

Clinic (U5/U6) Program Adventure Theme Practice Plans

Thank you for coaching. The following eight practice plans are to be used in sequence throughout your season.

All activities are age appropriate and the sessions move in a simple to complex manner. The adventure theme practice plans are designed to elicit the player's imagination. As a coach, you need to sell the theme with enthusiasm in order for your player to get the most from his/her participation. Each activity within a practice plan can be repeated, however, you should pace your progression through of all the activities in order to complete the adventure.

Prior to your first session, take the time to greet the players and let them know they will have a new adventure each week. Adventures will take them to the mountains, countryside, desert, swamp area, city, rain forest, and the ocean. They will come in contact with pirates, snakes, monkeys, ice bergs, trucks, bucking broncos, cactus, and mountain raids.

Each week, start the session by introducing the adventure the player will have that day. An introduction is supplied at the top of each practice plan.

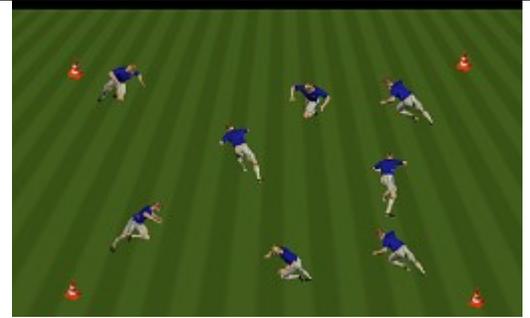
Close each session with a preview of the following week's adventure.

Week 1
Adventure in the Rain Forest

Greet the players and let them know that today's adventure will take them to the rain forest. In the rain forest they will be attacked by bugs, chase a monkey from their village and race through the rain forest when the monkey chases back.

Bug Bite

Each player assumes the role of a big bug and attempts to bite (tag) the other bugs that are running throughout a 15 yard by 15 yard grid. When a player is tagged they must hold a bandage on their bug bite. When a player is tagged for the third time they go outside the jungle (grid) and stand on one foot for the count of five. They can then reenter the jungle, their bug bites all better, bandages removed.



Bug Bite w/ball

Previous activity, each player with a soccer ball. As they chase and tag other bugs, players bring their soccer balls along with them, touching the soccer balls using only their feet (dribble).



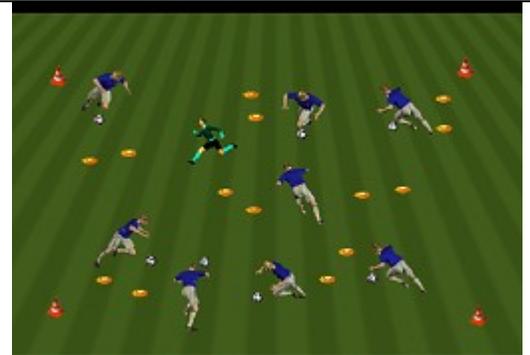
Hit the Monkey

Inform the players that a monkey is invading their jungle village and stealing their food. The only way to get the monkey out of the village is to kick soccer balls at the monkey. You then assume the role of the monkey and walk around the village with the players attempting to kick the ball at you. As the players improve, walk faster and make more changes of directions.



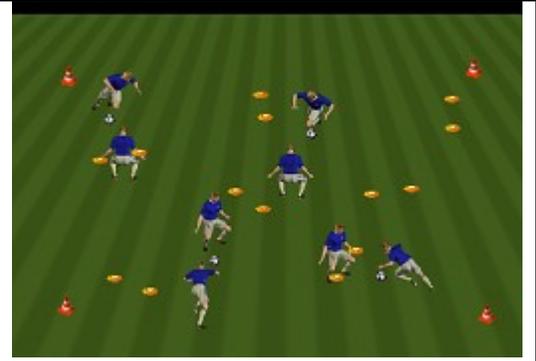
Monkey's Revenge

Now make gates throughout the grid by placing sets of two cones one yard apart. Inform the players that the monkey is now chasing them throughout the jungle to get revenge. The only way they can lose the monkey is to dribble their ball in between two trees (cone pairs). The monkey can not fit. You now chase the players through the village as they attempt to dribble through the trees.



1v1 Jungle Challenge

Players are now placed in groups of two with one ball. Each player now competes with their partner in an attempt to dribble through the most trees. The player without the ball tries to steel the ball away using only his/her feet. Once the monkey steels the ball, the roles change; the other player becomes the monkey.

**Name Game**

Set up a small field with a five yard goal at the each end line. Place half of the players in each goal. The coach stands off the field at the midline with the soccer balls. The coach then calls one player from each team's name while rolling out a ball. Players who hear their name called come out and play one vs one to goal. You can have more than one vs one going on simultaneously.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the rain forest adventure and let them know that next week will feature adventures in the swamp where they will see lily pads, snakes, alligators, and a scary swamp monster.

