

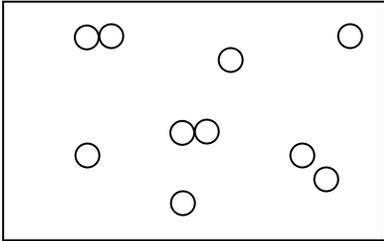
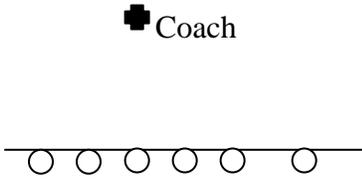
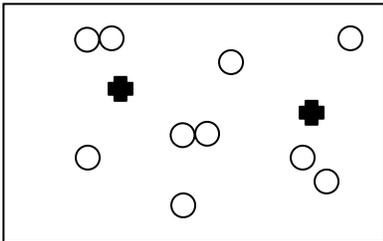
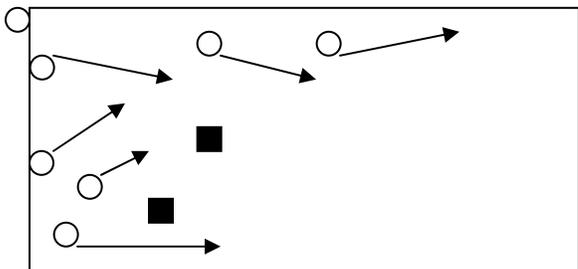
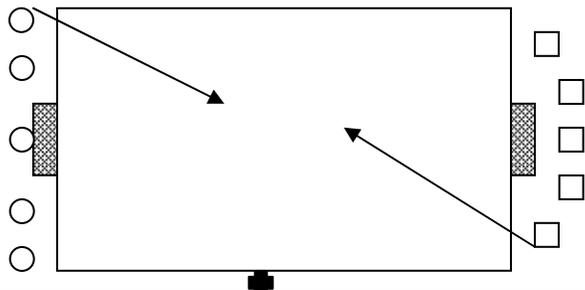


United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) <i>Greetings Game</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.</p> <p>Progressions: Add dribbling.</p>	
<p>2nd Activity <i>Red Light, Green Light</i></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.</p> <p>Progressions: Add a ball. The coach can move around to make the game more challenging.</p>	
<p>3rd Activity <i>Ouch!</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)</p>	
<p>4th Activity <i>Frog Attack</i></p> <p>The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.</p> <p>Progressions: Add a ball (for the players, not the frogs)</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) <i>Identifiers</i></p> <p>All the players run around in a rectangle at random. The coach calls out the identifier or a group of players or individual players, who then become hunters. The hunters see who can tag the most players within one minute. The identifiers could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc.</p> <p>Progressions: Everyone has a ball.</p>	
<p>2nd Activity <i>Dog and Master</i></p> <p>Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc.</p> <p>Progressions: Introduce tall cones as trees that the masters have to keep their dogs away from or an evil dog catcher that kicks dogs out of the game. The players have to see a park ranger before coming back in.</p>	
<p>3rd Activity <i>Tigers in the Jungle</i></p> <p>Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is going to kick the other animals' balls into the surrounding alligator infested swamp. When an animal gets their ball kicked away they have to do the alligators, go get their ball, and stand holding the ball over their head making their animal noise. Another animal can unfreeze them by dribbling the ball through the frozen animals legs.</p> <p>Progressions: Animals dribble using only left foot, outside of feet, etc.</p>	<p style="text-align: center;">Swamp</p>
<p>4th Activity <i>Tunnel Soccer</i></p> <p>Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots or so the coach moves on again. Who can score the most points in one minute?</p> <p>Progressions: The coach specifies how the players must kick the ball (laces, inside of foot).</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



