

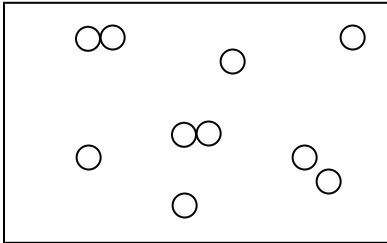
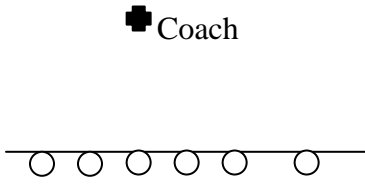
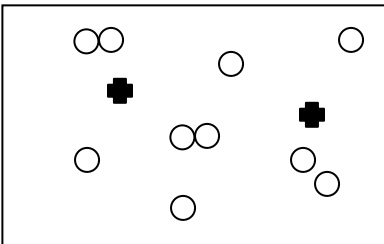
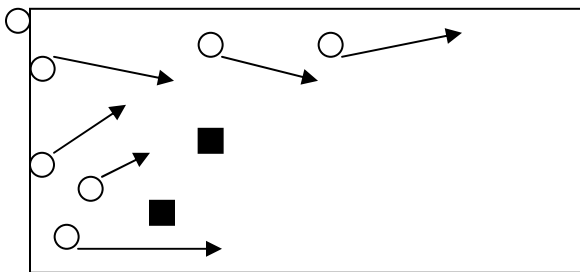
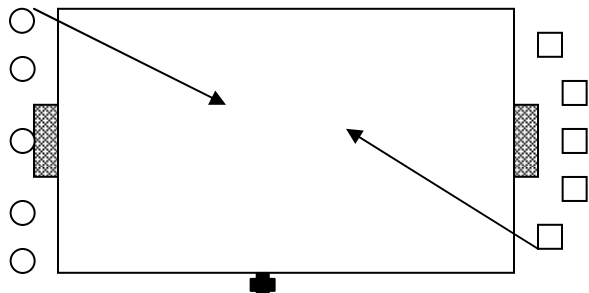


# United States Youth Soccer Association

## Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <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><b>2<sup>nd</sup> Activity</b> <i>Red Light, Green Light</i></p> <p>All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is 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><b>3<sup>rd</sup> Activity</b> <i>Ouch!</i></p> <p>Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.</p> <p>Progressions: The 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><b>4<sup>th</sup> Activity</b> <i>Frog Attack</i></p> <p>The game takes place in a rectangle; all 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 as well. Play until only two children are left. Those children become the frogs for the next game.</p> <p>Progressions: Add a ball (for the players, not the frogs)</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <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**



# United States Youth Soccer Association

## Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Identifiers</i></p> <p>All the players run around in a rectangle at random. The coach calls out the identifier or a group of players or individual players, who then become hunters. The hunters see who can tag the most players within one minute. The identifiers could be: color of the players' vests, hair color, T-shirt color, first letter of the players' names, etc.</p> <p>Progressions: Everyone has a ball.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Dog and Master</i></p> <p>Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc.</p> <p>Progressions: Introduce tall cones as trees that the masters have to keep their dogs away from or an evil dog catcher that kicks dogs out of the game. The players have to see a park ranger before coming back in.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Tigers in the Jungle</i></p> <p>Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is going to kick the other animals' balls into the surrounding alligator infested swamp. When an animal gets their ball kicked away they have to do the alligators, go get their ball, and stand holding the ball over their head making their animal noise. Another animal can unfreeze them by dribbling the ball through the frozen animals legs.</p> <p>Progressions: Animals dribble using only left foot, outside of feet, etc.</p>	<p style="text-align: center;">Swamp</p>
<p><b>4<sup>th</sup> Activity</b> <i>Tunnel Soccer</i></p> <p>Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots or so the coach moves on again. Who can score the most points in one minute?</p> <p>Progressions: The coach specifies how the players must kick the ball (laces, inside of foot).</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <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**



