



United States Youth Soccer Association

Practice Plan

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Mini Drills – Time:15 minutes</i></p> <p>Toe taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball.</p> <p>Body Part Dribbling – Have players dribble and control balls without running into other players (Heads Up!) While dribbling, Call out body parts. The players must stop the ball with that body part.</p> <p>Toe Fencing –Partner up and face each other with hands on other player’s shoulders. Players try to touch partner’s toes without their own being touched. (NO STOMPING!)</p> <p>Ball Stretching – This is done after players have dribbled first.</p> <ol style="list-style-type: none"> 1) Roll ball through legs in a figure eight (X8) 2) With one leg forward, roll ball around leg, switch legs and repeat (X10 each leg) 3) Sitting with legs straight out and together, roll ball to toes and hold for 30 seconds. 4) Still sitting, legs apart in V, roll ball along outside of one leg, around the foot, over to the other foot and around the back (X5), reverse (X5) <p>Over & Under – Have players pair up and stand back to back. Player one hands ball to player two over their heads and arms outstretched. Player two passes back to player one through the legs (30 seconds), reverse directions (30 seconds)</p> <p>Side to Side – Players still in pairs and standing back to back, have player one hand ball to player two by twisting to one side. Player two hands ball back to player one by twisting in opposite direction (30 seconds), reverse (30 seconds)</p> <p>Ball box – with ball between feet, tap ball back and forth between feet rapidly; 30 second intervals</p> <p>Pull instep push – with ball in front, pull back with right foot and tap forward with instep; repeat with left foot; 10 times alternating each foot.</p> <p>Pullback – dribble the ball forward 2 or 3 times, pullback with right foot, turning toward ball and changing direction, and repeat by pulling ball back with left foot; repeat ten times with each foot.</p>	<ul style="list-style-type: none"> ▪ Be sure to have someone demonstrate the correct way to do each drill ▪ Don’t let each activity take more than one or 2 minutes

2nd Activity <i>Ball Retrieving</i> <i>Time: 5 – 10 Min.</i>	<ul style="list-style-type: none"> ▪ Builds on Ball Control and Dribbling ▪ Awareness
<p>Throw / Kick each player's ball away. Call out a random number and players must retrieve the ball with that number of touches. Example: Call out the number three, the player should only touch the ball three times to get it back to you.</p>	
3rd Activity <i>Kick to your partner race</i> <i>Time: 5 – 10 min</i>	<ul style="list-style-type: none"> ▪ Try to make sure everyone is with a partner of relatively the same ability ▪ Ball will not go back unless properly struck
<p>Divide the players into pairs with one ball per pair. Establish a starting and finish line approx. 50 yards apart. One player is the “kicker” the other is the “server”. The server rolls the ball to the kicker’s feet from 3 yds. Away. Kicker kicks the ball back to the server. If the server successfully catches the ball, then advance.</p>	
4th Activity <i>Matador and Bull</i> <i>Time: 5 – 10 min.</i>	<ul style="list-style-type: none"> ▪ Try to make sure everyone is with a partner of relatively the same ability ▪ Players should try to fake out their opponent.
<p>Players’ pair up or use parents / siblings. One player or parent is the “Bull” and the other is the “matador”. The bulls charge the Matadors; the matadors slow down and then explode to the side. Have the Matadors also try to fake before going to the side. Bulls may need to slow done for the fake.</p>	
5th Activity <i>Hula Hoop Game</i> <i>Time: 5 – 10 min.</i>	<ul style="list-style-type: none"> ▪ Try to make sure everyone is with a partner of relatively the same ability ▪ Players should try to fake out their opponent.
<p>Players pair up. Place two Hoops (or some other target) 5 yards apart with a rope (line) between them. Player A has the ball and Player B cannot cross the line. Player A must put the ball stationary in either hoop while Player B’s foot is not in it.</p>	

Scrimmage 2v2 or 3v3

Homework:

Chose at least one activity below and get at work on it for at least 30 minutes prior to our next practice session.

- Work on your mini drills
- Work on your juggling skills
- Work on your wall work
- Work on feints and moves