



United States Youth Soccer Association

Practice Plan

| Activity | Coaching Points |
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| <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>Inside rolls – with ball in front, roll ball with sole of right foot to inside (across body) and back to center; repeat with left foot; 10 times alternating with each foot.</p> <p>Inside instep rolls - with ball in front, touch ball with instep (laces) of right foot and roll up forward in front of body, stopping with sole on top of ball, then roll back to starting position; alternate with left foot; 10 times with each foot.</p> <p>Outside instep rolls – with ball in front, touch ball with instep (laces, or slightly outside of foot) of right foot and roll outward from body, stopping with sole on top of ball, then roll back to starting position; 10 times with each foot.</p> <p>Ball box – with ball between feet, tap ball back and forth between feet rapidly; 10 times with each foot.</p> <p>Side to Side Step-On - With ball between feet, step on ball with sole of right foot and roll outward, finishing with ball on the inside of right foot, tap back to left foot; repeat with left foot; 10 times with each foot.</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 ▪ Let the kids know that this is something that they can work on at home |
| <p>2nd Activity <i>Shadow Running</i></p> <p>Everyone has a pair again. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. The person can stop to stretch, change direction, pretty much whatever they want. Play for 20 seconds at a time. Progressions: Add a ball for each player.</p> | <ul style="list-style-type: none"> ▪ Builds on Ball Control and Dribbling ▪ Encourages players to be creative, maybe work on moves and feints |

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| <p>3rd Activity <i>Pairs Game</i></p> <p>Set up several small gates inside an area (one more gate than the number of pairs). The players are divided into pairs who play 1v1 to the small gates. Each pair has a ball; whoever has the ball tries to dribble through as many gates as they can. When they lose the ball the other person tries to score as many points as they can as well. Progressions: Score by dribbling through a goal. Score by dribbling through the goal and stopping the ball within two yards for your opponent to take.</p> | <ul style="list-style-type: none"> ▪ Try to make sure everyone is with a partner of relatively the same ability ▪ The progression is good because if one player is dominating the other player will get plenty of opportunities |
| <p>4th Activity <i>2v2 to multiple goals</i></p> <p>Use the same set-up as in activity three but now each pair becomes a team. Play 2v2 into the multiple goals. Progressions: A team can score by dribbling through a goal. A team can score by passing through a goal. A team can score by passing the ball through a gate to their teammate on the other side.</p> | <ul style="list-style-type: none"> ▪ Have three or four small goals so their isn't a lot of congestion ▪ Can we try to score on a goal where there is not a defender (very simple language for advanced tactical concept of playing the ball away from pressure) |
| <p>5th Activity (the game) <i>Numbers Game</i></p> <p>Split the players into two teams and have them stand on opposite end lines. 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

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