



Greene County
Soccer
Association

Practice Planning Resources





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Coaches,
Please use this packet as a guide to coach your youth team! This packet gives instruction for different skills, as well as practice planning resource links that includes printable blank templates. Thank you and best of luck to you and your team!



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Practice Expectations

- Host 2 practices per week for the entire season for 8u and 11u teams
- Host at least 1 practice per week for the entire season for 3u and 5u
- COMMUNICATE all schedules/updates to player and parents, repeatedly.
- Return all equipment to the storage room after practice
- Pick up all trash - do not litter on the fields!
- If you are first to arrive open the gate and unlock the storage room
- If you are last to leave, lock the storage room & gate on your way out
- Coordinate practice schedules and field usage with other coaches/teams to ensure everyone has space and time to practice.

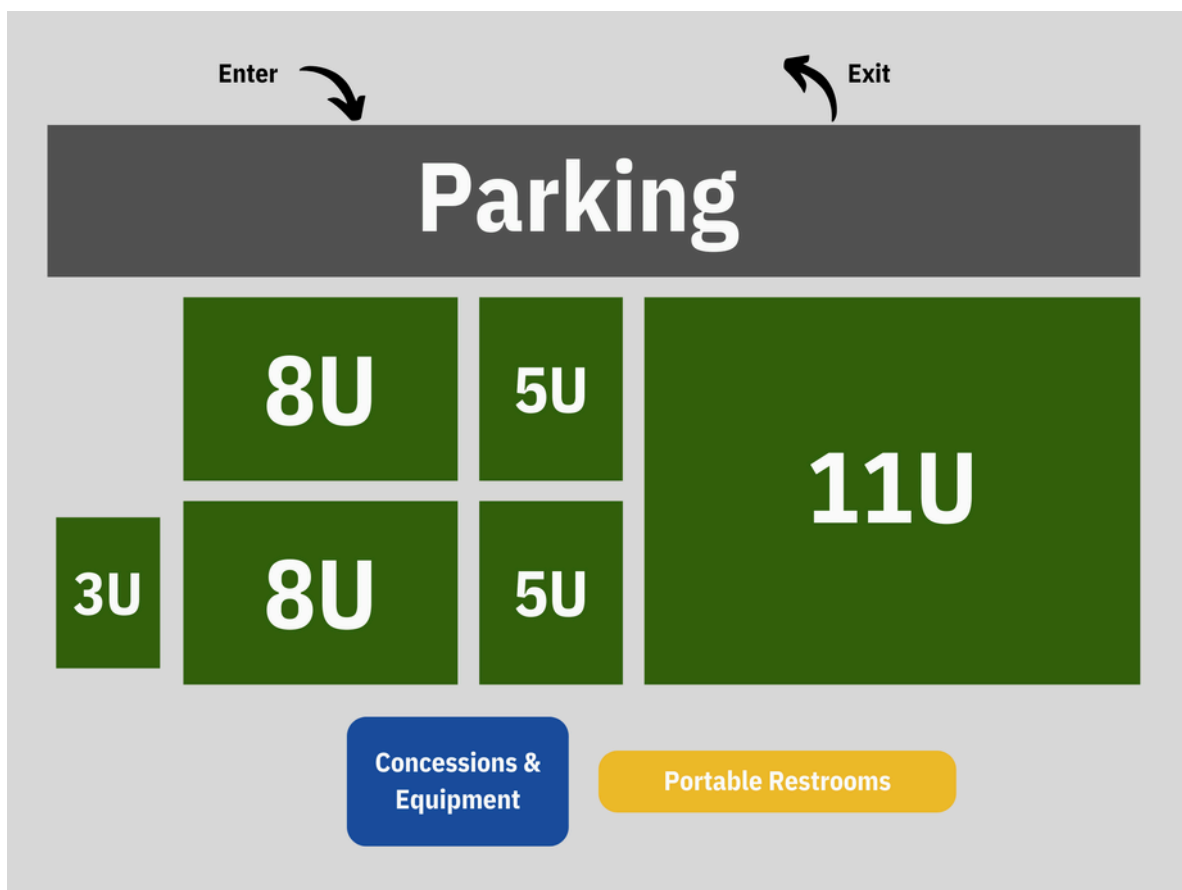


Approved Practice Facilities

Per the insurance of GCSA, personal residences are NOT approved for practices. Please only practice at the facilities listed below. Unless otherwise instructed, assume your team should practice at the GCSA facility in Linton. That is where all GCSA equipment is provided and all field sizes are available. All games will be held at the Linton, IN location. Access codes to the equipment shed and gate will be provided to coaches individually.

