



United States Youth Soccer Association

Practice Plan

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Mini Drills – Time: 15 minutes</i></p> <hr/> <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>Sole Roll Right then Left – Role ball with sole of right foot, tap back with left, tap back with right, sole role with left, tap with right, tap with left, repeat.</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>“Stepover 180 turn” - Start with the ball between your feet, as it is during your "in-betweenes". Put your weight on your left foot as you swing your right foot up and over the ball (turning counter-clockwise towards the left). Plant the right foot down on the left side of the ball and step down. (This is the "stepover" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (turning clockwise this time) around with your left foot, back towards the ball. Once you have turned a 180, take the ball with your left foot and begin to move in the other direction.</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