Week 2
Adventure in the Swamp

Greet the players and let them know that today's adventure will take them to the swamp. In the swamp they will be frogs jumping from lily pad to lily pad, find their way through a snake and alligator invested swamp, and face off against a swamp monster.

Lily Pad Hop

In a 15 yard by 15 yard grid cones are distributed. Each player stands near a lily pad (cone) and moves to a new lily pad on the coach's command. The coach can command the players to hop, skip, run, walk, or gallop to the new lily pad.



Lily Pad Hop with a ball

Each player gets a ball. Have the players dribble their ball to a new lily pad on your command.



Move through the Swamp

Player now line up on one side of the grid with a ball. They are told the lily pads (cones) are now snakes and alligators. The players must dribble their ball through the swamp without hitting a snake or alligator. Can the player zig-zag around the snakes by using different surfaces of their foot?



Swamp Monster

Same as previous activity but a swamp monster is added to the swamp. The swamp monster (coach) attempts to kick the player's soccer ball out of the swamp. Repeat the activity, but with the role of swamp monster given to one or two different players each time.



Alligator Alley

Half of the players are now placed on one side of the grid, each with a ball. The other half crawls inside the grid acting as alligators. The players attempt to dribble the ball through the alligator invested swamp without losing possession of their ball to an alligator.

**You Are Out of Here**

The group is split in two and each half line up near the midfield line of the grid with the coach separating the two groups. The coach has a supply of balls. The coach rolls a ball out and the first player in each group attempts to score a goal in the direction they are attacking under pressure from the opposing player.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the swamp adventure and let them know that next week will feature an adventure in the city where they will have to recognize traffic signals, meet a policeman, drive cars, and avoid a car thief.

Week 3
Adventure in the City

Greet the players and let them know that today's adventure will take them to the city. In the city they will have to drive cars through in traffic, obey all traffic signals, listen to the policeman and avoid the car thieves.

Red Light/Green Light

Players line up on one end of a 10 yard by 15 yard grid. The coach (policeman) stands on the opposite end. The players must attempt to get to the policeman's end without being caught walking or running. The policeman turns away, announcing "green light" and then, announcing "red light", turns to face the players. Players caught walking or running are sent back to the starting line. Can the players stand on one foot while the policeman is looking?



Red Light/Green Light with ball

Add a ball to the previous activity. The drivers (players) must bring the car (ball) to a stop when the policeman announces "red light" and faces them. Can the players stop their cars even when the policeman turns to face them without first announcing "red light"?



Tractor Trailer

Each player gets a ball and a partner. One player in each group of two becomes the tractor and leads the trailer around the grid. The trailer attempts to stay as close to the tractor as possible. When the coach calls switch the roles change.



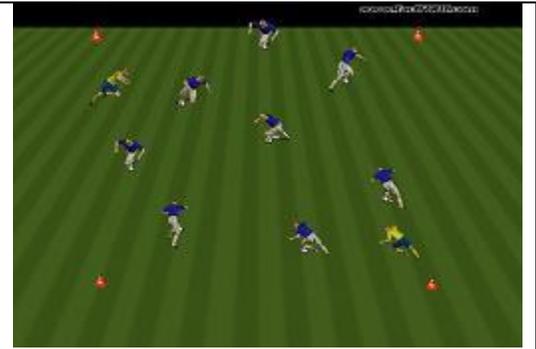
City Driving

The grid becomes a road and all of the drivers get a driver's license. They drive their cars (balls) around and the policeman gives tickets for crashes, driving off the road, and not obeying traffic signals. Have the drivers drive in different gears to incorporate change of speeds. Stop signs can be called out.



Avoid the Car Thieves

Have one player begin the activity above without a car (ball). He/she then attempts to steal a car from another player. When a car is taken the player who lost possession becomes the car thief. To make the game more challenging, add additional car thieves by removing another car or two from the road.

**Name Game**

Set up a small field with a five yard goal at the each end line. Place half of the players in each goal. The coach stands off the field at the midline with the soccer balls. The coach then calls one player from each team's name while rolling out a ball. Players who hear their name called come out and play one vs. one to goal. You can have more than one vs. one going on simultaneously.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the city adventure and let them know that next week will feature adventures in the desert. In the desert they will play with cactus, explore, protect their pet lizard, and avoid a Hawk.

Week 4
Adventure in the Desert

Greet the players and let them know that today's adventure will take them to the Desert. In the Desert there will be challenges with cactus, exploring, avoiding a dangerous hawk and protecting your pet lizard.