# United States Youth Soccer Association

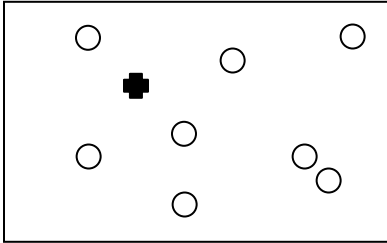
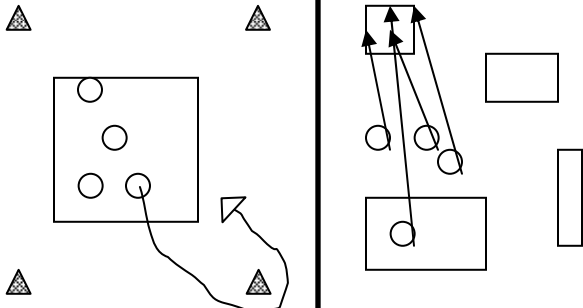
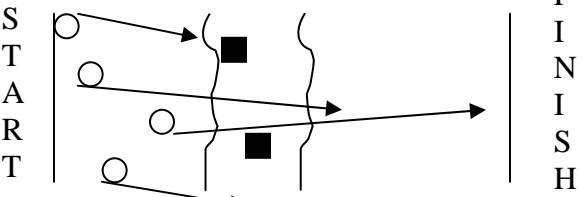
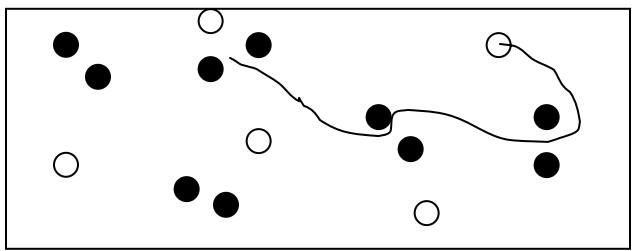
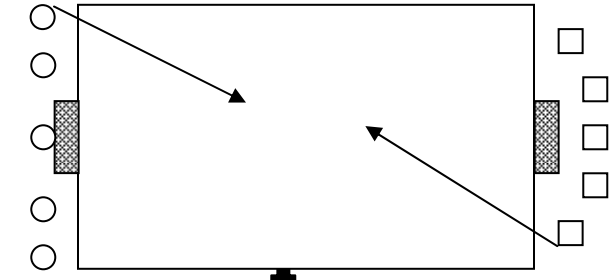
## Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

### Activity

### Diagram

<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>I Can, Can You?</i></p> <p>Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical movement without the ball (skip, walk and clap hands through legs, etc). After the coach does several examples he should ask the players if they have any suggestions and allow them to demonstrate.</p> <p>Progressions: Introduce the ball and have them move it with their hands, then have them play with the ball on the ground.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Around the World</i></p> <p>Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area.</p> <p>Progressions: This can be started without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size. The children would have to dribble with speed when going from one town to the next.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Cross the Ohio River</i></p> <p>The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places.</p> <p>Progressions: Add a ball for the boaters.</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Goal Chase</i></p> <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <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



# United States Youth Soccer Association

## Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up) <i>Body Part Dribble</i></b></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><b>2<sup>nd</sup> Activity <i>Fruit Salad</i></b></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><b>3<sup>rd</sup> Activity <i>Cross the Bridge</i></b></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><b>4<sup>th</sup> Activity <i>Bingo</i></b></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><b>5<sup>th</sup> Activity (the game) <i>Disney Game</i></b></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>	



# United States Youth Soccer Association

## Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up) <i>Ball Retrieval</i></b></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 <b>hands</b> 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><b>2<sup>nd</sup> Activity <i>Traffic Officer</i></b></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><b>3<sup>rd</sup> Activity <i>Steal the Bacon</i></b></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><b>4<sup>th</sup> Activity <i>Bumper Cars</i></b></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><b>5<sup>th</sup> Activity (the game) <i>Disney Game</i></b></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**



# United States Youth Soccer Association

## Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

Activity	Diagram
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Musical Balls</i></p> <p>Everyone has a ball and is dribbling. The coach should sing or play music. When the music stops everyone stops dribbling and goes to find another ball. After a while, the coach can take a ball away each time. Whoever does not get to a ball must go report to the coach. The player should have to do some sort of task (Tick tock, tap dance, something with the ball) before they can get back in.</p> <p>Comments: Tell them they will get their ball back at the end.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Dribbling Maze</i></p> <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.</p> <p>Progressions: Each player has a ball.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Torpedo</i></p> <p>Have the players form two teams and face each other. Everyone on one of the teams needs a ball. Two coaches should pass the ball between the two teams. The players with the balls try to pass their ball (torpedo) to hit the ball the coaches are passing. If the player misses the person standing across from them collects the ball and tries to hit the coaches ball on the next pass.</p> <p>Progressions: Kick with the laces, kick using a specific foot.</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Moving Targets</i></p> <p>Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	
<p><b>5<sup>th</sup> Activity (the game)</b> <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