United States Youth Soccer Association

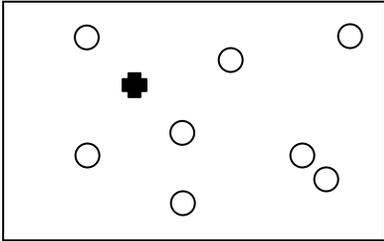
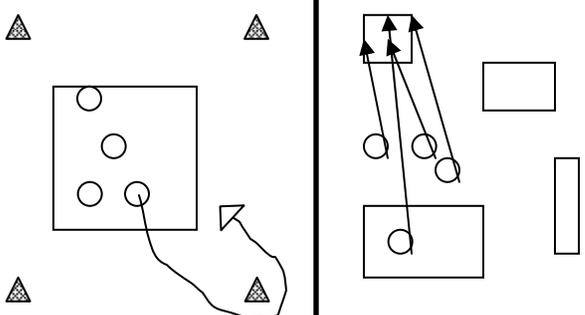
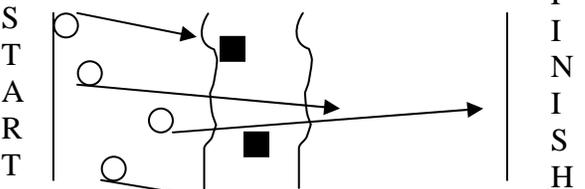
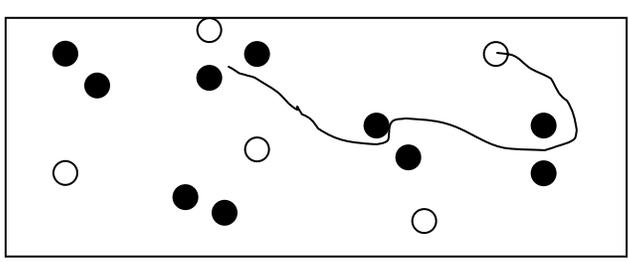
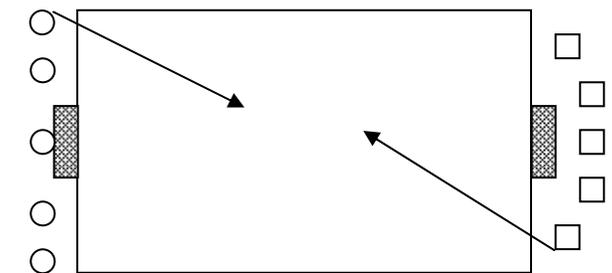
Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity

Diagram

<p>1st Activity (warm-up) <i>I Can, Can You?</i></p> <p>Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical movement without the ball (skip, walk and clap hands through legs, etc). After the coach does several examples he should ask the players if they have any suggestions and allow them to demonstrate.</p> <p>Progressions: Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.</p>	
<p>2nd Activity <i>Around the World</i></p> <p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name and the players must dribble around that cone and then return to dribbling in the area.</p> <p>Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.</p>	
<p>3rd Activity <i>Cross the Ohio River</i></p> <p>The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places.</p> <p>Progressions: Add a ball for the boaters.</p>	
<p>4th Activity <i>Goal Chase</i></p> <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) <i>Body Part Dribble</i></p> <p>Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).</p> <p>Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).</p>	
<p>2nd Activity <i>Fruit Salad</i></p> <p>The coach makes a circle with cones; each player needs to stand by a cone (they should not be any extra cones, just one for each player). The coach assigns a fruit name to each player (apple, orange, banana). The coach calls out a fruit name and any player who has that fruit name must run to a different cone. When the coach yells fruit salad every player must run to a different cone.</p> <p>Progressions: Add a ball for each player.</p>	
<p>3rd Activity <i>Cross the Bridge</i></p> <p>Divide the players into two groups, one on each endline of a field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?</p> <p>Progressions: Slide the cones towards the center of the field to make the bridge shorter. Add a bridge keeper to kick balls away.</p>	
<p>4th Activity <i>Bingo</i></p> <p>A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling "bingo" as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?</p> <p>Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible.</p> <p>Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.</p>	
<p>2nd Activity <i>Traffic Officer</i></p> <p>Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic officer) stands in the middle of the large area and directs the traffic (players) where to go. Have a different colored vest for each group of players.</p> <p>Progressions: Add a ball for each player. Have the different grids be different sizes. Sent multiple groups to the same grid. Dribble with outside of feet only.</p>	
<p>3rd Activity <i>Steal the Bacon</i></p> <p>Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)</p> <p>Progressions: Players must dribble the balls.</p>	
<p>4th Activity <i>Bumper Cars</i></p> <p>All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p> <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</p>	
<p>5th Activity (the game) <i>Disney Game</i></p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3



Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) Musical Balls</p> <p>Everyone has a ball and is dribbling. The coach should sing or play music. When the music stops everyone stops dribbling and goes to find another ball. After a while, the coach can take a ball away each time. Whoever does not get to a ball must go report to the coach. The player should have to do some sort of task (Tick tock, tap dance, something with the ball) before they can get back in.</p> <p>Comments: Tell them they will get their ball back at the end.</p>	
<p>2nd Activity Dribbling Maze</p> <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
<p>3rd Activity Torpedo</p> <p>Have the players form two teams and face each other. Everyone on one of the teams needs a ball. Two coaches should pass the ball between the two teams. The players with the balls try to pass their ball (torpedo) to hit the ball the coaches are passing. If the player misses the person standing across from them collects the ball and tries to hit the coaches ball on the next pass.</p> <p>Progressions: Kick with the laces, kick using a specific foot.</p>	
<p>4th Activity Moving Targets</p> <p>Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	
<p>5th Activity (the game) Disney Game</p> <p>Two teams of equal numbers stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end). Coach sends in a ball and calls out a Disney character and that character from each end goes onto the field and plays 1v1.</p> <p>Progressions: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	



United States Youth Soccer Association

Practice Plan

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

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Simon Says</i></p> <p>In a rectangular area play Simon Says with the team. If a player does something they are not supposed to issue them a “Gotcha!” Play to see who can get the least “Gotcha’s”. Examples of activities include dribbling in the area, change direction, stop the ball with your Even throw in some trick one’s like kick the ball as far away as you can. Progressions: 1 min. w/o ball, 1 min. w/ball at hands, 4 w/ball at feet</p>	<ul style="list-style-type: none"> ▪ Have the players do several actions like clapping in between your legs and skipping to increase body awareness
<p>2nd Activity <i>Monster Turnaround</i></p> <p>In the same area have everyone dribbling around with a ball. Two monsters (coaches) should be moving around in the area as well. Players get a point for dribbling at the monsters and executing a turn without being tagged by the monster. Play for 30 seconds. Progressions: Play to try to beat your own score. Turn using the sole of foot. Turn using outside of foot.</p>	<ul style="list-style-type: none"> ▪ The players should be able to turn with the: <ul style="list-style-type: none"> ○ Sole of the foot ○ Inside of the foot ○ Outside of the foot ▪ After players turn they should accelerate to get away from the monster
<p>3rd Activity <i>Tigerball</i></p> <p>Each player has a ball except for the “Tigers.” At the coach’s signal, the tigers (2) try to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Plan until only two people are left and then those players are the next tigers. Progressions: Use only left foot, outsides of feet, soles of feet.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?
<p>4th Activity <i>Soccer Golf</i></p> <p>Set up a golf course in the area and have the players “golf” in pairs. In order to complete a hole the players could be asked to pass their ball into a corner flag or to make the ball stop in a small grid.</p>	<ul style="list-style-type: none"> ▪ Requiring the players to hit a corner flag to finish out a hole demands accuracy ▪ Requiring players to play the ball so that it stops in a small square demands that they play the ball with the proper amount of pace (weight)
<p>5th Activity (the game) <i>Numbers Game</i></p> <p>Split the players into two teams and have them stand on opposite endlines. 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 have more than one 1v1 going on at the same time ▪ Encourage players to shoot whenever they have a clear line of sight to the goal

Scrimmage 3v3 or 4v4



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???).</p> <p>Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p> <p>Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass their ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.</p> <p>Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> ▪ Instead of having a line you could also have an end zone that the players try to get their ball to stop in
<p>5th Activity (the game) <i>Outta There</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 1v1 and progress to 2v2.</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 3v3 or 4v4