Ouch Cactus Touch

Players move within a 10 yard by 15 yard desert (grid) and attempt to touch as many cactus (cones) as they can in a limited amount of time. Players then attempt to beat their own record.



Ouch Cactus Touch with ball

Same as previous but each player dribbles a ball as they go.



Ball Exploration

Each player brings the coach the ball and the coach throws the ball out for the players to retrieve the ball. Ask the player to tell you what they see in the desert.



Protect Your Pet Lizard

Each player has a pet lizard (ball) and partner. Players attempt to protect their pet lizard from their partner while attempting to kick their partner's pet lizard.



Don't Let the Hawk Steal Your Food

Players dribble their ball (food) around the grid. One or more players then attempt to kick their ball outside of the grid. When the ball is kicked out, the player chases it down and brings it back into the game.

**You are Out of Here**

The group is split in two and each half line up near the midfield line with the coach separating the two groups. The coach has a supply of balls. The coach rolls a ball out and the first player in each group attempts to score a goal in the direction they are attacking under pressure from the opposing player.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the desert adventure and let them know that next week will feature adventures in the ocean where they will have swim like fish and avoid fishermen, raid like pirates, and stay clear crabs, lobsters, and sharks.

Week 5
Adventure in the Ocean

Greet the players and let them know that today's adventure will take them into the ocean. In the ocean they will swim like fish; work with a team of pirates; and avoid the crabs, lobsters, and sharks.

Fish Game

The group of players is divided in half. Each group is assigned a fish home, marked off by cones. The players then run around the entire space but must return to their home when a storm occurs. The coach acts like a fisherman during the storm. When a player is tagged by the fisherman he must go into the fish bucket, marked off by cones in the middle of the space. Players then continue the game on the command of swim fish's. During storms players from a team that has a fish in the bucket can save the fish by tagging this fish. The saved fish then returns to the fish home. The game continues with fish being caught and saved.



Fish Game w/ball

Same as previous but each player dribbles a ball as they go.



Pirate's Raid

Fish homes are now pirate ships and players are now pirates. Pirates store their treasure (ball) in their team's pirate ship and go steal treasure from the opposing team's pirate ship. They then dribble the treasure back to their own pirate ship, leave it, and immediately head off to steal more treasure from the opponents' ship.



Crabs and Lobsters

The group stays divided with one group getting on their hands and feet with their stomach up inside a 10 yard by 15 yard grid and able to move like a crab or lobster. Each player in the other group lines up at one end of the grid with a ball. This group attempts to dribble the ball through the grid to the opposite end while the crabs and lobsters try to kick their away their balls. Change roles frequently.



Sharks and Minnows

Same as above but the defenders are now sharks and stand up to defend.

**Name Game**

Set up a small field with a five yard goal at the each end line. Place half of the players in each goal. The coach stands off the field at the midline with the soccer balls. The coach then calls one player from each team's name while rolling out a ball. Players who hear their name called come out and play one vs. one to goal. You can have more than one vs. one going on simultaneously.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the Ocean adventure and let them know that next week will feature adventures in the country. In the country they will play in a barn, work farm jobs, race cars, and buck broncos.

Week 6
Adventure in the Country

Greet the players and let them know that today's adventure will take them to the country. In the country there will be opportunities to criss-cross a barn, share farm jobs, race cars, and buck a bronco.

Criss-Cross the Barn

Players are divided into two groups and placed in a joining lines in a ten yard by ten yard barn. On the coaches command the players run across the barn.



Criss-Cross the Barn with ball

Same as previous but each player dribbles a ball as the go.



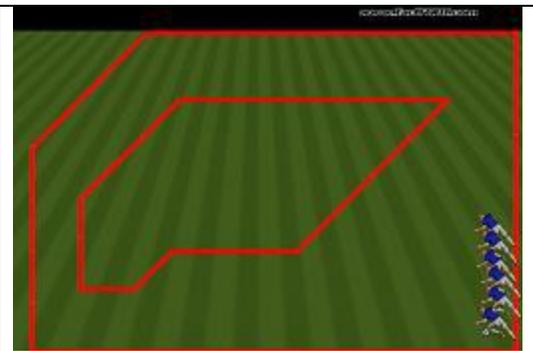
Sharing Farm Jobs

Players dribble around the farm and change soccer balls (farm jobs) on the coaches command.



Race Track

Set up a looped course for the players to dribble (race) around. The course does not need to be symmetrical. The players then race their car (ball) around the course. Have the players go clockwise and counterclockwise.



