



United States Youth Soccer Association

# Practice Plan

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

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

### Activity

### Coaching Points

<p><b>1<sup>st</sup> Activity (warm-up) <i>Hunters and Hares</i></b></p> <p>Players are in a marked playing area. One to three hunters have a ball and are hunters. The other players are hares. The hunters throw the ball at the hares (must hit hares below the waist). When a hare is hit by a ball, he picks it up and becomes a hunter.</p> <p>Progressions: The hares each have a ball and the hunters have to throw their ball and hit the hare's ball. Or, make it so the hunters have to kick the hare's ball.</p>	<ul style="list-style-type: none"> <li>▪ The hares must constantly be looking all around for hunters who may try to throw a ball at them</li> <li>▪ By making the hunters throw their ball at the hares ball the technique of shielding is introduced for the hares</li> </ul>
<p><b>2<sup>nd</sup> Activity <i>Foxes and Hunters</i></b></p> <p>Players on the inside of a marked area are foxes. Players on the outside are hunters (have one to three). Hunters dribble into the grid and try to dribble their ball into the foxes so that it hits them below the knees. If a fox is hit, the fox drops down to one knee and tries to kick the ball away from the other hunters that are dribbling by. Once all of the foxes are down the teams switch roles. Time each team, the team that stays alive longest wins.</p> <p>Progressions: Specify how hunters must dribble. Give foxes a ball too.</p>	<ul style="list-style-type: none"> <li>▪ Can hunters use disguise in their dribbling to catch a fox off guard?</li> <li>▪ Once again, great vision is required by the foxes to look for hunters dribbling the ball at them</li> <li>▪ Hunters could be required to kick their ball off of the fox's ball.</li> </ul>
<p><b>3<sup>rd</sup> Activity <i>Tigerball</i></b></p> <p>Each player has a ball except for the "Tigers." At the coach's signal, the tigers (2) tries to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Plan until only two people are left and then those players are the next tigers.</p> <p>Progressions: Use only left foot, outsides of feet, soles of feet.</p>	<ul style="list-style-type: none"> <li>▪ When someone is trying to stop their ball from being taken away, can they keep their body in between the ball and the defender?</li> </ul>
<p><b>4<sup>th</sup> Activity <i>Tunnel Passing</i></b></p> <p>Two players face each other at a distance of one yard. Player one has 30 seconds to pass the ball as many times as possible through the tunnel formed by the separated legs of player two. While the first player is kicking the ball back and forth through the second player's legs; the second player should be counting how many times the first player kicks the ball through his or her legs.</p> <p>Progressions: Use left foot only, use only soles of both feet, etc.</p>	<ul style="list-style-type: none"> <li>▪ A fun little game to play that gets the children moving</li> </ul>
<p><b>5<sup>th</sup> Activity (the game) <i>German Game</i></b></p> <p>Set up several 20 x 10 yard playing areas. Have the players play 2v2 inside the areas. Instead of scoring by kicking the ball through goals, players must score by dribbling the ball over his opponent's endline. Play for two minutes and then the teams rest for one minute. Switch who plays who as well.</p> <p>Comments: The pair that wins the most games could be the tournament winner.</p>	<ul style="list-style-type: none"> <li>▪ By changing how goals are scored different demands are placed on the players</li> <li>▪ By taking away the goals, players must take on defenders and beat them to get to the line behind them, they can't just fire shots off and hope one gets through into the net</li> </ul>

Scrimmage 2v2 or 3v3