United States Youth Soccer Association

Practice Plan

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

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older.</p>	<ul style="list-style-type: none"> ▪ After a few commands the coach should move to force the players to look up before heading back ▪ This game is great for teaching body awareness, it's fun for the kids too! ▪ Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Hospital Tag</i></p> <p>All players have a ball and are dribbling in an area. The coach is the doctor and stands outside the area. Players dribble in the area and try to tag each other. When tagged, the person has to hold that body part. Once a player is tagged for the third time they go to the doctor and do a task before coming back in. Play to see who can visit the doctor the least. Progressions: Can only dribble with one foot, outsides of feet, soles.</p>	<ul style="list-style-type: none"> ▪ Typically, this game is an elimination game. The players that get their balls kicked out first have to sit. The players that are eliminated first though are the players that need the most help with their shielding technique. The hospital gives them a chance to get back into the game and continue to practice.
<p>3rd Activity <i>Crew vs. Riverhounds (from U6)</i></p> <p>Split the team into two groups and have them spread out and face each other. Between the two groups set up several large cones. One of the groups needs balls. On the coaches command one of the groups (make up names for them) strikes the ball and tries to topple as many cones as they can. The other team collects the balls and after the coach sets the cones back up they do the same activity. Progressions: Must strike ball with laces or inside of foot only.</p>	<ul style="list-style-type: none"> ▪ If the teams are having trouble hitting cones put more down ▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>4th Activity <i>Soccer Marbles</i></p> <p>Everyone needs to be in pairs with a ball for everyone. One player plays their ball and the other person tries to play their ball and hit the first ball while it is still moving. If the person misses the first person quickly goes to their ball and tries to play it to hit the second players ball. Players get a point each time they hit the ball. Progressions: Must strike ball with laces, inside of foot, left foot only, etc.</p>	<ul style="list-style-type: none"> ▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>5th Activity (the game) <i>GK Game</i></p> <p>Set up several small 10 x 20 yard fields and have the team play 2v2 in them. When a team is on defense they have to have one person drop back and be a goalie. When the defender steals the ball he passes the ball back to the goalie and they then start to attack. While this is happening the other team is having someone drop back into their goal. Comments: Have several games going at once and rotate the teams so everyone two person teams gets to play all the other teams.</p>	<ul style="list-style-type: none"> ▪ Physically demanding game ▪ The nature of the game demands instant transition from attack to defense



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity

Coaching Points

<p>1st Activity (warm-up) <i>Pair Tag</i></p> <p>Set up a fairly large area and have everyone get a partner. Everyone jogs around in the area and on the coaches signal one pre-designated person tries to tag the other as many times as they can in 10 seconds. Players get a point for each tag. Who can score the most points in five rounds?</p> <p>Progressions: Might be possible to add a ball, may be too difficult though.</p>	<ul style="list-style-type: none"> ▪ Don't let games like this go on for too long, young kids will go all out for about 20-30 seconds and then they will be exhausted ▪ Player several short rounds rather than one or two very long rounds
<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.</p> <p>Progressions: Add a ball for each player.</p>	<ul style="list-style-type: none"> ▪ Stretching can be added to this game
<p>3rd Activity <i>Coconut Shy Game</i></p> <p>Everyone pairs up and stands 10 yards apart; one of the players needs a ball. In between the players is a ball on top of a disc cone. The players pass the ball back and forth trying to knock the ball (coconut) off of the cone. The person who knocks the ball off the cone puts in back on while the other person retrieves the game ball. Which pair can score the most points in a minute?</p> <p>Progression: Specify what surface they must use to strike the ball.</p>	<ul style="list-style-type: none"> ▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?
<p>4th 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.</p> <p>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>5th Activity (the game) <i>2v2 to multiple goals</i></p> <p>Use the same set-up as in activity four but now each pair becomes a team. Play 2v2 into the multiple goals.</p> <p>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)

