



# United States Youth Soccer Association

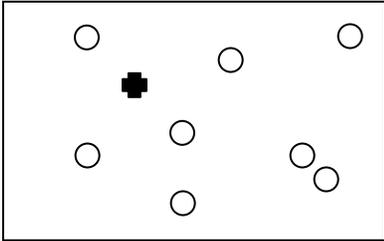
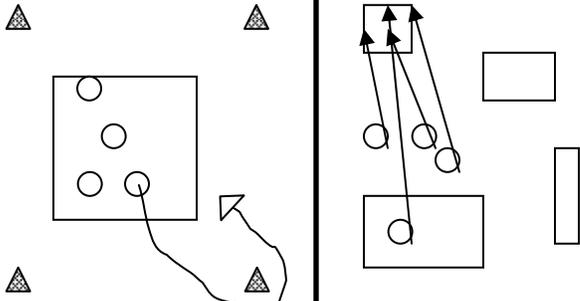
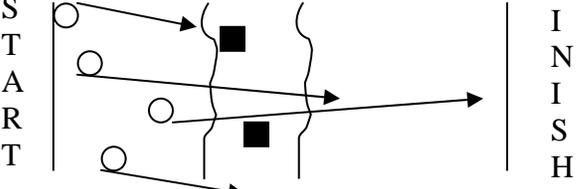
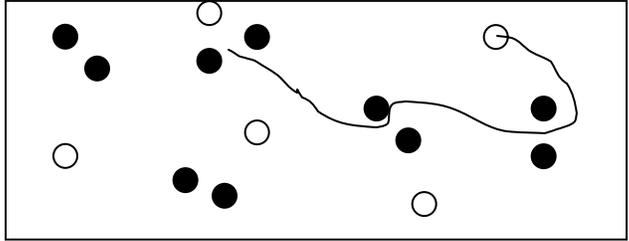
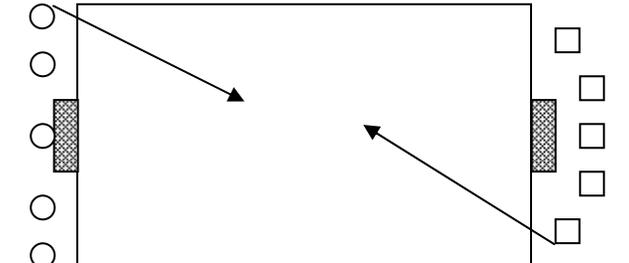
## Practice Plan

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

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

### Activity

### Diagram

<p><b>1<sup>st</sup> Activity (warm-up) <i>I Can, Can You?</i></b></p> <p>Coach asks players, "I can do something without the ball, can you?" Coach does some sort of physical movement without the ball (skip, walk and clap hands through legs, etc). After the coach does several examples - ask the players if they have any ideas and allow them to demonstrate.</p> <p>Progressions: Introduce the ball - Same type of questions - be patient with them - do not let one player dominate activity.</p>	
<p><b>2<sup>nd</sup> Activity <i>Around the World</i></b></p> <p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns or schools in their area. Assign each cone a name. As the players dribble coach calls out a town/school name and players must dribble around that cone and then return to dribbling in the area.</p> <p>Progressions: Can be started without balls until the children get used to the game. Instead of having the cones there could be multiple small grids, each a different size. The players would have to dribble with speed when going from one town/school to the next.</p>	
<p><b>3<sup>rd</sup> Activity <i>Cross the River</i></b></p> <p>Players go boating (run) from one shore (a line) to another shore. In the river between there are alligators (start off with two) that try to tag the boaters. If tagged, the boaters either become alligator or the two can switch places.</p> <p>Progressions: Add a ball for the boaters.</p>	
<p><b>4<sup>th</sup> Activity <i>Goal Chase</i></b></p> <p>Sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least 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><b>5<sup>th</sup> Activity (the game) <i>Disney Game</i></b></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: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3