



United States Youth Soccer Association

Practice Plan

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"> ▪ Great game the kids will already know that can be used to improve body awareness
<p>2nd Activity <i>Sharks and Minnows</i></p> <p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won’t have balls, but they are on the prowl for someone else’s. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else’s ball away or kick the person’s ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</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? ▪ Can we spin away from pressure (a defender)?
<p>3rd Activity <i>Gate Dribbling</i></p> <p>Divide the players into pairs. Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. Each pair has one ball. In order to score a point one of the partners must dribble the ball through a goal. Can one player dribble the ball through a goal can the other get in front of another goal and receive a pass so he can then dribble through a goal? Play for 30 seconds at a time. Progressions: Specify how players must dribble.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can’t dribble through the same gate twice, wait and see if anyone can figure it out
<p>4th Activity <i>Gate Passing</i></p> <p>Using the same set-up as above, except now in order for pairs to score one partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30 seconds at a time.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 2v2 or 3v3