



United States Youth Soccer Association

Practice Plan

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Mini Drills – Time: 15 minutes</i></p> <p>Juggling – Everyone should begin to juggle upon arrival to each practice!</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>Ball box (Inbetweens) – with ball between feet, tap ball back and forth between feet rapidly; 30 second intervals. Also, move forward by lightly pushing forward with each foot.</p> <p>“Pullbacks” - Start with the ball between your feet. Fake up to the top of the ball with your right foot in a kicking motion, but stop with your cleats on top of the ball. Then "pull-back" the ball by "scraping" your cleats backwards to get the ball rolling behind you. Now you can turn either clockwise or counterclockwise to face the ball again</p> <p>“Scissor’s” - Start dribbling with the ball between your feet. Plant your right foot next to the right side of the ball and swing your left leg around the ball in a counterclockwise arc, from the inside (right side) of the ball to the outside (left side) of the ball. This is an "inside to outside" stepover with the left foot. Then plant that left foot down and take the ball back to the right with the outside of the right foot. Accelerate!</p> <p>“Skip Touches” - Start with the right foot in front of the left, and the ball just ahead of the leading foot. Begin by touching the ball forward with the (right) front foot which you then plant on the ground and do a little "hop" (or skip), while your (left) trailing leg comes to the front. When that (left) leg is in front, touch the ball ahead with it, then plant it down for a little "hop" (skip), and continue. Do this for several dozen skips.</p> <p>“Shield Turns” - Start by dribbling forward towards a cone or mark that represents the defender. Just before reaching the mark, begin a series of sharp inside cuts with the inside of the right foot. The first cut turns you to the left, then immediately follow with another cut to be facing backwards, and immediately with another cut to end up facing to what initially was to your right. There should not be any extra steps between ball touches. The entire time the ball is shielded and multiple opportunities for lateral and trail passes are available. When done properly the dribbler can actually "shake-off" the defender and continue downfield.</p> <p>“Lunges” - Start dribbling the ball forwards then abruptly lunge (take a long deep step) with your left foot, to the left of the ball. Plant your left foot hard and take the ball back to the right with the outside of the right foot, on the diagonal. Accelerate.</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

<p>2nd Activity <i>Dribble Relay Race- 2 Time: 5 – 10 Min.</i></p> <p>Split into two teams. Set up two rows of cones as shown in figure. Players will do a relay race starting at the first cone. They will Dribble to the 1st cone, perform the task, go to third, perform the task, etc, and then out to the last. One they reach the last, they turn back towards the line using a pullback and make a pass to the next player from the second cone. Next player goes. First team finished wins!</p>	<p>X = Players O = cones →→ = line of flight</p> <p>(1.Scissors) (3.Lunge) XXO→→→→O→→→O→→O→→O (return to line, finish with pass) (2.Shield Turn) (4.Pullback)</p> <p>Lots of running and ball control needed. Takes the warm up activities and introduces them in a game like activity.</p>
<p>3rd Activity <i>Hurdles</i></p> <p>You need an even number of pylons and corresponding sticks. Place two pylons at two feet apart and place the stick across the top to create a hurdle. Ensure there is enough room under the stick for the ball to roll. Put at least four hurdles in a row. Each player approaches the hurdle and must pass the ball under the hurdle, then jump the hurdle and recover the ball on the other side</p>	
<p>4th Activity <i>Matador and Bull</i></p> <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>	
<p>5th Activity (the game) <i>Hula Hoop Game</i></p> <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 warm up drills
- Work on your juggling skills
- Work on feints and moves