

Peoria Park District Youth Soccer Practice Drills

Practice Plan:

The practice plan should be age appropriate and should not be a permanent plan but merely a flexible guide to follow to make sure coaches stay on task and accomplish the items they wanted to throughout the allotted time. Start off with a quick warm-up before getting into a small game or activity. Save the complex games for later in the practice. Do not forget to include breaks where kids can grab a drink of water. Finish off the practice with an exciting game followed by a cool-down. Here you can relate information regarding next practice or game dates.

Sample U6 Practice Plan

Warm-up (10 minutes)	Begin with a short run, hopping or skipping followed by small stretches intended to get the kids moving.
Ball Master (8 minutes)	Each player has a ball, dribbles to the coach, and hands her the ball. Coach tosses the ball away and players retrieve the ball and dribble it back to her. Coach can designate a different dribbling challenge to players with each toss.
Shadow Dribble (5 minutes)	Each player dribbles a ball and follows the coach, who is also dribbling a ball. Coach executes basic dribbling moves and silly movements for players to mimic. Include dribbling basics and tumbling, balancing, and rhythmic exercises.
Knee Tag (8 minutes)	Players position with a ball in a 10 x 15 yd area. Players dribble their balls and try to tag others on the knee. Each player gets one point for a tag.
Break (3 minutes)	Have kids grab a drink of water
Passing through the gates (8 minutes)	Split the group into pairs and use cones to create gates about three yards apart. Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates without touching a cone. Players keep track of their own points
1 VS 1 DRIBBLING WITH FINESSES TWIST (8 minutes)	Use or make a line on the field. Pair up players and have them sit Indian style(legs crossed) and facing away from the field (or facing towards the coaches). Each pair has a soccer ball between them. The coaches go around to each pair and kicks the ball onto the field. Once the ball is kicked, the two players get up as fast as they can from Indian sitting position and each player races to the ball and tries to win and dribble the ball back to the line. The player who does this wins one point. They sit again and wait for the coach to come and kick the ball again. Player with most points wins.
Cool-down (5 minutes)	Take one last jog into the middle of the field and allow players to sit and cool down. Here you can reiterate what they have learned today by asking them questions. Discuss future practice/game times.

Sample U8 Practice Plan

Warm-up (10 minutes)	Begin with a short run, hopping or skipping followed by small stretches intended to get the kids moving.
Math Dribble (5 minutes)	Players position, each with a ball, in a 15 x 20 yd area. Coach calls out a number or a simple math addition problem. If coach calls "1 + 1" players quickly form groups of 2. If coach calls out "3" players form groups of 3.
Multi-gate Dribbling	Players position with a ball in a 25 x 30 yd area with small goals of cones 1-2 steps

(8 minutes)	apart all around the area at different angles. Coach times the play and players must count the number of gates that they dribble through in 30 seconds.
Multi-gate Passing (8 minutes)	Players position in pairs with one ball per group in a 25 x 30 yd area with small goals of cones 1-2 steps apart all around the area at different angles. Pairs move about and pass the ball to their partners through the gates. Play each round for 1 minute with the coach keeping time.
Break (3 minutes)	Have kids grab a drink of water
Combat (8 minutes)	Players divide into two teams and position in an open area with no boundaries. Each team lines up single file on opposite sides of the coach, facing the open area. The coach kicks a ball into the open area and the first player from each line chases after the ball. The first player to reach the ball attempts to possess it while the other player tries to steal it. The first player to successfully pass the ball back to the coach's feet gets one point and the players go to the end of the line. When the ball is returned to the coach it is immediately kicked into the area again, and the next two players in line chase it.
4 V 4 match (8 minutes)	Players divide into teams of 4 and position in half of the field with cones as goals and no goalkeepers. Balls are scattered around the outside of the field and when a ball goes out of bounds, a player gets any ball closest to where it went out and puts it into play. Goals may only be scored on the ground to encourage ball possession and passing.
Cool-down (5 minutes)	Take one last jog into the middle of the field and allow players to sit and cool down. Here you can reiterate what they have learned today by asking them questions. Discuss future practice/game times.

