

# Youth Soccer Practice Template (60 Minutes)

- 5 Minutes: Warm-up/Stretch (Examples Below)
  - Stretch circle with coach or player leading
  - Dynamic stretching
    - High Knees
    - Butt Kicks
    - Leg swings (front-to-back and side-to-side)
    - Arm Circles
  - Light exercises
    - Hop over cones
    - Toe taps (tap toe to top of soccer ball)
    - Karaoke or Skips
    - High Jumps
    - Walk on toes, walk on heels
    - Crab walk or bear walk
  - Lap around the field
  
- 5 Minutes: Fun Activity (Examples Below)
  - Passing Circle (When the ball is passed to you, you must shout out a color, movie, their birthday, TV character, or another “theme”)
  - Sharks and Minnows (One or two “sharks” kick away the balls, “minnows” dribbling their ball in a given space)
  - Dribbling Red Light/Green Light
  - Simon Says (with soccer skills)
  - Refer to more practice drills in given resources
  
- Water Break

- 20 Minutes: Skill Development (Focus on one each practice)
  - Dribbling
  - Passing
  - Shooting
  - Defense vs Offense (positions)
    - Refer to practice drills in given resources
  
- Water Break
  
- 20 Minutes: 3v3 or 4v4 Game and/or Tactical Focus
  - Encourage play with each other, while stopping throughout to give direction or offer certain better decision-making
  - Practice throw-ins, corner kicks and goal kicks (depending on age), how to start a game
  - Different game scenarios
  
- 10 minutes: Cool Down and Review
  - Cool down dynamic stretching
  - Focus on positives that happened during practice
  - Review any important rules or specific skills covered
  - Confirm next practice/game time with parents

\*Get creative and find drills and practice layouts that best suit you and your team! Keep the players moving and actively engaged. Incorporate breaks whenever needed for your team. This template is just a suggestion and to give inspiration to starting your own coaching style.

**Remember, practices are meant to be educational and fun!**

Feel free to reach out to Heather Hastings for more guidance on how to manage practices or games at (970) 674-3494 or [hhastings@windsorgov.com](mailto:hhastings@windsorgov.com)