



In-School Soccer Program

By Coach Petar Bajic

Day 1

Number of Players:	22	AGE:	7-10	Ability Level	MIXED
Health Issues:	(E.g. asthma, shin splits, knee injury, back injury, heart problems, breathing problems, etc).				
Particular Needs:	(Health, religious, gender related, etc.)				
Equipment needed:	Shin guards, Soccer Ball (size 4), Soccer Practice Kit, Soccer Shoes and Refreshments. Do not forget your equipment!				

Time	Day: 1	Practice Plan	Date: 15/ Jan /2016 /
2:45pm-2:50pm		<ul style="list-style-type: none"> <u>Introduction</u> - (coach Petar's intro, practice rules, questions and answers). 	
2:50pm-3:00pm		<ul style="list-style-type: none"> <u>Warm Up</u> – with “Sharks and Minnows” running and tagging game. 	
3:00pm-3:15pm		<ul style="list-style-type: none"> <u>Agility Drill</u> - (series of short and fun agility drills). 	
3:15pm-3:20pm		<ul style="list-style-type: none"> <u>Water Break</u> – (time for refreshments). 	
3:20pm-3:35pm		<ul style="list-style-type: none"> <u>Numbers Drill</u> - (scroll down for more details). 	
3:35pm-3:50pm		<ul style="list-style-type: none"> <u>World Cup Drill</u> - (scroll down for more details). 	
3:50pm-3:55pm		<ul style="list-style-type: none"> <u>Cool Down</u> – (slow pace running and stretching). 	
3:55pm-4:00pm		<ul style="list-style-type: none"> <u>Practice Overview</u> – (Four Corners: Technical Outcomes, Physical Outcomes, Social Outcomes, and Psychological Outcomes). 	
Total Hours = 1.15			

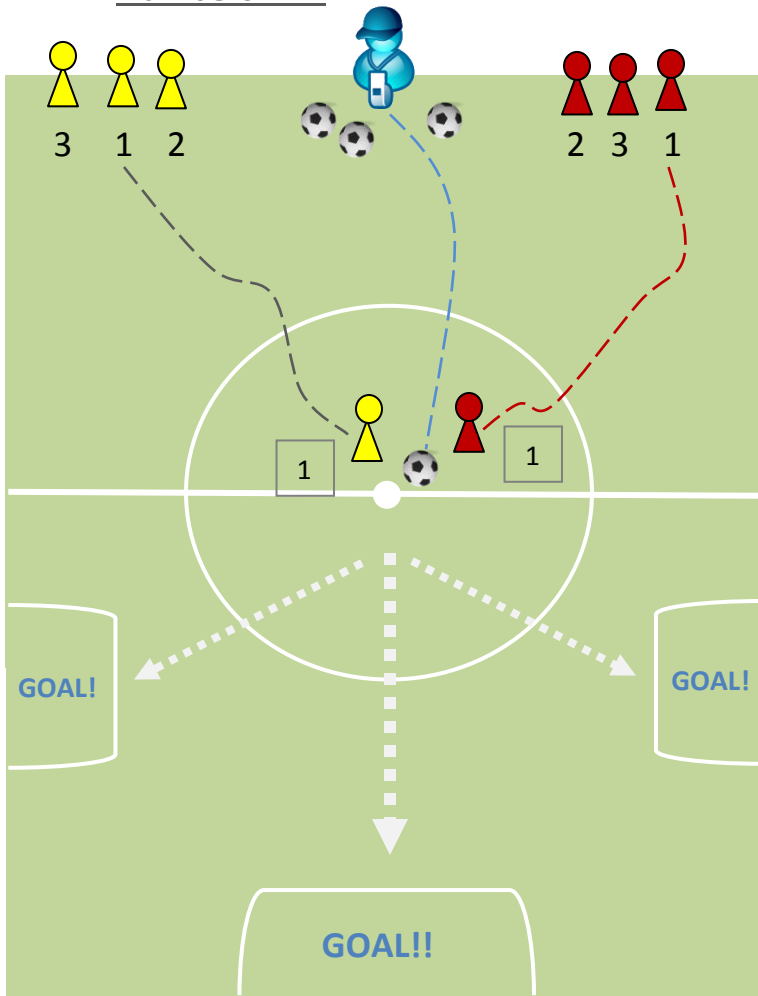


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Numbers Drill



Set Up:

