

Youth Soccer Practice Template 2 (60 Minutes)

- 5 Minutes: Warm-up/Stretch (Examples Below)
 - Stretch circle with coach or player leading
 - Dynamic stretching
 - Walking and reaching for toes in each step
 - Lunge
 - Karate Kick
 - Knee up and over cone, repeat other side
 - Light exercises
 - Zig Zag around cones
 - Zig Zag around cones with ball
 - Ring the bell (kick ball back and forth between inner feet)
 - Roll ball onto a cone
 - Jumping Jacks
 - Follow the leader around the field (they pick any directions)

- 5 Minutes: Fun Activity (Examples Below)
 - Scramble (6 kids, 6 balls. Set up perimeter around group of balls. Ready, set, go! Each player picks a ball and dribbles back to their spot.)
 - Tunnel Ball (Half kids stand on the field with feet spread, half dribble around. Kids must pass ball between feet of another kid to become a tunnel)
 - You can make this a competition to see which “team” can create the most tunnels!
 - Team against coach (kids dribble toward goal and avoid coach)
 - Golf (Pick a target and everyone kicks a ball to get the closest)
 - Refer to more practice drills in given resources

- Water Break

- 20 Minutes: Skill Development (Focus on one each practice)
 - Dribbling
 - Snake: Dribble along sideline keeping ball as close to on the line as possible)
 - More difficulty, coach leads line and makes turns on other lines on the field, encourage them to keep their head up!)
 - Passing
 - Pass with a partner from only a couple feet apart, when they connect 5 times, take a big step back, repeat
 - Shooting
 - Set up a line in front of goal, and have coach pass ball to front player, and they shoot.
 - More difficulty, move line further away, coach asses, then defends goal
 - Defense vs Offense (positions)
 - Ex: 6 kids, set up 3v3 explaining their positions
 - Talk about which goal they are shooting for, who their teammates are

- 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 (Make a signal for when you want everyone to freeze and listen)
 - 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