GCSA Linton Facility (Practices & ALL Games)

10592 W 200 N
Linton, Indiana 47441



Eastern Greene Elementary School - Baseball Fields (Practice ONLY)

10503 E State Rd 54 Bloomfield, Indiana 47424

Eastern Greene Community Sports Soccer (Practice ONLY)

5786 E State Rd 54 Bloomfield Indiana United States 47424

Bloomfield Sports Complex - Field 1A and 1B (Practice ONLY)

US 231 South Bloomfield, Indiana 47424

Soccer Skills to Teach



RUNNING WITH THE BALL

Move quickly with the ball over open space, running straight or at an angle. Take a strong first touch, pushing the ball ahead to create space and keep your head up. Use long touches with the laces of your front foot to cover ground quickly. Keep the ball well in front to maintain speed and control. Fewer touches will increase your speed, while more touches will slow you down. If passing, use the instep (top of your foot) without disrupting your stride, and avoid using the side of your foot.

Coaching Points

- First touch: Push the ball with the instep (top of the foot)
- Keep your eyes up
- Control the ball at a manageable distance
- Move quickly into open space

Common Faults

- Keeping head down
- Using the inside of the foot to run with the ball
- Not exploiting space due to lack of speed

DO

- Take a first touch ahead to look up and move fast
- Limit touches for greater speed
- Keep your head up

DON'T

- Take the ball too far ahead
- Use the inside of your foot
- Keep your head down

DRIBBLING

Dribbling is an exciting technique used to beat opponents and move past them with the ball. Players should identify open spaces and use speed to unbalance defenders while changing direction. A good dribbler uses all parts of the foot: the inside to push or carry the ball, the outside when running at speed, and the sole to stop or pull the ball back to change direction. Use both feet, keep the ball close, and change direction quickly without losing control.

Coaching Points

- Keep head up
- Be aware of other players and space
- Maintain close control
- Bend your knees
- Change direction and pace of both yourself and the ball
- Choose the right technique after a dribble (e.g., pass, shot)

WHERE?

- Dribble in the attacking half, but avoid dribbling too much in your own defensive half.
- Dribbling involves risk but can be very effective in the right areas.

WHEN?

As often as possible. Even skilled dribblers fail sometimes, but trying is the best way to beat opponents and create excitement.

WHY?

Dribbling has a purpose: to beat opponents, create chances, or set up a shot. Develop players who can dribble effectively.

Soccer Skills to Teach



TURNING

Turning is another exciting technique used to change direction of play with the ball. The best players are able to perform dazzling moves in possession of the ball in order to keep composed possession. Turning moves in different directions are also used to escape tight areas and to confuse opponents.

Coaching Points

- Keep head up and body balanced.
- Start slowly and use proper technique.
- Bend knees.
- Accelerate away after the turn.
- Practice the turn.
- Learn at least three different turns.

HOOKING THE BALL - INSIDE OF FOOT

Reach and hook the ball back with the inside of the foot, and move the ball into the opposite direction and push away.



HOOKING THE BALL - OUTSIDE OF FOOT

Reach and hook the ball back with the outside of the foot, and move the ball into the opposite direction and push away.



STEP OVER, OR FIGURE EIGHT:

Step over the ball in a figure of eight movement, swivel your hips and hook the ball back with the inside of the foot and push away.



THE DRAG BACK

Stop the ball with the bottom part of your boot, half turn your body out and drag the ball in the opposite direction and push away.



THE "CRUYFF" TURN

Feint to shoot or pass, position the standing leg in front of the ball, turn your foot inward with the toe and touch the ball with the inside of your foot.



THE STOP AND TURN

Stop the ball with the bottom part of your boot, go past the ball, turn and push the ball away.



THE STOP AND ROLL

Roll the bottom part of your foot over the ball, stopping it and pushing it in the opposite direction with the outside of the foot, turn and push away.



