



United States Youth Soccer Association

Practice Plan

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

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older.</p>	<ul style="list-style-type: none"> ▪ After a few commands the coach should move to force the players to look up before heading back ▪ This game is great for teaching body awareness, it's fun for the kids too! ▪ Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Freeze Tag</i></p> <p>Break the team into three or four groups. One of the groups is the taggers and everyone else is running around in a marked area. When tagged the players have to stand with their legs apart and are frozen. To be unfrozen one of the other players must crawl through their legs. Time the groups and see which group can tag everyone the quickest. Progressions: Give everyone a ball, players are unfrozen when a ball is passed through their legs. When tagged, players should hold the ball they are dribbling over their head.</p>	<ul style="list-style-type: none"> ▪ Give the taggers a ball, in order to freeze someone they have to pass the ball off of them, in order for them to be unfrozen one of their teammates has to crawl through their legs
<p>3rd Activity <i>Hunters and Hares</i></p> <p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter. Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<ul style="list-style-type: none"> ▪ The hares must constantly be looking all around for hunters who may try to throw a ball at them ▪ By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<p>4th Activity <i>Marbles</i></p> <p>One ball per person with players in pairs. One partner passes their ball five to ten yards away. The other partner plays their ball and tries to hit the first ball played. If they can do so, they get a point. If they miss, it is instantly the first player's turn again and they must play their ball to try to hit the second player's ball. Players try to be their partner to five or ten points. Progressions: Specify how the ball must be struck.</p>	<ul style="list-style-type: none"> ▪ This requires accurate passes played at an appropriate pace (speed)
<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 call out more than one number at a time to have either: <ul style="list-style-type: none"> ○ More than one 1v1 game going on at the same time OR ○ A 2v2 game going on

Scrimmage 2v2 or 3v3