



United States Youth Soccer Association

# Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up) <i>Pair Tag</i></b></p> <p>Set up a fairly large area and have everyone get a partner. Everyone jogs around in the area and on the coaches signal one pre-designated person tries to tag the other as many times as they can in 10 seconds. Players get a point for each tag. Who can score the most points in five rounds?</p> <p>Progressions: Might be possible to add a ball, may be too difficult though.</p>	<ul style="list-style-type: none"> <li>▪ Don't let games like this go on for too long, young kids will go all out for about 20-30 seconds and then they will be exhausted</li> <li>▪ Player several short rounds rather than one or two very long rounds</li> </ul>
<p><b>2<sup>nd</sup> Activity <i>Shadow Running</i></b></p> <p>Everyone has a pair again. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. The person can stop to stretch, change direction, pretty much whatever they want. Play for 20 seconds at a time.</p> <p>Progressions: Add a ball for each player.</p>	<ul style="list-style-type: none"> <li>▪ Stretching can be added to this game</li> </ul>
<p><b>3<sup>rd</sup> Activity <i>Coconut Shy Game</i></b></p> <p>Everyone pairs up and stands 10 yards apart; one of the players needs a ball. In between the players is a ball on top of a disc cone. The players pass the ball back and forth trying to knock the ball (coconut) off of the cone. The person who knocks the ball off the cone puts in back on while the other person retrieves the game ball. Which pair can score the most points in a minute?</p> <p>Progression: Specify what surface they must use to strike the ball.</p>	<ul style="list-style-type: none"> <li>▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?</li> </ul>
<p><b>4<sup>th</sup> Activity <i>Pairs Game</i></b></p> <p>Set up several small gates inside an area (one more gate than the number of pairs). The players are divided into pairs who play 1v1 to the small gates. Each pair has a ball; whoever has the ball tries to dribble through as many gates as they can. When they lose the ball the other person tries to score as many points as they can as well.</p> <p>Progressions: Score by dribbling through a goal. Score by dribbling through the goal and stopping the ball within two yards for your opponent to take.</p>	<ul style="list-style-type: none"> <li>▪ Try to make sure everyone is with a partner of relatively the same ability</li> <li>▪ The progression is good because if one player is dominating the other player will get plenty of opportunities</li> </ul>
<p><b>5<sup>th</sup> Activity (the game) <i>2v2 to multiple goals</i></b></p> <p>Use the same set-up as in activity four but now each pair becomes a team. Play 2v2 into the multiple goals.</p> <p>Progressions: A team can score by dribbling through a goal. A team can score by passing through a goal. A team can score by passing the ball through a gate to their teammate on the other side.</p>	<ul style="list-style-type: none"> <li>▪ Have three or four small goals so their isn't a lot of congestion</li> <li>▪ Can we try to score on a goal where there is not a defender (very simple language for advanced tactical concept of playing the ball away from pressure)</li> </ul>

**Scrimmage 3v3 or 4v4**