Scrimmage 3v3 or 4v4



United States Youth Soccer Association

Practice Plan

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Activity

Coaching Points

<p>1st Activity (warm-up) <i>Hunters and Hares</i></p> <p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter.</p> <p>Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<ul style="list-style-type: none"> ▪ The hares must constantly be looking all around for hunters who may try to throw a ball at them ▪ By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<p>2nd Activity <i>Foxes and Hunters</i></p> <p>Players on the inside of a marked area are foxes. Players on the outside are hunters (have one to three). Hunters dribble into the grid and try to dribble their ball into the foxes so that it hits them below the knees. If a fox is hit, the fox drops down to one knee and tries to kick the ball away from the other hunters that are dribbling by. Once all of the foxes are down the teams switch roles. Time each team, the team that stays alive longest wins.</p> <p>Progressions: Specify how hunters must dribble. Give foxes a ball too.</p>	<ul style="list-style-type: none"> ▪ Can hunters use disguise in their dribbling to catch a fox off guard? ▪ Once again, great vision is required by the foxes to look for hunters dribbling the ball at them ▪ Hunters could be required to kick their ball off of the fox's ball.
<p>3rd Activity <i>Tigerball</i></p> <p>Each player has a ball except for the "Tigers." At the coach's signal, the tigers (2) tries to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Plan until only two people are left and then those players are the next tigers.</p> <p>Progressions: Use only left foot, outsides of feet, soles of feet.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?
<p>4th Activity <i>Tunnel Passing</i></p> <p>Two players face each other at a distance of one yard. Player one has 30 seconds to pass the ball as many times as possible through the tunnel formed by the separated legs of player two. While the first player is kicking the ball back and forth through the second player's legs; the second player should be counting how many times the first player kicks the ball through his or her legs.</p> <p>Progressions: Use left foot only, use only soles of both feet, etc.</p>	<ul style="list-style-type: none"> ▪ A fun little game to play that gets the children moving
<p>5th Activity (the game) <i>German Game</i></p> <p>Set up several 20 x 10 yard playing areas. Have the players play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over his opponent's endline. Play for two minutes and then the teams rest for one minute. Switch who plays who as well.</p> <p>Comments: The pair that wins the most games could be the tournament winner.</p>	<ul style="list-style-type: none"> ▪ By changing how goals are scored different demands are placed on the players ▪ By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can't just fire shots off and hope one gets through into the net



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Activity

Coaching Points

<p>1st Activity (warm-up) <i>Simon Says</i></p> <p>In a rectangular area play Simon Says with the team. If a player does something they are not supposed to issue them a “Gotcha!” Play to see who can get the least “Gotcha’s”. Examples of activities include dribbling in the area, change direction, stop the ball with your Even throw in some trick one’s like kick the ball as far away as you can. Progressions: 1 min. w/o ball, 1 min. w/ball at hands, 4 w/ball at feet</p>	<ul style="list-style-type: none"> ▪ Great game the kids will already know that can be used to improve body awareness
<p>2nd Activity <i>Sharks and Minnows</i></p> <p>Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won’t have balls, but they are on the prowl for someone else’s. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else’s ball away or kick the person’s ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender? ▪ Can we spin away from pressure (a defender)?
<p>3rd Activity <i>Gate Dribbling</i></p> <p>Divide the players into pairs. Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area. Each pair has one ball. In order to score a point one of the partners must dribble the ball through a goal. Can one player dribble the ball through a goal can the other get in front of another goal and receive a pass so he can then dribble through a goal? Play for 30 seconds at a time. Progressions: Specify how players must dribble.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can’t dribble through the same gate twice, wait and see if anyone can figure it out
<p>4th Activity <i>Gate Passing</i></p> <p>Using the same set-up as above, except now in order for pairs to score one partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30 seconds at a time.</p>	<ul style="list-style-type: none"> ▪ Don’t tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
<p>5th Activity (the game) <i>Outta There</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 1v1 and progress to 2v2.</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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Activity