# Lesson Plan

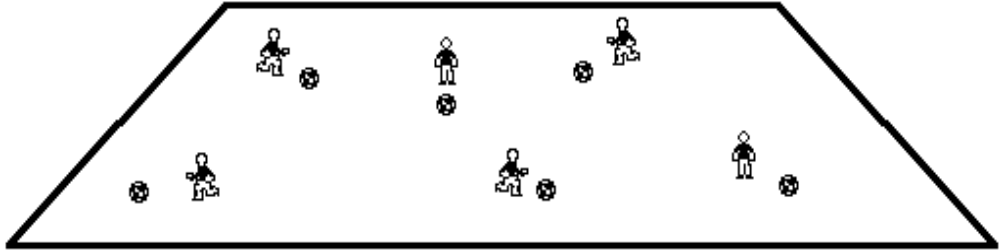
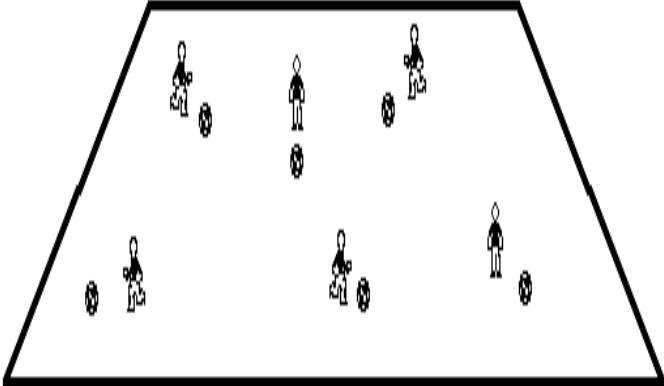



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Retrieve	<p>The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.</p>		<p>The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.</p>
2			
Body Part Dribble	<p>In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as “elbow,” “knee,” “nose” or “belly button.” The children stop the ball using the part of the body identified.</p>		<p>Children learn to keep the ball close so they can stop the ball quickly.</p>



# Lesson Plan

3			
Hospital Tag	<p>In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches. After completion they come back into the game with a fresh start.</p>		<p>The children learn to keep the ball close to be able to move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the “hospital” they are back in the game.</p>
4			
Gates Dribble	<p>Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.</p>		<p>The children learn to control the ball at pace while running and turning.</p>
5			
3v3	<p>The session ends by playing 3v3 to the end line. This provides an appropriate target to attack and numerous 1v1 opportunities.</p>		<p>Children should be encouraged to try to dribble to the end line. There is no such thing as a “ball hog” here.</p>

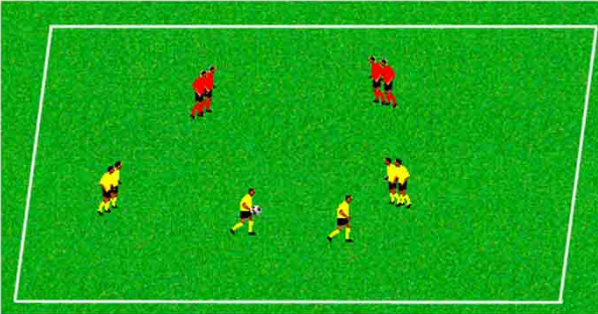

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1 Space Invaders</b></p> <p>To start, everyone is holding a ball and running in a space 20x15. Proceed to rolling the ball with your hands. Finish with players moving the ball or “driving it” around the space with their feet.</p>			<p>There is not that much space, where can you go so you don’t bump into anyone? Show me how?</p>
<p><b>2 Driving my Car</b></p> <p>Everyone is driving their “car” through the city 25x20 area, making engine noises, coach tells players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds).</p>	<p>In each corner there is a “town” marked out with cones. i.e. Allentown, Vorhees etc. Can you visit all the towns-get there anyway you want. The side spaces between towns are the roads—be careful not to crash! Now everyone drive to your “hometown”. How fast can you drive to all the towns and finish at your town? Now the space in the middle is a lake, you have to go real fast through here or your car will sink—what, you have a boat? To finish, the coach can point in a direction of a town and players must drive there.</p>		<p>What do you see when you are driving around? How many ways you can stop your car using your feet only? How does a speedboat turn?</p>
<p><b>3 “I can do this can you”</b></p> <p>All the players have a ball and follow what the coach is doing, i.e. roll it around the legs etc.</p>			

