



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) <i>Ball Retrieval</i></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 hands 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.</p> <p>Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area.</p>	
<p>2nd Activity <i>Traffic Officer</i></p> <p>Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic officer) stands in the middle of the large area and directs the traffic (players) where to go. Have a different colored vest for each group of players.</p> <p>Progressions: Add a ball for each player. Have the different grids be different sizes. Sent multiple groups to the same grid. Dribble with outside of feet only.</p>	
<p>3rd Activity <i>Steal the Bacon</i></p> <p>Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)</p> <p>Progressions: Players must dribble the balls.</p>	
<p>4th Activity <i>Bumper Cars</i></p> <p>All players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit someone else's ball they get a point.</p> <p>Progressions: Specify how players must kick the ball (laces, inside of foot).</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: Try calling out different characters (Goofy from one side and Mickey from the other side). Call multiple names from each side so there are a couple of 1v1 games happening at the same time.</p>	

Scrimmage 2v2 or 3v3