-type: none"> Toe Taps out and dribble back Foundations out and dribble back Inside hook turn Outside hook turn
GAME	DIVIDE PLAYERS EVENLY	4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.	





CYSA US PRACTICE PLAN

WEEK: 8

FOCUS: INTRODUCTION TO SHOOTING

THEME: KUNG FU PANDA (MOVIES)

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
ACTIVITY 1	<p>THE FURIOUS 5:</p> <ol style="list-style-type: none"> 1. Players each have a ball in the area. 2. Have players change speed on command throughout the time period. 3. Have players use every part of their foot to touch the ball, changing direction with every touch. Have players use only sole of one foot, then both soles; be creative. 4. Pretend everyone is a defender; keep the body between the ball. 		<ol style="list-style-type: none"> 1. Who can get the most touches in 30 seconds 2. Add defender
ACTIVITY 2	<p>KUNG FU FINISH:</p> <ol style="list-style-type: none"> 1. Put 2 cones opposite the goalposts and 10 yards away from goal. 2. 2 players go at same time and dribble out to cone, turn and shoot on goal. 		<ol style="list-style-type: none"> 1. Add a Goalkeeper. 2. Players start at opposite goals and now dribble across field before shooting.
ACTIVITY 3	<p>KUNG FU TO FOUR GOALS:</p> <ol style="list-style-type: none"> 1. With 3x3 teams, both teams compete for the ball and try to score in anyone of the four goals. 2. If one goal is heavily defended can the player in possession turn and run with the ball to another goal. 3. Make the goals (6 Yards) big to start with. 		<ol style="list-style-type: none"> 1. Narrow goals 2. Award points for moves
GAME	<p>DIVIDE PLAYERS EVENLY 4 periods of 6 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES: no throw in's, corners/goal kicks or punting. Reduce stoppages and encourage lots of dribbling.FUN, FUN, FUN.</p>		