Coaching Points

<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Tail Tag</i></p> <p>Players run around in a 20 x 15 yard area. Players have a “tail” (practice vest) tucked into the back of their shorts. All of the players try to steal the other player’s “tail”. When a player loses their “tail” they keep on playing. Play to see who can steal the most “tails”.</p> <p>Progressions: Who is the last player to have their “tail” taken? Each player has a ball. Have players dribble in a specified way.</p>	<ul style="list-style-type: none"> ▪ Can anyone think to just pull out their own tail? ▪ Each player could have three tails, one in back and one on each side ▪ Is it better to hide in a corner where there is no space or go into the middle where your back is exposed?
<p>3rd Activity <i>Pac Man</i></p> <p>Players are in a confined area, running around. Two players are Pac Man and have a ball outside of the area. On the coaches command the Pac Men (or Women) dribble into the area and try to pass their ball so that it hits one of the players below the knees. When a player is hit they go get a ball and join the original Pac Men.</p> <p>Progressions: Specify how players must strike the ball (laces, inside of feet, outside of feet)</p>	<ul style="list-style-type: none"> ▪ Can we fake like we are going to pass the ball and try to make the players jump, and then hit them right when they land ▪ Players must lead the people who are running (pass the ball in front of them where they are going, not right at them so by the time the ball gets their the player is already gone)
<p>4th Activity <i>Moving Target (In pairs)</i></p> <p>Players are in pairs and share a ball. The coach and a chosen assistant are holding a vest between them above waist height. The coach and assistant form a goal, and move around in an area. The players try to pass their ball through the moving goal to their partner. Obviously the players will bunch around the goal so the goal must move to open space to spread out the players.</p> <p>Progressions: Specify how the ball has to be played through the goal. Add a second moving goal.</p>	<ul style="list-style-type: none"> ▪ The coaches can move towards certain players who aren’t having much success ▪ The coaches can vary their speed to make the game easier or more demanding
<p>5th Activity (the game) <i>German Game</i></p> <p>Set up several 20 x 10 yard playing areas. Have the players play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over his opponent’s endline. Play for two minutes and then the teams rest for one minute. Switch who plays who as well.</p> <p>Comments: The pair that wins the most games could be the tournament winner.</p>	<ul style="list-style-type: none"> ▪ By changing how goals are scored different demands are placed on the players ▪ By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can’t just fire shots off and hope one gets through into the net



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Activity

Coaching Points

<p>1st Activity (warm-up) <i>Ball Retrieval</i></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Play in pairs now that the children are older.</p>	<ul style="list-style-type: none"> ▪ After a few commands the coach should move to force the players to look up before heading back ▪ This game is great for teaching body awareness, it's fun for the kids too! ▪ Start off by just asking the players to bring the ball back, see if anyone thinks to just pick it up and run it to you?
<p>2nd Activity <i>Freeze Tag</i></p> <p>Break the team into three or four groups. One of the groups is the taggers and everyone else is running around in a marked area. When tagged the players have to stand with their legs apart and are frozen. To be unfrozen one of the other players must crawl through their legs. Time the groups and see which group can tag everyone the quickest. Progressions: Give everyone a ball, players are unfrozen when a ball is passed through their legs. When tagged, players should hold the ball they are dribbling over their head.</p>	<ul style="list-style-type: none"> ▪ Give the taggers a ball, in order to freeze someone they have to pass the ball off of them, in order for them to be unfrozen one of their teammates has to crawl through their legs
<p>3rd Activity <i>Hunters and Hares</i></p> <p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter. Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<ul style="list-style-type: none"> ▪ The hares must constantly be looking all around for hunters who may try to throw a ball at them ▪ By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<p>4th Activity <i>Marbles</i></p> <p>One ball per person with players in pairs. One partner passes their ball five to ten yards away. The other partner plays their ball and tries to hit the first ball played. If they can do so, they get a point. If they miss, it is instantly the first player's turn again and they must play their ball to try to hit the second player's ball. Players try to be their partner to five or ten points. Progressions: Specify how the ball must be struck.</p>	<ul style="list-style-type: none"> ▪ This requires accurate passes played at an appropriate pace (speed)
<p>5th Activity (the game) <i>Numbers Game</i></p> <p>Split the players into two teams and have them stand on opposite endlines. 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