Sample U10 Practice Plan

Warm-up (10 minutes)	Begin with a short run and dribble the ball while doing so followed by small stretches intended to get the kids moving.
Tug of war (8 minutes)	Create four imaginary lines with cones. The inside lines are 15-20 yards. Put a unique colored soccer ball (target ball) in the middle. Players on each side try make the target ball cross the opposing teams line by kicking (push passing) their soccer ball at the target ball.
1 V 1 V 1 war (8 minutes)	Three short lines of players are next to the coach. The coach punts a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal ball back. While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that. Once a goal is scored, players hustle off to the outside and the coach punts another ball. Great drill for finishing and reversing the ball away from pressure.
Disguising the pass (5 minutes)	Setup pairs of cones to mark off two goal areas (2 yards wide). These goals should be 10-12 yards from the starting line. A received stands behind the goals and a third player (designated at the defender) stays just in front of the goals, very close to them and facing the player who is the passer. Player are given five passes to try to score a maximum number of goals in one of the two goal areas. A pass through one of the goals is considered valid only then the second attacker behind the defender can manage to control the pass.
Break (3 minutes)	Have kids grab a drink of water
Goal (8 minutes)	Players position in a playing area with two 5-yard-wide goals and a 4-yard long shooting zone set up at each end, Play begins at midfield, and the 2 defenders try to tackle the ball while the 2 offensive players try to move the ball down the field. Once inside the 4-yard shooting zone, the offensive players can shoot on goal. If a goal is scored, the ball goes to the opposing team and play restarts with a kick-in or throw-in

	at its own end line.
3 V 3 with four intersecting goals (8 minutes)	Teams of three players simultaneously defend two opposite goal areas (10 yards wide) and attack the other two. The game is started by a ball toss into the center of the square. When the ball runs across any side-line, there is a kick-in from where the ball left the playing area. During a free kick or kick-in all opponents must be 5 yards away from the ball. To score, a player has to dribble the ball through one of two opposing goals.
Cool-down (5 minutes)	Take one last jog into the middle of the field and allow players to sit and cool down. Here you can reiterate what they have learned today by asking them questions. Discuss future practice/game times.

Sample U12 Practice Plan

Warm-up (10 minutes)	Begin with a short run and dribble the ball while doing so followed by small stretches intended to get the kids moving.
Sequence Passing (5 minutes)	Players are divided into groups of 5-7 and spread out across the field. Coach numbers each (1 through 5) and players must pass to each other in sequence (1 to 2, 2 to 3) with the last player passing back to the first. Players must pass on the move – no standing allowed. Each group must play through, over, and around the other groups, which increases the demand on vision, communication, and off-the-ball movement.
Crossing Game (12 minutes)	Players divide into groups of 4 in a 40 x 30yd playing area. Use tall cones as goals; set them up diagonally from one another, 10yd in from the goal line. Play a normal 4 v 4 match except players can score from either side of the goal and the game doesn't stop when a goal is scored. Team work will be stressed and all passes and shots should remain on the ground or below the kneecap.
Break (3 minutes)	Have kids grab a drink of water
1 V 1 V 1 war (8 minutes)	Three short lines of players are next to the coach. The coach punts a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal ball back. While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that. Once a goal is scored, players hustle off to the outside and the coach punts another ball. Great drill for finishing and reversing the ball away from pressure.
Three-team Game (12 minutes)	Players divide into three groups of 5 and position on one half of the field. A goal keeper positions themselves at each end and the field is divided into thirds (X, Z, and O). The group in the midfield third (Z) has the ball and chooses a goal to attack. They then play against the group positioned in the third that they chose (X). The group at the other end (O) rests. Only the group in possession of the ball may enter the mid-field third. If the mid-field group (Z) scores, they keep the ball, go back to the mid-field third and attack the resting group's (O) goal. If the defending group (X) wins the ball and is able to move it into the mid-field third, the original mid-field group (Z) stays in the third at X's original end, and the original defending group (X) attacks against the resting group (O). Groups continue to rotate as such.
Cool-down (5 minutes)	Take one last jog into the middle of the field and allow players to sit and cool down. Here you can reiterate what they have learned today by asking them questions. Discuss future practice/game times.