



United States Youth Soccer Association

Practice Plan

Activity

Coaching Points

1st Activity (warm-up) *Mini Drills – Time: 15 minutes*

Juggling – Everyone should begin to juggle upon arrival to each practice!

Toe taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball, 10 pulling the ball backwards, ten pushing the ball forwards.

Ball box (Inbetweens) – with ball between feet, tap ball back and forth between feet rapidly; 30 second intervals. Also, move forward by lightly pushing forward with each foot.

“Pullbacks” - Start with the ball between your feet. Fake up to the top of the ball with your right foot in a kicking motion, but stop with your cleats on top of the ball. Then "pull-back" the ball by "scraping" your cleats backwards to get the ball rolling behind you. Now you can turn either clockwise or counterclockwise to face the ball again

“Scissor’s” - Start dribbling with the ball between your feet. Plant your right foot next to the right side of the ball and swing your left leg around the ball in a counterclockwise arc, from the inside (right side) of the ball to the outside (left side) of the ball. This is an "inside to outside" stepover with the left foot. Then plant that left foot down and take the ball back to the right with the outside of the right foot. Accelerate!

“Skip Touches” - Start with the right foot in front of the left, and the ball just ahead of the leading foot. Begin by touching the ball forward with the (right) front foot which you then plant on the ground and do a little "hop" (or skip), while your (left) trailing leg comes to the front. When that (left) leg is in front, touch the ball ahead with it, then plant it down for a little "hop" (skip), and continue. Do this for several dozen skips.

“Shield Turns” - Start by dribbling forward towards a cone or mark that represents the defender. Just before reaching the mark, begin a series of sharp inside cuts with the inside of the right foot. The first cut turns you to the left, then immediately follow with another cut to be facing backwards, and immediately with another cut to end up facing to what initially was to your right. There should not be any extra steps between ball touches. The entire time the ball is shielded and multiple opportunities for lateral and trail passes are available. When done properly the dribbler can actually "shake-off" the defender and continue downfield.

“Lunges” - Start dribbling the ball forwards then abruptly lunge (take a long deep step) with your left foot, to the left of the ball. Plant your left foot hard and take the ball back to the right with the outside of the right foot, on the diagonal. Accelerate.

- Be sure to have someone demonstrate the correct way to do each drill
- Don't let each activity take more than one or 2 minutes
- Encourage the players to look up by holding out fingers and making them call out the number, also, move around on the field so they have to find you.

<p>2nd Activity <i>Dribble Relay Race- 2</i> <i>Time: 5 – 10 Min.</i></p> <p>Split into two teams. Set up two rows of cones as shown in figure. Players will do a relay race starting at the first cone. They will Dribble to the 1st cone, perform the task, go to third, perform the task, etc, and then out to the last. One they reach the last, they turn back towards the line using a pullback and make a pass to the next player from the second cone. Next player goes. First team finished wins!</p>	<p>X = Players O = cones →→ = line of flight</p> <p>(1.Scissors) (3.Lunge) XXO→→→→O→→→O→→→O→→O (return to line, finish with pass) (2.Shield Turn) (4.Pullback)</p> <p>Lots of running and ball control needed. Takes the warm up activities and introduces them in a game like activity.</p>
<p>3rd Activity <i>Kick to your partner race</i></p> <p>Divide the players into pairs with one ball per pair. Establish a starting and finish line approx. 50 yards apart. One player is the “kicker” the other is the “server”. The server rolls the ball to the kicker’s feet from 3 yds. Away. Kicker kicks the ball back to the server. If the server successfully catches the ball, then advance.</p>	
<p>4th Activity <i>Cooperative Kickball</i></p> <p>Play like regular kickball except</p> <ol style="list-style-type: none"> 1- no outs, everyone must kick before the inning is over 2- all teammates of player that fields the ball must quickly run to form a line behind that player. The player with the ball hands ball over head to next player who hands it through the legs to the next, back to over head etc until end of line. When the end of line is reached, run to the front and yell STOP!. IF runner has not yet reached home plate then it is an out, otherwise it is a run. 3- The kicker must run around and touch all the bases without stopping. The runs ends with either an out or a run scored 	<ul style="list-style-type: none"> ▪ Can vary so use of hands is not allowed in receiving the ball ▪ Can have the fielding team perform soccer skills rather than handing off the ball ▪ Use balls as bases. Runner must then dribble balls to each base.
<p>5th Activity (the game) <i>Tiger Ball</i></p> <p>Mark off a field about 30x20 yards with two 5v5 yard squares at each end. Start with 8 players on the field, 6 players with a ball each, and 2 players as the “tigers” or defenders. On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares. The tigers must work together and can only attack and win one ball at a time. If a dribbler loses his ball to the tigers he can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field. If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out. Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the “tigers” and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players.</p>	<p>Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens. There are many books which go more in depth about first and second defender tactics</p>

Scrimmage 2v2 or 3v3

Homework:

Chose at least one activity below and get at work on it for at least 30 minutes prior to our next practice session.

- Work on your warm up drills
- Work on your juggling skills
- Work on feints and moves