



# Bayside Rec Week 1.1

Category: Technical: General

Difficulty: Beginner

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## Description

Bayside Soccer Recreation Plan for Week 1 Day 1 (1.1)

This practice is focused on introducing new players to the basics of throw-ins and goaltending. The objective is to increase comfort with two basic features of the game. It is in part a response to the problem of timid goalies who either get hurt or scored on significantly by more aggressive players.

## Moose Is Loose (5 mins)

### THE MOOSE IS LOOSE

Set up a square 25 x 25 steps. (mark it with a 4 corner cones and 4 side cones for kids to see it clearly).

- Players dribble around the square trying to keep their balls inside of the square.
- One or two players enter the square and try to steal the ball from other players.
- If a player's ball is kicked out have them do 10 toe touches (tap top of ball with toes, one foot at a time, like going up stairs.)
- Do this for about 5 minutes.



## Learning Objectives

	<b>Technical</b> Players should make as many touches of the ball as possible, moving around the play area constantly. Encourage players to lift their heads, change direction, and use all parts of their foot (top, bottom, inside, and outside).
	<b>Tactical</b> Awareness is very important in any sport. Encourage players to pick their heads up and find open space.
	<b>Physical</b> This drill prepares their bodies for the practice. A full 5 minutes will get their heart rates up, and their joints activated. Add additional warm-ups as needed.
	<b>Psychological</b> Some may be discouraged by being caught or because they are tired. Stay positive and encourage the player to keep trying. Find something good they are doing and highlight this.
	<b>Social</b> In the first few practices players will compare themselves with the others. Build a team environment by calling on a variety of players and speaking to them as a team.

## Throw-in and Catch (10 mins)

### Throw-ins and catching basics:

#### Coaching Points:

- Throw-ins - Feet behind the line. Two hands on the ball. Ball goes behind the head. Throw the ball over-head with both hands. Feet must remain on the ground through the throw-in motion.
- Catching: At this stage get the players to catch the ball however they can. Ideally goalies make a big diamond shape with their hands. If players have trouble catching have them try to make sure the ball cannot get past them.

#### Drill Description:

- Players stand on the sideline with a partner 15 steps away on the field. (Mark with a cone)
- Red practices proper throw-ins.
- Blue catches the ball. (Move players closer or farther as needed).
- Repeat 10 times then switch players.



## Throw-in and Dribble (10 mins)

### Throw-ins and Dribble back :

- Players stand on the sideline with a partner 15 steps away on the field. (Mark with a cone)
  - Red practices a proper throw-in.
  - Blue receives the ball with their feet or other part of their body. No hands this time.
- Receiving player dribbles back to the line, and then prepares to throw the ball to their partner.
- Throwing player jogs to the cone and prepares to receive the throw-in.
- Repeat 10 times



## Hungry Hippos (10 mins)

### Hungry Hippos: Goalie Box Drill

Description: Divide players into partners. One player lines up on the goal-line. The other just outside the penalty box.

- Red players pass the ball into the box.
- Blue players rush out and try to be the first person to drop on their ball.
  - Goalies must grab a ball as quickly as they can in the large penalty box. To do this they either drop a knee and scoop up the ball, or drop and fall forward grabbing the ball under their chests (to protect it).
  - Players try to be the first to grab their ball.
- Switch roles after 10 times.



Progression: If you want to increase the difficulty (especially for 10-12) have the red players back up further and pass the ball into the box. Both players then rush to the ball and try to get it first. How many times can they win the challenge?

## Shoot or Save (15 mins)

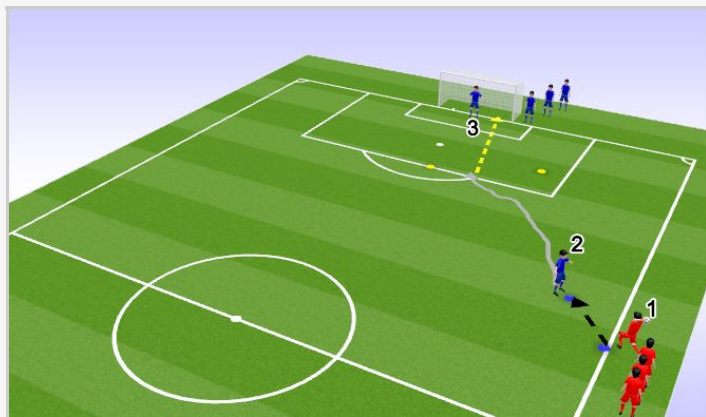
### Throw-in, Dribble, Shoot, Save

Description:

- Make two lines of players. One line on the sideline, about 10 steps toward the goal from the halfway line. The other line next to the goal. One player goes in goal at a time.
- Player 1 throws to player 2. Player 2 turns and dribbles toward the goal. At the yellow cones they shoot on the goal.
- The goalie comes toward the shooter and prepares to stop the shot.

Rotation of players:

- Player 1 becomes the receiver of the ball.
- Player 2 goes to the back of the goalie line after shooting.
- Player 3 goes to the back of the throw-in line.



## Cherry Bomb (15 mins)

**Cherry Bomb** - Teaching the drop-kick, and the goalie throw.

Description: Players stand at the edge of the penalty box. Goalies can drop kick a ball from anywhere inside the penalty box. The objective is to kick the ball, or throw the ball up the field as far as they can.

- **Throwing the ball:** After picking up a ball during live play a goalie can throw it to their team-mate. Have players throw the ball as far as they can. After throwing it they run out to get their ball and dribble it back to the line as fast as they can with the ball under their control (no more than 4 steps in-front of them at any time).
- **Drop-kicks:** When a goalie picks up the ball during live play they can also drop-kick it toward the halfway line. Players should hold the ball in their hands, step forward, and drop the ball just as they are ready to kick. The motion is very similar to the football punt. (Some kids will know how to do this. Ask for a volunteer to demonstrate a "cherry-bomb".) Players kick the ball as far as they can, and then run out and dribble the ball back to the line.



## Scrimmage (30 mins)

There are two ways to handle the last portion of your practice time. The first week there are no games scheduled so you have the entire 1.5 hours to work with your team. Toward the end of your practice you could play small-sided games like the moose is loose, marbles, red-light green light, and sharks and minnows. Try to do things that give all of your players the greatest number of ball-touches. This prepares them better than a large scrimmage where few touch a ball.

You may work with the other team on the other half of the field and scrimmage, but if you do use this time for both coaches to introduce positions, the kick-off, throw-ins, and goal kicks. Many players are confused by the large field and different positions. Coaches working together can help have a fun play time, and also teach the basics of the game.

