



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity

Coaching Points

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| <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 |