



United States Youth Soccer Association

Practice Plan

Activity

Coaching Points

1st Activity (warm-up) *Mini Drills – Time: 15 minutes*

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.

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.

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!)

Ball Stretching – This is done after players have dribbled first.

- 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)

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)

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)

Ball box – with ball between feet, tap ball back and forth between feet rapidly; 30 second intervals

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.

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.

- 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>Goal Alley</i> <i>Time: 5 – 10 Min.</i>	<ul style="list-style-type: none"> ▪ Builds on Defending and Shooting ▪ Awareness
<p>10 X 15 Area Players work in pairs with one ball between them. Each player defends his/her goal line while trying to score on their opponent. Players have unlimited touches but must remain in their own side of the playing area. Hands cannot be used. Players try to block shots and control the ball to prevent the goal. Change partners after 5 minutes. As a progression add the rule that if the ball rebounds across the halfway line or out over the side line when a save is being made, possession goes to the opponent.</p>	
3rd Activity <i>Catch, throw & Save</i> <i>Time: 5 – 10 min</i>	<ul style="list-style-type: none"> ▪ If the players are having difficulty crossing the ball, have them throw-in the ball ▪ Monitor to make sure every player gets a turn ▪ Rotate the goalie and crosser ▪ Set up a few cones to give an idea on where the ball should go
<p>Start with one Goal Keeper and one to two crossers. Everyone else will be moving around the play area, dribbling their ball or some other activity.. Keeper tries to stop and redistribute to the crosser. Reset and go again.</p>	
4th Activity <i>Run & Shoot, Run....</i> <i>Time: 5 – 10 min.</i>	<ul style="list-style-type: none"> ▪ If the players are having difficulty crossing the ball, use a coach or have them throw-in the ball ▪ Monitor to make sure every player gets a shot on goal ▪ Rotate the shooter and crosser ▪ Set up a few cones to give an idea on where the ball should go ▪ Good for conditioning
<p>One Goal keeper, one passer and one shooter. 8-10 balls with passer and on whistle the passer delivers a ball from side for shooter to hit first time. Shooter than runs back around the cone shoots next ball. Continue with all balls. This is good shooting practice because often you must shoot the ball when your legs are tired or you're winded. Good for conditioning. Players switch places after shooter is done.</p>	
5th Activity <i>2 Goals back to back</i> <i>Time: 5 – 10 min.</i>	<ul style="list-style-type: none"> ▪ Split into even teams, rotate if team cannot be made even or add a neutral player ▪ Players should be looking for a shot on goal or a pass ▪ Goalies should always be ready ▪ Add an extra ball or two for a faster pace.
<p>Place two goals back to back (or use cones) and then mark off the field so there is at least a 30x20 yard space in front of each goal. Use two goalkeepers and it's 4 vs. 4 on the field. Each team can score on either goal. The goalies are neutral and should always distribute the ball (even after goals) to the space on the left without favoring any team. Use throw-ins for any balls out of bounds. Extra players should rotate in after each goal.</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