



United States Youth Soccer Association

Practice Plan

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| Name: _____ | Date: _____ |
| Age Group: _____ | Theme: _____ |

| Activity | Coaching Points |
|---|---|
| <p>1st Activity (warm-up) <i>Simon Says</i></p> <p>In a rectangular area play Simon Says with the team. If a player does something they are not supposed to issue them a "Gotcha!" Play to see who can get the least "Gotcha's". Examples of activities include dribbling in the area, change direction, stop the ball with your Even throw in some trick one's like kick the ball as far away as you can. Progressions: 1 min. w/o ball, 1 min. w/ball at hands, 4 w/ball at feet</p> | <ul style="list-style-type: none"> ▪ Have the players do several actions like clapping in between your legs and skipping to increase body awareness |
| <p>2nd Activity <i>Monster Turnaround</i></p> <p>In the same area have everyone dribbling around with a ball. Two monsters (coaches) should be moving around in the area as well. Players get a point for dribbling at the monsters and executing a turn without being tagged by the monster. Play for 30 seconds. Progressions: Play to try to beat your own score. Turn using the sole of foot. Turn using outside of foot.</p> | <ul style="list-style-type: none"> ▪ The players should be able to turn with the: <ul style="list-style-type: none"> ○ Sole of the foot ○ Inside of the foot ○ Outside of the foot ▪ After players turn they should accelerate to get away from the monster |
| <p>3rd Activity <i>Tigerball</i></p> <p>Each player has a ball except for the "Tigers." At the coach's signal, the tigers (2) try to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Plan until only two people are left and then those players are the next tigers. Progressions: Use only left foot, outsides of feet, soles of feet.</p> | <ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? |
| <p>4th Activity <i>Soccer Golf</i></p> <p>Set up a golf course in the area and have the players "golf" in pairs. In order to complete a hole the players could be asked to pass their ball into a corner flag or to make the ball stop in a small grid.</p> | <ul style="list-style-type: none"> ▪ Requiring the players to hit a corner flag to finish out a hole demands accuracy ▪ Requiring players to play the ball so that it stops in a small square demands that they play the ball with the proper amount of pace (weight) |
| <p>5th Activity (the game) <i>Numbers Game</i></p> <p>Split the players into two teams and have them stand on opposite endlines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds. Progressions: Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers.</p> | <ul style="list-style-type: none"> ▪ Don't be afraid to have more than one 1v1 going on at the same time ▪ Encourage players to shoot whenever they have a clear line of sight to the goal |

Scrimmage 3v3 or 4v4