Bucking Bronco

Each player brings their bronco (ball) into a 10 yard by 15 yard grid and attempts to keep possession while trying to buck (kick) another player's bronco away from its owner. When a bronco is disposed, the owner retrieves the ball and resumes play. A player can only kick a bronco when they have possession of their own bronco.

**You Are Out of Here**

The group is split in two and each half line up near the midfield line with the coach separating the two groups. The coach has a supply of balls. The coach rolls a ball out and the first player in each group attempts to score a goal in the direction they are attacking under pressure from the opposing player.



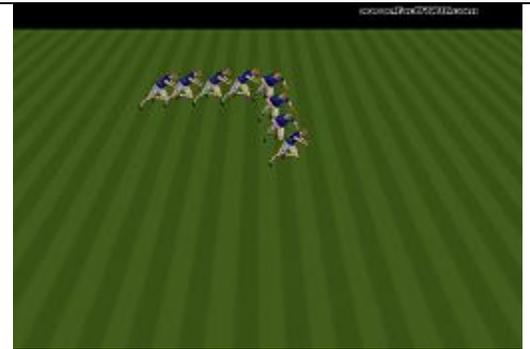
Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the country adventure and let them know that next week will feature adventures in the mountains where they will take a hike on a mountain path; go shopping in the valley; and go on a mountain raid.

Week 7
Adventures in the Mountains

Greet the players and let them know that today's adventure will take them into the mountains. In the mountains they will go on a mountain hike; go shopping in the valley; and go on a mountain raid.

Mountain Hike

All the players form a single-file line and play follow the leader. Encourage the leader to make it an adventurous hike by making frequent changes of direction. Change leaders frequently to allow each player to be the leader.



Mountain Hike with Ball

Add a ball per player to previous activity.



Valley Shopping

All the players now go down to the valley to shop for supplies. Form four squares in the corners of a 20 yard by 20 yard grid. Give the following names to each square: Mountain supply store, Woodworks, Hunting and Fishing supplies, and Toys 'R' Us. Have the player dribble around the valley until they hear a store name. When the store name is called by the coach, all of the valley shoppers dribble their ball to that store.



Mountain Raid

Form two mountain homes using cones at opposite ends of the 20 yard by 20 yard grid. The players, each with a ball, joins one of the two groups in their mountain homes. The players must raid the other mountain home of its supplies (balls). They leave their own supplies in their mountain home and go take supplies from the mountain home of the opponent. This continues as in the Pirate's Raid activity of the Ocean Adventure (Week 5).



Mountain Raid with Guards

Same as above but now the players can defend their supplies.

**Name Game**

Set up a small field with a five yard goal at the each end line. Place half of the players in each goal. The coach stands off the field at the midline with the soccer balls. The coach then calls one player from each team's name while rolling out a ball. Players who hear their name called come out and play one vs. one to goal. You can have more than one vs. one going on simultaneously.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the Mountain adventure and let them know that next week will feature adventures in the Arctic. In the Arctic they will have to try to keep their balance on ice; stay on a floating ice berg; and avoid a Polar Bear.

Week 8
Adventures in the Arctic

Greet the players and let them know that today's adventure will take them to the arctic. In the arctic there will be opportunities to keep their balance on ice, stay on a floating ice berg, and avoid a Polar Bear.

I can do this. Can You?

The coach states that certain skills are needed in the arctic and he can do all of these skills. Can they? He can balance on one foot to prepare for slippery ice. He/she can hop on one foot. He/she can walk like a penguin. He/she can jump from ice berg to ice berg. Can they?



I can do this with the ball. Can You?

Same as previous activity but with ball. Can the player stop the ball and start quickly, roll the ball behind them and catch it, use different parts of their foot to dribble the ball, throw it up and catch it with their foot.



Body Part Dribble

As it is cold in the arctic the players must dribble around the frozen tundra to stay warm. On the coaches command they must stop the ball and put the body part called out by the coach on the ball.



Ice Berg Dribbling

Form the outline of an ice berg using cones. The players, each with their ball, are stuck on a floating ice berg. They must dribble the soccer ball around the ice berg without falling into the frigid ocean.



Ice Berg Dribbling with Polar Bear

Add a defender to the ice berg (Polar Bear). The polar bear attempts to kick the soccer balls into the ocean. When a ball is kicked into the ocean the players swim after it and climb back onto the ice berg.

**You Are Out of Here**

The group is split in two and each half line up near the midfield line with the coach separating the two groups. The coach has a supply of balls. The coach rolls a ball out and the first player in each group attempts to score a goal in the direction they are attacking under pressure from the opposing player.



Your group now meets with another group and plays 3v3 or 4v4 games. At the conclusion congratulate your players on successfully completing the arctic adventures and let them know that next season they will have a new set of adventures to face.