



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity	Diagram
<p>1st Activity (warm-up) <i>Body Part Dribble</i></p> <p>Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).</p> <p>Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).</p>	
<p>2nd Activity <i>Fruit Salad</i></p> <p>The coach makes a circle with cones; each player needs to stand by a cone (they should not be any extra cones, just one for each player). The coach assigns a fruit name to each player (apple, orange, banana). The coach calls out a fruit name and any player who has that fruit name must run to a different cone. When the coach yells fruit salad every player must run to a different cone.</p> <p>Progressions: Add a ball for each player.</p>	
<p>3rd Activity <i>Cross the Bridge</i></p> <p>Divide the players into two groups, one on each endline of a field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?</p> <p>Progressions: Slide the cones towards the center of the field to make the bridge shorter. Add a bridge keeper to kick balls away.</p>	
<p>4th Activity <i>Bingo</i></p> <p>A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling "bingo" as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?</p> <p>Progressions: Must be three yards away to knock a cone over, use the laces to strike the ball.</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