



United States Youth Soccer Association

# Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

### Activity

### Coaching Points

<p><b>1<sup>st</sup> Activity (warm-up) <i>Ball Retrieval</i></b></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 <b>hands</b> 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"> <li>▪ After a few commands the coach should move to force the players to look up before heading back</li> <li>▪ This game is great for teaching body awareness, it's fun for the kids too!</li> <li>▪ 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?</li> </ul>
<p><b>2<sup>nd</sup> Activity <i>Hospital Tag</i></b></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"> <li>▪ 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.</li> </ul>
<p><b>3<sup>rd</sup> Activity <i>Crew vs. Riverhounds (from U6)</i></b></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"> <li>▪ If the teams are having trouble hitting cones put more down</li> <li>▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?</li> </ul>
<p><b>4<sup>th</sup> Activity <i>Soccer Marbles</i></b></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"> <li>▪ Can the players lock their ankles (toes should be pointed up) and follow through in the direction of the target?</li> </ul>
<p><b>5<sup>th</sup> Activity (the game) <i>GK Game</i></b></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"> <li>▪ Physically demanding game</li> <li>▪ The nature of the game demands instant transition from attack to defense</li> </ul>