



4/5 SOCCER PRACTICE PLAN



Westy Futures

4th-5th Grade Soccer

Welcome to the Westy Futures Soccer Program!

We extend our heartfelt gratitude for joining our Westy Futures program as a coach. Your commitment to investing your time and knowledge in nurturing young talent is truly commendable. As we embark on this exciting journey together, we are thrilled to share with you our vision and mission.

At Westy Futures, the primary goal of our league is to develop the skills of our students, honing their abilities and preparing them for high school athletics. We firmly believe in cultivating not only their soccer talents but also instilling values like teamwork, discipline, and perseverance that will serve them well in all aspects of life.

In our league, we place a strong emphasis on the development of players. We want to ensure that each student-athlete receives the guidance and support necessary to propel them to the next level of their soccer journey. Whether their aspirations lie in making the high school team, or securing college scholarships, we are dedicated to helping them lay the foundation for success.

To aid you in your coaching journey, we have prepared a sample practice plan below. This plan can serve as a starting point for your sessions, providing structure and direction. However, we also encourage you to bring your creativity and ideas into the mix, tailoring practices to the unique needs and talents of our young athletes.

Thank you once again for being an integral part of our Westy Futures Soccer Program. Let's make this season one filled with growth, camaraderie, and memorable achievements.

Practice Plan

Week 1: Fundamentals and Basics:

- **Warm-up (10 mins):** Light jogging, dynamic stretches (leg swings, arm circles), agility drills, etc...
- **Dribbling (15 mins):** Basic dribbling exercises, focusing on control and close ball handling.
- **Passing (15 mins):** Introduction to passing techniques (inside of the foot), passing against a wall or partner.
- **Shooting (10 mins):** Introduction to shooting technique, emphasizing proper stance and striking the ball.
- **Defensive Drills (10 mins):** Introduction to basic defensive positioning and stance.

Week 2: Building Skills:

- **Warm-up (10 mins):** Light jogging, dynamic stretches (leg swings, arm circles), agility drills, etc...
- **Dribbling (15 mins):** Dribbling through cones with changes of direction and speed.
- **Passing (15 mins):** Progress to longer passes and introduce receiving techniques.
- **Shooting (10 mins):** Shooting with accuracy, introducing aiming for corners.
- **Defensive Drills (10 mins):** One-on-one defensive practice, focusing on jockeying and timing tackles.

Week 3: Increasing Complexity:

- **Warm-up (10 mins):** Dynamic stretches, high knees, and lateral movements.
- **Dribbling (15 mins):** Dribbling under pressure, adding defenders in a 1v1 or 2v1 scenario.
- **Passing (10 mins):** Introduce through balls and switching play, adding movement off the ball.
- **Shooting (15 mins):** Shooting under pressure, introduce volleys and half-volleys.
- **Defensive Drills (10 mins):** Group defending, focus on maintaining shape and communication.

Week 4: Skill Refinement:

- **Warm-up (10 mins):** Light jogging, dynamic stretches (leg swings, arm circles), agility drills, etc...
- **Dribbling (15 mins):** Advanced dribbling moves like step-overs and feints, focus on beating opponents.
- **Passing (10 mins):** Advanced passing patterns, emphasis on quick passing and decision-making.
- **Shooting (15 mins):** Shooting from different angles, introduce curling shots.
- **Defensive Drills (10 mins):** Defending in pairs with limited space, pressure, and cover.

Week 5: Game Situations:

- **Warm-up (10 mins):** Light jogging, dynamic stretches (leg swings, arm circles), agility drills, etc...
- **Dribbling (15 mins):** Small-sided dribbling games, emphasize using skills in game situations.
- **Passing (15 mins):** Small-sided passing games with conditions (e.g., 1-touch passes only).
- **Shooting (15 mins):** Game-like shooting scenarios, introduce finishing under pressure.
- **Defensive Drills (5 mins):** Transition from defense to attack, focusing on quick turnovers.

Week 6: Putting It All Together:

- **Warm-up (10 mins):** Light jogging, dynamic stretches (leg swings, arm circles), agility drills, etc...
- **Dribbling (15 mins):** Scrimmage with an emphasis on individual creativity and dribbling skills.
- **Passing (15 mins):** Full-field passing drills, encourage players to find open spaces.
- **Shooting (15 mins):** Small-sided games with a focus on scoring goals, encourage different types of shots.
- **Defensive Drills (5 mins):** Full-team defensive shape and communication, work on maintaining a solid defense.

Remember to create a positive and encouraging atmosphere throughout the practices, focusing on both skill development and fun. Adjust the drills based on your players' progress and needs.

Modification for Increasing Difficulty: To increase the difficulty of drills, you can adjust the following:

- Increase the speed and intensity of the drills.
- Add more defenders or increase the defensive pressure.
- Reduce the space available for players to maneuver.
- Introduce more complex passing patterns and combinations.
- Incorporate more challenging shooting angles and distances.