Soccer Skills to Teach



SHOOTING

Shooting is an extension of passing, projecting the ball towards the goal with a variety of techniques. The golden rules of shooting are to “make the goalkeeper save” and “you will not score goals unless you shoot.”

Coaching points for all shooting exercises

- Place non-kicking foot alongside and slightly behind the ball
- Point kicking foot downward and inward
- Hit ball with the laces and full instep
- Make contact with the middle of the ball
- Keep the ball low

Accuracy in shooting is more important than power.

Therefore if you are going to miss:

- Don't miss over the bar.
- Don't miss at the near post.
- If you have to miss –miss just beyond the far post.

LOW SHOTS

- Low shots are more difficult for the goalkeeper to save.
- Low shots can be deflected into goal by another player. High shots going over the bar cannot be deflected.
- Low shots can also cause problems for the goalkeeper by bumping or skidding on the surface.
- Low shots are best achieved by striking through the middle of the ball with the laces.

HIGH SHOTS

- High shots allow the goalkeeper to pick up the flight of the ball and move shorter distances to save them.

Near vs. Far Half of the Goal:

- Shots away from the goalkeeper are harder to save and may result in a rebound, creating a chance for a teammate.
- Shots to the near post are easier for the goalkeeper to save, while shots to the far post may present better scoring opportunities off rebounds.

DO

- Place non-kicking foot alongside and slightly behind the ball
- Point kicking foot down and inward.
- Hit ball with the laces and full instep.
- Make contact with the middle of the ball. Keep the ball low.

DON'T

- Stretch to shoot.
- Look up.
- Make contact under the ball.



Soccer Skills to Teach



PASSING

Passing is one of the most important techniques in the game. It allows players to move and position the ball accurately to other players, or into spaces for players who are in better positions to keep possession of the ball and to move up the field towards the goal.

INSIDE OF THE FOOT PASS

This is the most accurate way to pass. Approach the ball almost straight on. Place your non-kicking foot beside the ball, pointing toward the target. Strike the ball with the inside of the foot, around the middle of the ball, keeping it low. Bend your knee and use a hip-swing motion, following through with your foot pointing at the target. Use your arms for balance.

Coaching points

- Approach the ball almost in a straight line
- Strike through the middle part of the ball
- Point kicking foot outward
- Leg swing action from the hip

Common faults

Young players often approach the ball from the side and attempt to use the inside of the foot, therefore making it mechanically impossible to pass the ball accurately. They may swing across their own body, again making it impossible to kick the ball in the correct manner.

OUTSIDE OF THE FOOT PASS

Use this pass to bend the ball:

- Into a teammate's path
- Into open space for a teammate to run onto
- For a curved shot on goal

Point your kicking foot down and inward, locking the ankle. Strike the ball slightly off-center (left or right of the middle) to create the bend. Keep your knee bent and generate the kick from the hip. The follow-through should bring the kicking leg across your body. Place your non-kicking foot alongside and slightly behind the ball at impact.

Coaching points

- Approach on the angle or straight on
- Point toe of kicking foot down
- Lock ankle
- Strike the ball slightly off-center

Common faults

The approach angle is wrong. The non-kicking foot too far away from the ball and the player is unlocking their ankle.

LOFTED PASS

The approach to the ball is at an angle so that the player has a full range of motion from the hip. The player's body position should be leaning away and back from the ball, which provides lift. The non-kicking foot should be alongside and slightly behind the ball. The position of the toe of the kicking foot should be pointed away from the player, with the ankle locked. The instep of the foot should strike the ball through its bottom half, hitting through the ball. The player should hit through the center of the ball to avoid pulling or slicing.

Coaching points

- Approach at an angle
- Head down
- Ankle locked
- Selection of the foot surface and which part of the ball to contact to achieve the desired result

Common faults

No approach angle. Head comes up too early. The non-kicking foot is too close or too far away. The wrong surface of the foot is used. Ankle unlocked.

Soccer Skills to Teach



PASSING (continued)

CHIP PASS

The approach to the ball is the same as for a lofted pass, but then a stabbing motion with the foot is made.

Coaching points

- Approach at an angle
- Selection of the foot surface and which part of the ball to contact to achieve the desired result

Common faults

- Stabbing action
- Posture and stance
- There is no approach angle and the player's head comes up too early. The non-kicking foot is too close or too far away and the wrong foot surface is used.