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Activity	Coaching Points
<p>1st Activity (warm-up) <i>Hares and Hunters</i></p> <p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter.</p> <p>Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<ul style="list-style-type: none"> ▪ The hares must constantly be looking all around for hunters who may try to throw a ball at them ▪ By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares
<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.</p> <p>Progressions: Add a ball for each player.</p>	<ul style="list-style-type: none"> ▪ Stretching can be added to this game
<p>3rd Activity <i>Siamese Soccer</i></p> <p>Create a playing space of approximately 20 x 20 yards. All the players need to pair up and link elbows. One pair does not link up and they share a ball between the two of them. The pair that is not linked up has to dribble and pass to try to strike the paired players below the waist with their ball. When a pair is hit they break up and go get a ball for the two of them and join the other players who are passing and dribbling.</p> <p>Progressions: Specify how players must play the ball.</p>	<ul style="list-style-type: none"> ▪ Can the pairs that are linked communicate so they don't pull each other apart? ▪ Can one person with a ball shoot at a pair and have their partner right behind the pair just in case they miss? ▪ Can one partner pass the ball to their partner who is standing right next to a pair ▪ Allow the players two touches if necessary
<p>4th Activity <i>Running Bases</i></p> <p>Mark a fairly large playing area. Divide the team into taggers and dribblers. There should be more dribblers than taggers. Players try to dribble their ball without being tagged. If they get tagged they exchange places with the tagger. Have taggers carry a vest to distinguish them. When they tag someone they drop the vest and the new tagger must pick up the vest before they can start tagging. Set up four bases in each of the corners of the area. One player can be safe from being tagged when they are in a base. When a new dribbler goes into a base the person previously in the base must leave.</p>	<ul style="list-style-type: none"> ▪ Make or take away based depending upon how the teams are doing ▪ Add balls to make the game more challenging
<p>5th Activity (the game) <i>Protect the Cones in Pairs</i></p> <p>Play should take place in 20 x 20 yard areas. Eight players play in one area. The eight players need to break into pairs. Each pair sets up two or three tall cones on one of the lines making the area. That pair must defend those cones. Each player must have a ball. On the coach's signal the pairs either attack other people's cones by knocking them over or they defend their own (or one can do either). When a team has all of it's cones knocked down it can no longer attack.</p> <p>Progressions: Only one ball per pair and the defending team can kick any opponent's ball. Make goals on each of the sidelines and play two 2v2 games on the same field, one E to W and one N to S.</p>	<ul style="list-style-type: none"> ▪ Assign one person from each team to be the captain and decide who is going to attack and who is going to defend ▪ This game requires quite a bit of decision making



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Activity	Coaching Points
<p>1st Activity (warm-up) <i>Explode</i></p> <p>Every child has a ball and is dribbling in a relatively small space. Outside of the small space place four or five cones 10-15 yards away. The children should dribble inside the smaller area, keeping the ball within close control (1 step away). When the coach yells “Explode” the children have to dribble with speed out of the smaller area around one of the cones and then come back to the smaller area and start dribbling again.</p>	<ul style="list-style-type: none"> ▪ The first touch each player takes after the coach yells explode should be much bigger than normal to allow the players to accelerate ▪ Encourage players to keep their head’s up looking for space so when you yell explode they will know where they can dribble to
<p>2nd Activity <i>Tag</i></p> <p>Mark off a rectangular grid and give everyone a ball. Whoever is “it” carries a practice vest and tries to tag the other players. When the “it” person tags someone they drop the practice vest and whoever was tagged must pick up the practice vest before they can tag anyone. Progressions: Game can be played without a ball. Specify how players must dribble (insides of feet, outsides of feet, soles of feet, right foot, left foot). Specify where players must be tagged (knees, back, etc).</p>	<ul style="list-style-type: none"> ▪ As soon as the “it” person tags someone can they change their speed (explode) to get away from the new “it” person. ▪ Can the people that are not “it” use feints, changes of speed, and changes of direction to avoid being tagged.
<p>3rd Activity <i>Everybody’s It</i></p> <p>Mark off a rectangular grid and make sure everyone has a ball. In this game, instead of one person being “it” everyone is “it”. Have everyone dribble around in the area and when the coach says “everybody’s it” then the players can start tagging each other. Progressions: Play without balls the first time, then add them. 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"> ▪ Players must keep their ball close so they can move quickly when needed ▪ Can the players sneak up on people and tag them in the back and then explode away ▪ Can players dribble at someone, turn with the ball and tag the person right before they explode away
<p>4th Activity <i>Crabs on the Beach</i></p> <p>Set up a 20 x 30 yard grid. Have each player except for two stand on one of the endlines, each with a ball. Have two players in the middle of the grid in the crab position (on all fours with belly upwards). The players on the endline must dribble across the beach avoiding the crabs to get to the ocean. The crabs try to kick balls out of the area (or just touch them). When a player has their ball kicked out they become a crab as well. The players that make it across turn around and come back. Progressions: Specify how players must dribble.</p>	<ul style="list-style-type: none"> ▪ Alternate which direction the players must dribble <ul style="list-style-type: none"> ○ It would be more difficult for the dribblers if the field was only 20 yards wide because they would not as much space to get around the crabs ▪ Can the dribblers use feints to deceive the crabs ▪ Once past a crab, can the players explode to get away from danger?
<p>5th Activity (the game) <i>Outta There</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 1v1 and progress to 2v2.</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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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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Activity

