



United States Youth Soccer Association

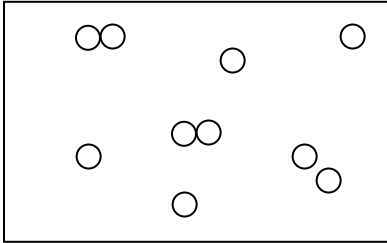
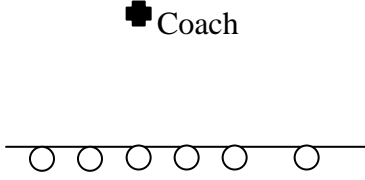
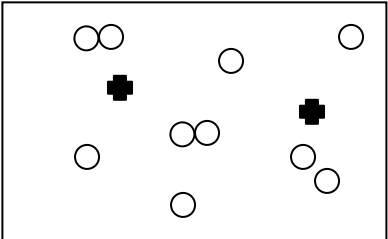
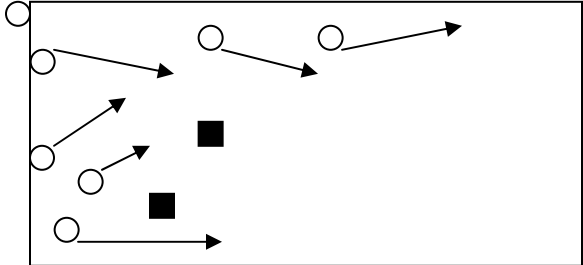
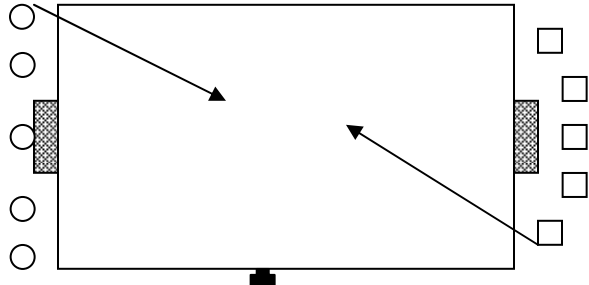
Practice Plan

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 players start in a line with the coach 15 yards away. With his back to players coach yells green light and the players try to dribble to the coach. When coach yells red light he waits a moment - then turns his back to face the players. Anyone 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 the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. Coach should yell "ouch" each time they are hit to make game more exciting. (Have fun with it)!!</p> <p>Progressions: 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; 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. Play until only two are left. Those 2 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: Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3