



United States Youth Soccer Association

Practice Plan

Name: _____	Date: _____
Age Group: _____	Theme: _____

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Ball Retrieval-Groups of 4</i></p> <p>Players are in groups of three or four with one ball in a large unmarked space. The coach tosses the ball away and the players must return it to the coach with each player touching the ball at least once. The final pass should be played to a player standing next to the coach. Progressions: The coach can move within the area to make the players look up. Specify how many passes or what type of passes must be used to bring the ball back.</p>	<ul style="list-style-type: none"> ▪ Be creative and make the players hand the ball to you in different ways (give me the ball using your back) <ul style="list-style-type: none"> ○ See how the players solve the problem, do they just pick it up and put in one someone's back or do they try to do something more complicated ▪ By this age players can receive more instruction on how to pass the ball technically correct
<p>2nd Activity <i>Elbow Tag</i></p> <p>Players are in pairs with their elbows hooked and standing in a random formation. The other hand is on their hip with their elbow bent. The coach breaks one pair apart and designates one person as "it". That person tries to run down their partner and tag them. Their partner can become safe if they link elbows with one of the other pairs. When a person links with a pair, the person who is not linked to the new person must then unlink and is fair game to be tagged. Progressions: Break apart more pairs.</p>	<ul style="list-style-type: none"> ▪ When changing direction to shake off a tagger can they stay low to the ground ▪ Can players use changes of speed and direction to shake off taggers ▪ Can players use feints to deceive potential taggers
<p>3rd Activity <i>Hurricanes and Ladders</i></p> <p>Play consists of two teams of 5 to 7 players with one ball using half a field. The coach tosses the ball and the ladder group runs to the ball as quickly as possible and forms a line. Then, they have to hand the ball to the end of the line in an over the head/between the legs fashion. Meanwhile, the other team forms a tight circle or huddle. One person from that group runs around the circle as many times as they can until the other team yells stop. Switch. Play to 10 points.</p>	<ul style="list-style-type: none"> ▪ Great activity that encourages teamwork and problem solving ▪ Be vague in your instructions, don't tell them to get in a tight circle
<p>4th Activity <i>Defrost Tag</i></p> <p>Start with two equal teams in a larger area. One team is on the inside of the area without balls and the other is outside the area with balls. On the coach's signal the players on the outside dribble into the area and try to freeze the inside players by passing their ball off of them below the knees. Inside players can be unfrozen by other inside players by crawling through each other's knees. Progressions: Give both teams balls.</p>	<ul style="list-style-type: none"> ▪ SAFETY NOTE - As long as any part of a person's body is still underneath a frozen player, a ball cannot be played at them
<p>5th Activity (the game) <i>Get Outta-Here2v2</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game. Progressions: Start with 2v2 and progress to 3v3.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 2v2 or 3v3



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<p>1st Activity (warm-up) <i>Math Dribble</i></p> <p>Each player needs to have a ball. Have them dribble in a confined, the coach calls out a math problem and the players immediately solve the problem by forming the appropriately sized group. After everyone is in a group the players should start dribbling again until the next problem is called. This is a great activity to get groups formed quickly for the next activity.</p> <p>Progressions: Mix between addition and subtraction</p>	<ul style="list-style-type: none"> ▪ Use a math problem where the solution is one more person than the number of players at practice; see how long it takes them to come and stand by you ▪ Can the players keep the ball close so when the problem is called they can quickly get in a group ▪ Players should keep their heads up so they don't try to join a group that does not need them
<p>2nd Activity <i>Knee Tag</i></p> <p>Everyone should be without a ball moving around in a marked area. On the coaches signal everyone tries to tag as many people as they can. In order to score a point they must tag someone else on the knee. Play several rounds of 30 seconds each.</p> <p>Progressions: Add a ball after a few rounds. Play to see who can tag the most people. Play to see who can be tagged the least.</p>	<ul style="list-style-type: none"> ▪ When the players are tagging each other, instead of standing upright and trying to tag someone's knee can they bend their knee's and get down low (just like a defensive stance, hmmm...)
<p>3rd Activity <i>Draw</i></p> <p>Everyone needs to pair up and each pair needs a ball. The partners should face each other with the ball equidistant between. Both players need to have both feet on the ground. When the coach says "Draw" the players try to be the first to step on the ball and pull it backwards for a point. Play to 5 points and then switch partners.</p> <p>Progressions: Add a line behind each player, after they get the ball they have to dribble past the line to get a point.</p>	<ul style="list-style-type: none"> ▪ This is an alternative way to start a scrimmage or a dead ball situation ▪ Throw in a few words like "Straw" to make sure they really have to listen
<p>4th Activity <i>Junkyard Soccer</i></p> <p>Not a game to be played for teams where boot ball is a problem. Have two teams with at least one ball for every two players, more can be used. Have the two teams face each other with a 10-15 yard zone in between them. On the coach's signal the teams try to kick the balls quickly enough so that all the balls are on one side. Teams earn one point for doing so.</p> <p>Progressions: Specify how balls must be played (on the ground, in the air, one touch, with the left foot, etc.)</p>	<ul style="list-style-type: none"> ▪ This game could be modified to work on several different skills
<p>5th Activity (the game) <i>Get Outta-Here2v2</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 2v2 and progress to 3v3.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

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<p>1st Activity (warm-up) <i>Nutmeg Competition</i></p> <p>Mark off a rectangular area and have the team find a buddy. One buddy from each pairs stands with the legs about two feet apart spread out in the area. The other partner needs to have a ball. The players should start to dribble around and on the coaches signal they have to dribble/pass through as many “gates” as possible. Play for 30 seconds and then switch roles. Progressions: Specify how the players must dribble.</p>	<ul style="list-style-type: none"> ▪ Can the players keep their head up to see an open gate?
<p>2nd Activity <i>Dribble to Safety</i></p> <p>Set up an area with two end zones at each end. The players must try to get from one end zone to the other. Between the two end zones should be two or three players with balls. As the players are going from end zone to end zone the players in the middle try to pass their ball into one of the players running to the other end zone. Progressions: Give the people going from zone to zone a ball.</p>	
<p>3rd Activity <i>Sequence Passing</i></p> <p>Mark off an area and give everyone a number. The players must pass the ball sequentially from player to player (1 to 2, 2 to 3, 3 to 4, etc.). Progressions: Have the players pass from the highest number to the lowest number. Specify with what surface the players must use to pass the ball.</p>	<ul style="list-style-type: none"> ▪ When a person is about to be passed to they should try to get in the field of vision of the person with the ball so that person doesn’t have to turn ▪ Can players call for the ball as it is halfway to the person that is going to pass it to them (the person receiving the ball will then know where to play their first touch)
<p>4th Activity <i>Wolves and Sheep</i></p> <p>Set up a large rectangular area with four zones in each of the corners. Split the players into two teams and give each team a name. Have the players dribble around randomly in the area. When the coach calls out one of the team names that team leaves their balls and tries to tag members of the other team. The other team tries to dribble to a safety zone without being tagged and earn a point for doing so. Play multiple rounds and see which team can score more points. Progressions: Specify how players must dribble. When a team name is called those players have to continue to dribble their ball.</p>	
<p>5th Activity (the game) <i>Get Outta Here</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 2v2 and progress to 3v3.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

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