



# SOCA Practice Plan

Weekly Practices & Exercises for Your Team's Success!

Age Group: U12+

Week #: Week 1

Topic: Technical: Striking the Ball (Instep)

Equipment: Balls, Cones, Pinnies, Goals

U12+

Week 1

Technical: Striking the Ball (Instep)

Balls, Cones, Pinnies, Goals

## CRITICAL ANNOUNCEMENTS TO COACH:

1. 90 / 10 (90 Seconds of arrival players touch a ball / 10 Minutes of practice players are involved in a game related exercise.

2. No Laps, Lines or Lectures! Keep players active, not bored!

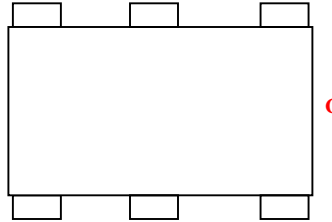
### Field Setup

Show up to your practice 15 minutes before start

Set up practice area; in this plan, the initial training area is 40-50 yards wide by 30-40 yards long.

You can distinguish your area by cones. Have your balls, pinnies and extra equipment off to the side but within reach.

Keep your practices moving by keeping breaks short and the players moving!



C = Coach

□ = Goal

△ = Tall Cone; dotted line shows cone line

• = Ball

Dotted arrow = Pass/Shot

Solid arrow = Run

Wavy arrow = Dribble

Bent arrow = Long Pass

## TIME

## SETUP / PLAN

## DIAGRAMS

## COACHING POINTS

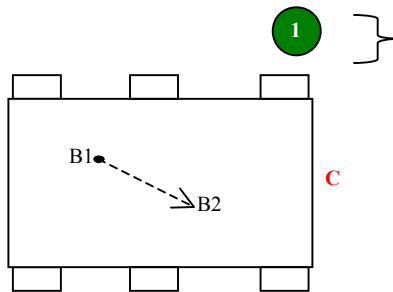
0-10M

### WARM-UP PHASE 1

Partners with one soccer ball; B1 and B2.

B1 and B2 on the move; passing the ball any way that they would like; add in change of pace when receiving the ball and after playing the ball; add warm-up; including coordination activities for this age.

B1 and B2 distance themselves and begin to strike the ball with the instep (shoe-laces / top of the foot); show nuance of where they should 'feel' the ball hitting on their foot (hardest bone in the foot).



**Striking Foot** = Instep; toe straight down.  
**Striking Foot** = Ankle locked; stiff kicking leg.

**Plant Foot** = Non-striking foot (plant foot toes face to partner or target); plant foot must be wide/side center of the ball or slightly behind of square. Allow for hip to open and leg to striking leg to swing through center of ball.

**Striking Foot** = Swing foot and leg back, extending hip, then swing leg forward and strike through the center of the ball.

**Striking Leg** = Keep stiff on contact of the ball and only relax after striking of the ball.

10-35M

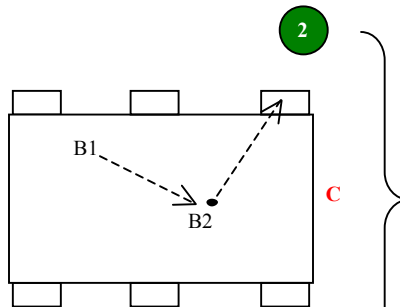
### TRAINING GAME PHASE 2

Two Teams (Blue & Yellow). Keep partners with one soccer ball; i.e., B1 and B2.

B1 and B2 strike the ball back and forth – on the move. When coach yells 'Go!', the player with the ball must attempt to shoot and score on one of the 6-goals. Each goal = 1 point. Play a game to 10 points. If a player scores or misses, retrieve ball and start again.

After 4-5 minutes, change the game to a Team game where all players keep track of their own goals; play to 30 points.

After 4-5 minutes, change the game to a 3v2 Team game called 'Get Out of Here!' Blue team lines up to the right of the coach, Yellow team lines up to the left. Coach has the balls and plays a ball into the area; a 3v2 game is played until a goal is scored or the ball goes out of bounds. Build in 3v3, 4v3, etc.



Build off of technical skill points above.

Look for players that are striking the ball with their instep; give a lot of positive reinforcement!

Look for players that are striking the ball at the goal accurately; give a lot of positive reinforcement!

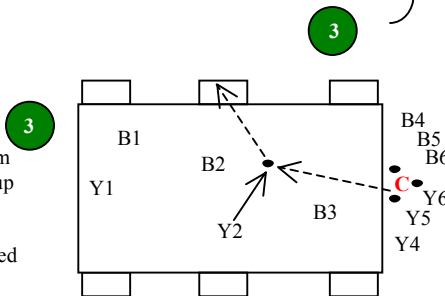
Look for players that may be figuring out how to plant their foot properly before striking the ball; give a lot of positive reinforcement!

'Get Out of Here!' – look for players that are figuring out ways to strike the ball and score; whether or not there are defenders close to them or not. Look for players that are setting up shots, striking the ball well and are eager to score! Give a lot of positive reinforcement!

35-55M

### SCRIMMAGE – WITH and WITHOUT RESTRICTIONS

Game or Scrimmage Play! Clear the area of all equipment. Play to goals. You can begin with a restriction that include players must score with their Instep for a goal to count and then gradually take off the restriction to let them enjoy the game freely!



Look for successful moments of Striking the Ball!

Praise players for the correct technique.

Focus on increasing confidence through positive reinforcement and limited constructive criticism.

55-60M

### END OF TRAINING TEAM TALK!

**Summary of Your Training!** Ask your players what they have learned. Help them learn the most important points of the session. Ideally, they should talk about Striking the Ball with the Instep skill/fundamental; help them break it down so they know how to succeed, fix it on their own and have fun!