

United States Youth Soccer Association

Practice Plan

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.

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.

Sole Roll Right then Left - Role ball with sole of right foot, tap back with left, tap back with right, sole role with left, tap with right, tap with left, repeat.

- "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.
- "Stepover 180 turn" Start with the ball between your feet, as it is during your "in-betweens". Put your weight on your left foot as you swing your right foot up and over the ball (turning counter-clockwise towards the left), Plant the right foot down on the left side of the ball and step down. (This is the "stepover" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (turning clockwise this time) around with your left foot, back towards the ball. Once you have turned a 180, take the ball with your left foot and begin to move in the other direction.
- "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.

Coaching Points

- 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

2nd Activity Dribble Relay Race Time: 5 - 10 Min. 0←-----0 0 Split into two teams. Set up two rows of cones as shown in figure. 0 -----0---→ 0 Players will do a relay race starting at the first cone. They will Dribble to the 2nd cone, turn and come back to first, turn, go to third, back to 0 -(5)----- 0 second, turn, then out to the last. One they reach the last, they turn back towards the line and make a pass to the next player from the second cone. Next player goes. First team finished wins! Lots of running and ball control needed. 3rd Activity $1\overline{V1}$ Time: 5-10Bail Control for the attacker Good Defense for defenders Each player partners up with someone of similar skill. Player A (attacker) starts with the ball and Player B (defender) must take the ball from Player A. Once Player B has the ball, player A becomes defender. If B or A is unsuccessful on defense, then switch after 20 - 30 seconds. Proceed to 1 V 2 (1 attacker v 2 defenders) after a few minutes. 4th Activity Star Wars Time: 5 - 10 min. Ball Control for Dribblers Heads up to watch for balls Rectangle grid about 25 x 15 yards. Each player has a ball, 3-4 players Proper instep drive for shooters (shooters) on each long side of the rectangle. Remaining players (dribblers) at one end of rectangle with ball. On whistle, dribblers attempt to make it to the far side of rectangle grid while dodging balls from shooters. If dribbler or dribbler's ball is hit by a ball that player becomes a shooter. Repeat until one dribbler is left. 5th Activity Bulldog Time: 5-10 min. Ball Control for Dribblers Heads up to watch for keeper and defenders Place 4 cones in a rectangular shape about 20m wide by 30-40m long. Set the goalkeeper in the centre and 2 defenders to start. Goalkeeper is allowed to use his hands. Take all remaining players to the base of the 30-40 m line with a ball each. (for a variation 1 ball between 2-3 players). The start of the game requires that all players must dribble to the other end of the 30-40m line at the same time, beating the goalkeeper and 2 defenders. If the ball is kicked out by the defenders or goalkeeper disowns the player of the ball they must join in the centre and become defenders. If the players manage to pass the defenders and keeper they continue to the other end. Wait until all players have completed the 30-40 m dash with the ball and continue from the other end. This continues from end to end until there is one player left and he/she is declared the winner. Start a new game and rotate players in the centre but leave the goalkeeper in the middle at all

Scrimmage 2v2 or 3v3

Homework:

times.

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