Coaching Points

<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

Scrimmage 2v2 or 3v3



United States Youth Soccer Association

Practice Plan

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

Activity	Coaching Points
<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>	<ul style="list-style-type: none"> ▪ Players going from zone to zone should change their direction/speed to deceive the players trying to hit them
<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>	<ul style="list-style-type: none"> ▪ The players should keep the ball close so when they have to dribble to a safety zone they can take off right away ▪ The first touch when they head to a safety zone should be larger than a normal dribble
<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

Scrimmage 2v2 or 3v3

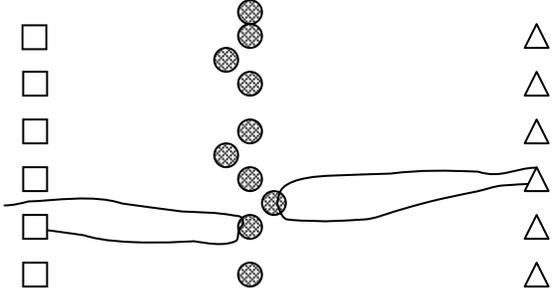


United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Coaching Points/Diagram
<p>1st Activity (warm-up) <i>Too Many Players</i></p> <p>Split the players into two teams and have each team stand on a line of cones that faces each other. In between the teams there should be a line of balls, but there should be two balls less than the number of players. On the coaches command the players try to sprint to the middle, collect a ball, and then return it past the line they started on. Teams get a point for each ball returned to their line. Players that don't get a ball try to steal one from the other team.</p> <p>Progressions: Change the number of balls or how players must dribble. Specify how players must turn with the ball.</p>	
<p>2nd Activity <i>Shooting Fish in a Barrel</i></p> <p>Split the players into two teams. The teams play around the center circle (or any large circle). Several cones should be placed in the circle. Teams play soccer and score points for passing the ball into the circle and knocking over a cone. Players can't enter the circle. Play until all the cones are knocked down.</p> <p>Progressions: Specify how the players must shoot. Change the number of cones in the middle. Have different cones (colors or sizes) and assign different point values for the different cones.</p>	<ul style="list-style-type: none"> ▪ The team that has possession of the ball should spread out to make the defense spread out (this will create lanes or gaps that the attacking team can pass through) ▪ Don't foolishly strike the ball towards the cones; if the ball is intercepted the opposing team will have a very short shot – when a good opportunity arises attack with speed – but otherwise possess the ball until a good opportunity presents itself
<p>3rd Activity <i>Shooting Cones in the Safety Zones</i></p> <p>Play small-sided games with the team. Instead of scoring on goals there should be a group of cones placed in an end zone at each end of the area. Teams score points by passing the ball so that it knocks over cones in the opponent's end zone. Play to a set number of points, a time limit, or until of one team's cones are knocked down.</p> <p>Progressions: Specify how players must strike the ball. Have the cones spread out or place them close to each other. Put some cones close together and others far apart, assigning different point values to the cones.</p>	<ul style="list-style-type: none"> ▪ Does the team make good decisions on which cones to try to attack, can they head in one direction and then switch the point of attack, heading to another cone to try to knock it over before the opponents can get there
<p>4th Activity <i>Game with a Central Goal</i></p> <p>Play a regular small-sided soccer game, but instead of each team having a goal set up one goal in the middle of the playing area. Teams can score by shooting the ball through the goal from either direction.</p> <p>Progressions: Have no GK or have a neutral GK. Specify how players must shoot.</p>	<ul style="list-style-type: none"> ▪ Players should stay spread out ▪ A team should have players on both sides of the goal
<p>5th Activity (the game) <i>Numbers Game</i></p> <p>Split the players into two teams and have them stand on opposite endlines. 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.</p> <p>Progressions: Have more than one 1v1 game going on at the same time. Call out two and then three numbers. Mix up the numbers.</p>	<ul style="list-style-type: none"> ▪ Don't be afraid to have more than one 1v1 or 2v2 game going on at the same time ▪ Encourage players to shoot whenever they have a clear line of sight to the goal