- 20x20m grid
- Yellow Vs Red bibs team
- Numbers assigned to each player
- Initially one goal/target

Progression:

- Call out multiple numbers at once
- Introducing two extra goals
- Limiting soccer ball touches

Technical Outcomes:

- Dribbling
- Shooting
- Passing and receiving
- Possession

Physical Outcomes:

- Quick runs and turns
- Short sprints

Social Outcomes:

- Communication
- Team Work

Psychological Outcomes:

- Quick decision making
- Proactive thinking
- Working under pressure
- Taking initiative

Set up and instructions:

The group will be evenly split up in two teams. The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Coaching points:

Encourage players to take on their opponent. Encourage players to shoot when they have a chance of a goal. Instruct the players to protect the ball when necessary.

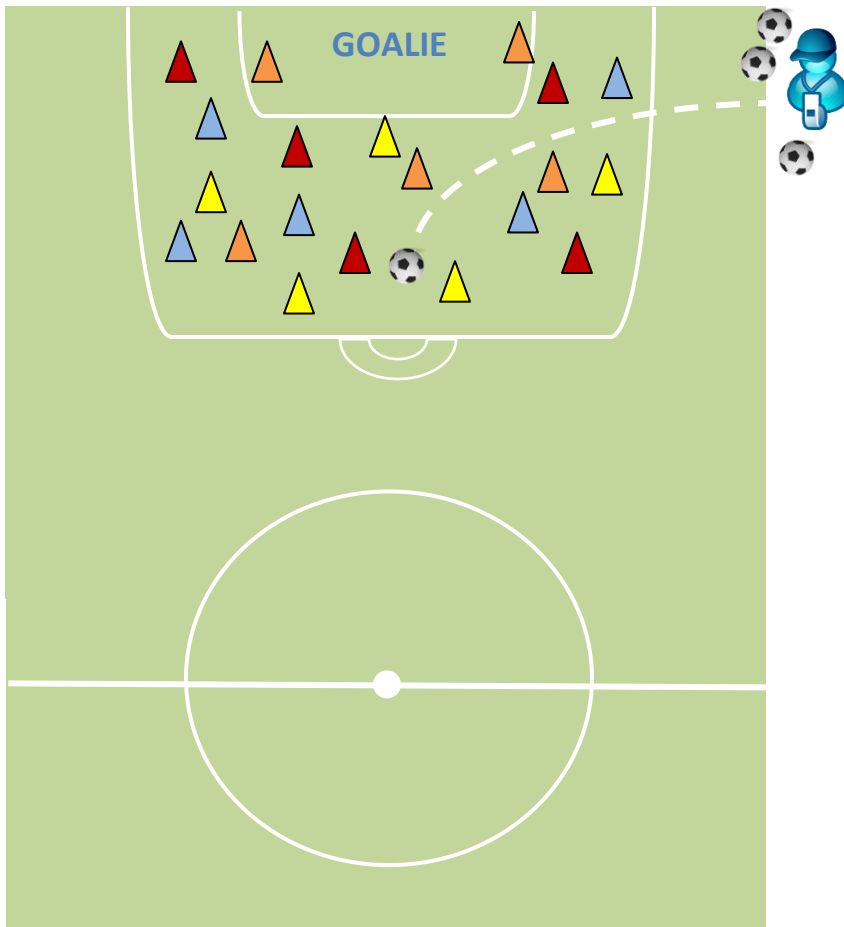


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World Cup Drill



Set Up:

- Goalie at a goal
- 4 teams of 5 players
- Playing area is a penalty box
- Team captains choose team's name

Technical Outcomes:

- Dribbling
- Passing and receiving
- Shooting
- Defense
- Attacking
- Possession

Physical Outcomes:

- Running
- Jumping
- Shielding a ball
- Turning

Social Outcomes:

- Communication
- Setting team goals
- Working as a team
- Leadership

Psychological Outcomes:

- Decision making under pressure
- Taking responsibility and initiative
- Finding optimal route(s) to goal
- Learning to act quickly and efficient

Set up and instructions:

The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament.

Coaching Points:

Quality team work and quick decision making. Taking shots/chances. Learning through fun activity.