## Indiana Youth Soccer Association Lesson Plans

**Author: Vince Ganzberg**

**Age Group: U6**

**Topic: Dribbling-Changing Direction**

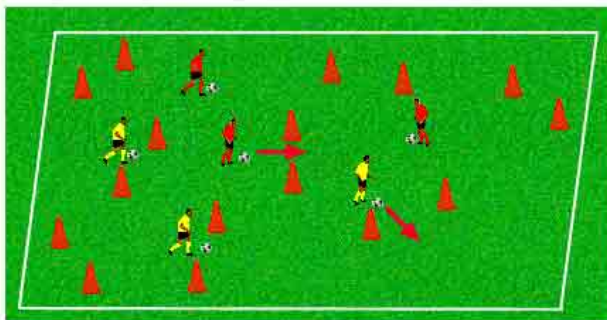
Activity Name	Diagram	Purpose/Coaching Points
<p><b>Warm-Up</b> <b>“Elbow Tag”</b></p> <p>Players partner up with someone. One pair is split at first. The pair that is split, one person is it, the other is not it. The “it” person tries to tag the person that is free. The “free” person can be safe if the hook up with one of the two partners that are hooked together at the elbows. At that moment, the person on the opposite end has to release and run.</p>		<ul style="list-style-type: none"><li>-warming up</li><li>-change of direction</li><li>-can they think ahead</li><li>-cooperation</li><li>-FUN</li></ul>
<p><b>Match Related</b> <b>“School of Fish”</b></p> <p>All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.</p>		<ul style="list-style-type: none"><li>-Dribbling w/head up</li><li>-Dribbling and changing direction</li><li>--Keep the ball a “legs length” away.</li></ul>

### Match Related

#### “Gates”

Make gates inside the grid about 3 yards apart. You can even let the players do it for you. You make at least one more gate than the amount of players. Players are instructed to dribble through as many gates as possible.

**After several rounds-Add gate blockers in which players/coaches run/walk and simply block a gate. The player arriving at that gate has to go to a new one.**



- Dribbling w/head up
- Dribbling and changing direction
- Can they change direction quickly and go to a new gate?

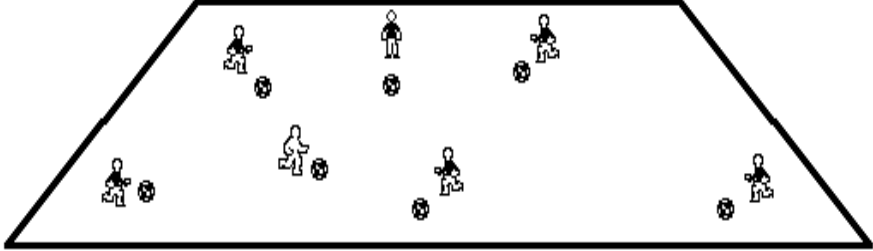
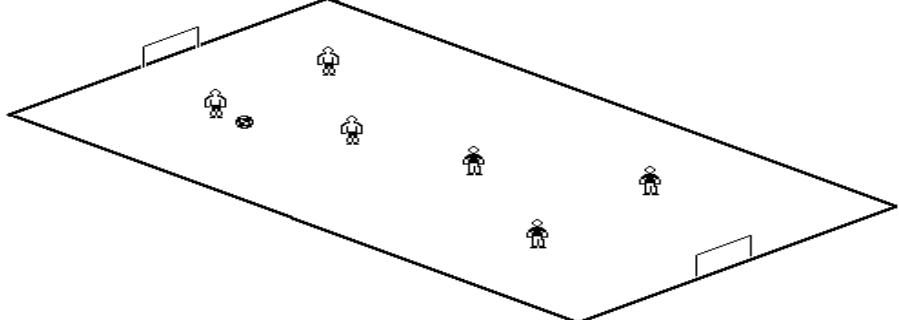
### Match Condition

#### Game

4v4



- Encourage them to be brave and to dribble.

4 Bumper Cars			
	<p>Coach moves a ball around, players each with a ball try to kick their ball and knock something off the coach's car i.e. one tire, fender etc. let them keep going until the car can't go anymore.</p>		<p>How can you hit my car when your car is moving also?</p>
5 Game			
	<p>Coach is "Boss of Balls"; play 3v3 no GK in a 25x20 field. Remaining players from both teams on each side of coach. If ball goes out or in goal, a player from the outside replaces one player from each team.</p>		<p>How can you score a goal?</p>

Cool down: Body Part Dribble in small space, finish with a drink of water