



K/1 SOCCER PRACTICE PLAN



Westy Futures

K-1st 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: Introduction to Soccer Basics:

- **Warm-up and Stretching (10 minutes):** Basic stretches and light jogging to prepare muscles for activity.
- **Dribbling (15 minutes):** Have players dribble the ball around cones, alternating feet, and using different parts of their feet.
- **Passing (10 minutes):** Players form pairs and practice passing the ball back and forth using inside foot passes.
- **Shooting (10 minutes):** Demonstrate basic shooting technique using cones as targets, allowing each player to take shots on goal.
- **Defensive Drill (15 minutes):** Players practice simple defensive movements, such as staying between the attacker and the goal.

Week 2: Developing Control and Coordination:

- **Warm-up and Stretching (10 minutes):** Basic stretches and light jogging to prepare muscles for activity.
- **Dribbling (15 minutes):** Introduce cone weaving, having players dribble through a slalom course of cones.
- **Passing (15 minutes):** Players practice passing while moving, increasing the challenge.
- **Shooting (10 minutes):** Focus on shooting accuracy by aiming at smaller targets.
- **Defensive Drill (10 minutes):** Introduce basic concepts of marking and tackling with soft touches.

Week 3: Enhancing Skills:

- **Warm-up and Stretching (10 minutes):** Basic stretches and light jogging to prepare muscles for activity.
- **Dribbling (15 minutes):** Add changes in direction and speed during dribbling.
- **Passing (15 minutes):** Players practice one-touch passing to improve speed and accuracy.
- **Shooting (10 minutes):** Introduce volleys and half-volleys, emphasizing proper technique.
- **Defensive Drill (10 minutes):** Focus on intercepting passes and timing tackles.

Week 4: Introducing Small-Sided Games:

- **Warm-up and Stretching (10 minutes):** Basic stretches and light jogging to prepare muscles for activity.
- **Dribbling (15 minutes):** Set up a small dribbling circuit with cones, incorporating quick turns.
- **Passing (15 minutes):** Play a small-sided passing game (3v3) to encourage quick decision-making.
- **Shooting (10 minutes):** Combine shooting with movement, have players receive a pass and take a shot.
- **Defensive Drill (10 minutes):** Play a game of "steal the bacon" where players compete to win possession.

Week 5: Team Play and Positional Awareness:

- **Warm-up and Stretching (10 minutes):** Basic stretches and light jogging to prepare muscles for activity.
- **Dribbling (15 minutes):** Focus on dribbling under pressure and changing direction quickly.
- **Passing (15 minutes):** Introduce triangle passing and switching play.
- **Shooting (10 minutes):** Players practice shooting after receiving a pass from a teammate.
- **Defensive Drill (10 minutes):** Teach zonal defending and communication within the team.

Week 6: Putting It All Together:

- **Warm-up and Stretching (10 minutes):** Basic stretches and light jogging to prepare muscles for activity.
- **Dribbling (10 minutes):** Set up a dribbling obstacle course that combines various techniques.
- **Passing (15 minutes):** Play a larger small-sided game (5v5) with an emphasis on passing and team play.
- **Shooting (10 minutes):** Players take shots from different angles and distances.
- **Defensive Drill (15 minutes):** Play a small-sided game with a focus on maintaining defensive shape.

Remember, the key is to keep practices fun and engaging for young players. Use positive reinforcement and encourage active participation. Modify the activities as needed based on the skill level and attention span of the kids. Enjoy the coaching experience!