DO

- Get in line with the ball.
- Select the surface of the foot to make contact on the ball to bring it under control.
- Use the correct surface of the foot on the ball to achieve the desired pass.
- Keep your head still and kick through the ball.

DON'T

- Stand on the ball with your leading foot.
- Approach incorrectly.
- Set body or posture incorrectly.

THROW-INS

Throw-ins are small but crucial moments in a soccer game: they present an opportunity to maintain possession of the ball, capitalize on a turnover or - unfortunately-lose possession of the ball. As such, the throw-in is one of the most fundamental skills in soccer.

Coaching Points

- Pick up the ball with both hands, one on each side
- Place your feet where the ball exited the field
- Arch your back slightly
- Bring the ball up and over your head
- Release the ball with a forward flick of the wrist

Common Faults

The ball must be thrown with two hands. Must come from over head. Feet must both be behind the line. The thrower cannot be the first to touch the ball off the toss.



Soccer Skills to Teach



RECEIVING

The game of soccer is so dynamic and ever-changing. You need to react as best as you can to the various different game situations in which you will need to receive the ball to keep possession. Selecting the correct part of the body early and bringing it to the ball is critical when discussing receiving.

INSIDE/OUTSIDE OF THE FOOT RECEIVING

These are the most-used receiving techniques during a game, when players are controlling ground passes. Players need to be light on their feet and move in line with the ball.

INSTEP RECEIVING

Due to the small surface area available to control the ball, receiving with the instep part of the foot (laces) is a difficult technique to learn, but an effective one that will assist in your speed of play, so players should try to master this technique.

THIGH RECEIVING

When looking to receive balls at mid-height, the thighs can be an effective part of the body to gain control of the ball. The thighs facilitate a large surface area with which to cushion the ball, and are a great way to learn how to successfully receive the ball in the air.

HEAD RECEIVING

This is the most difficult technique when receiving the ball in the air, as the surface area is not only small, but hard. Even though it is a difficult technique, it is again quite effective, as you can deflect, redirect and set the ball up for yourself and your teammates to move onto.

**See youth header restrictions in Coaches Packet.
11 and under cannot do headers.*

CHEST RECEIVING

Receiving the ball at chest height also gives you a large surface area in which to cushion and control the ball. It's a wonderful technique to use in tight situations when the ball is moving in the air to you and to deflect the ball into space for you or a teammate to move onto.



Coaching points

- Read the flight of the ball
- Select the receiving surface early
- Bring the selected area of the body to the ball to cushion it
- Know what you are going to do with the ball before receiving it, in order to keep possession.

Common faults

Young players often do not select the receiving part of the body, which in turn allows the ball to deflect randomly off of them.

Practice Plan Examples / Resources



Indiana Soccer League

Full Season Training Session Plans (Ages 5-12):

<https://www.soccerindiana.org/training-session-plans-2/>

<https://www.soccerindiana.org/4v4-play-format-lesson-plans/>

<https://www.soccerindiana.org/7v7-play-format-lesson-plans/>

<https://www.soccerindiana.org/9v9-play-format-lesson-plans/>

U6/U8/U11 Practice Plan Examples:

<https://www.soccerdrive.com/soccer-practice-plans>

Blank Practice Plan Worksheets:

<https://www.soccerdrive.com/free-downloadable-soccer-resources>

How to Build a Practice & 11U Exercises to Include:

<https://lexingtonunited.org/how-to-build-a-practice-plan/>

<https://lexingtonunited.org/u10-exercises/>

Soccer Coach Weekly:

<https://www.soccercoachweekly.net/practice-plans>

FREE Coaching Resources - Quick Start Soccer:

<https://quickstartsoccer.com/>

Blank Practice Plan Templates



Session: _____

Concepts: _____

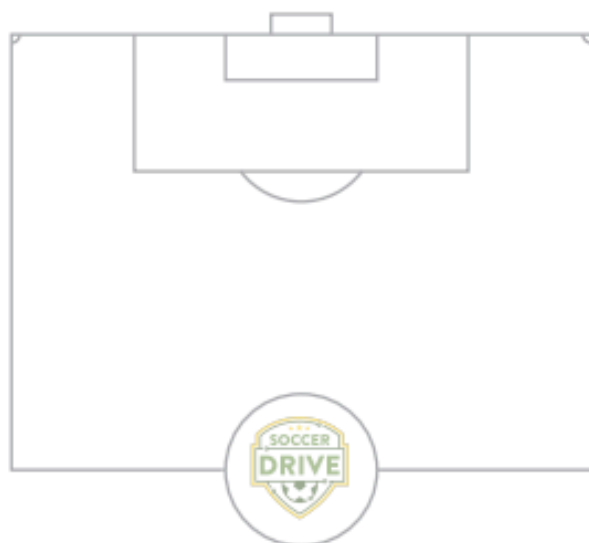
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Diagram



