



# United States Youth Soccer Association

## Practice Plan

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

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

### Activity

### Diagram

<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Identifiers</i></p> <p>All the players run around in a rectangle at random. The coach calls out identifier for a group of players or individual players, who then become hunters. The hunters see who can tag the most players within one minute. The hunters 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><b>2<sup>nd</sup> Activity</b> <i>Dog and Master</i></p> <p>Each player (master) dribbles with a ball (dog). 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><b>3<sup>rd</sup> Activity</b> <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. NO tigers are not allowed. The tiger is going to kick the other animals' balls into alligator infested swamp. When an animal gets their ball kicked away they have to dodge 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><b>4<sup>th</sup> Activity</b> <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><b>5<sup>th</sup> Activity (the game)</b> <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 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**