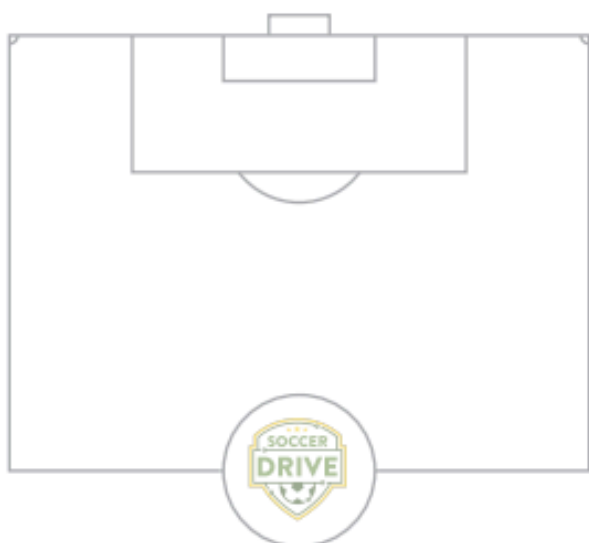
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Coaching Points

Activity: _____

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Diagram



Description

Coaching Points

Blank Practice Plan Templates



Session: _____

Concepts: _____

Duration: _____

Date: _____

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Duration: _____

Diagram	Description
	Coaching Points

Activity: _____

Duration: _____

Diagram	Description
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Blank Practice Plan Templates



Session: _____

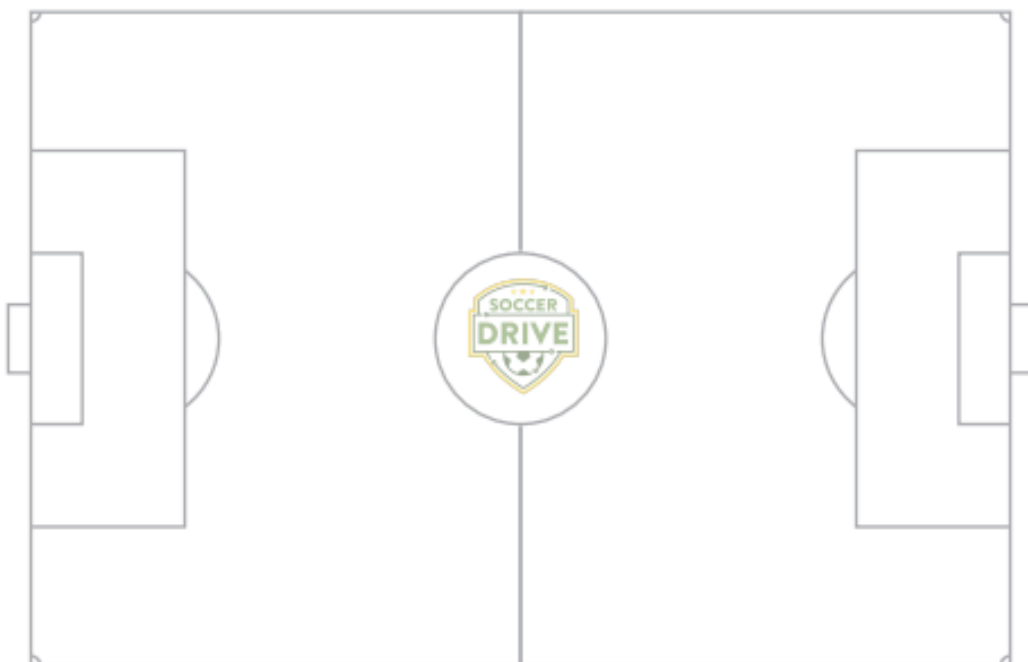
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