Coach’s choice practice plan template
coaches incorporate their favorite games and skill progressions within the general practice plan

**Website:** Electronic Versions and video clips
http://www.usc.edu/dept/LAS/kinesiology/biomech/AAF%20project/projgoals.html

**Web search:** go to [www.usc.edu](http://www.usc.edu), search for and select Biomechanics Research Lab

Select **Gallery,** Select **Multimedia Source Website for Soccer**

For Games: Select **Games to reinforce skills:** Overview for a complete .pdf file

Select the games you feel will best help your players
Copy them into the following templates
Then print and take to practice
Warm-up
Game (5) Joint/coordination (5)
Min: 0-10

Keep-a-way:
Pass ball with hands
Score with 1-touch

During Game, Coach says “freeze”
Players stops
Warm-up a joint (30s)

Ladder run through

Arm circles
Toe-touch
Down dog
Planks/Bugs/Fish
Jacks

Run through ladder 10 times
then water break

Ball Control /Games (30)
Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

Soccer Game (15)
Use ball control skills in a game. Emphasize the positive.

Min: 40-55 + Water break
P/R: Small Sided Game (2 teams)

Practice: Passing
Try to score a goal.
Only 2 touches.

Abs on
Head up
Use R and L feet to
Dribble/pass and score

Cool Down (5)
Repeat: Joint-by-Joint
Review: Look what I can do!

Min: 55-60:
“behind the ball”

Direct parents’ and players’ attention to “what to look for” in game
### Warm-up

**Game (5) Joint/coordination (5)**

**Min: 0-10**

- **Keep-a-way:**
  - Pass ball with hands
  - Score with 1-touch

- **During Game,**
  - Coach says “freeze”
  - Players stops
  - Warm-up a joint (30s)

- **Ladder run through**

- **Jacks**

- **Toe-touch**

- **Down dog**

- **Planks/Bugs/Fish**

- **90-90 Lunge**

- **Frogs**

- **Joint-by-Joint**

**Ball Control /Games (30)**

**Min: 10-40 + Water break**

Experiment with ball. Encourage accuracy, speed, possession.

**Challenge**

### Soccer Game (15)

**Min: 40-55 + Water break**

**P/R: Small Sided Game (2 teams)**

- **Practice:** Passing
- Try to score a goal.
- Only 2 touches.

- **Abs on**
- Head up
- Use R and L feet to
- Dribble/pass and score

**Cool Down (5)**

**Min: 55-60:**

- **“behind the ball”**

- Direct parents’ and players’ attention to “what to look for” in game

- **Repeat: Joint-by-Joint**

- **Review:** Look what I can do!
U 6 : Practice 9

Teach: pass & go, receive

Review: pass & go, receive

Warm-up

Prepare muscles and nervous system for practice

Minutes spent: ____ Min

Circle responses

“abs on?”

<table>
<thead>
<tr>
<th>Activity</th>
<th>Did it?</th>
<th>Abs on?</th>
<th>Held for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm circles</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Toe-touch</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Down dog</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Planks/bugs</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Fish</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Lunge</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
<tr>
<td>Frogs</td>
<td>Yes</td>
<td>No</td>
<td>30s 20s 10s</td>
</tr>
</tbody>
</table>

Ball Control /Games

Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: ____ Min

Goals for Next Time:

“abs on?”

<table>
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<tr>
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<th>Did it?</th>
<th>Abs on?</th>
<th>Held for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladders: # of times</td>
<td>_______</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coach: ○

Game rules in < 8 seconds  Yes  No

Reinforced Teaching point  Yes  No

Players

Had Fun  Yes  No

Experimented with the ball  Yes  No

Understood goal of game  Yes  No

Activity

Challenge level: too easy  just right  too hard

Soccer Game

Use ball control skills in a game. Emphasize the positive.

# players _____ vs. ______  # balls _____  # of goals _______

Goals for Next Time:

Coach:

Game rules in < 8 seconds  Yes  No

Rewarded use of new skills  Yes  No

Players

Had fun?  Yes  No

Tried new skills?  Yes  No

Cool Down (5)

Repeat: Joint-by-Joint

Review: Look what I can do!

Repeted joint-by-joint: Yes  No

Direct parents’ to “what to look for” in game  Yes  No
Journal
Team name

U 6: Practice 10
Teach: pass & go, receive
Review: pass & go, receive

Warm-up
Prepare muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

Did it? Abs on? Held for
Arm circles Yes No Yes No 30s 20s 10s
Toe-touch Yes No Yes No 30s 20s 10s
Down dog Yes No Yes No 30s 20s 10s
Planks/bugs Yes No Yes No 30s 20s 10s
Fish Yes No Yes No 30s 20s 10s
Lunge Yes No Yes No 30s 20s 10s
Frogs Yes No Yes No 30s 20s 10s
Ladders: # of times _________

Goals for Next Time:

Ball Control /Games
Experiment with ball. Encourage accuracy, speed, possession.

Minutes spent: _____ Min

# games played: _________

“abs on?”

Coach: ○
Game rules in < 8 seconds Yes No
Reinforced Teaching point Yes No

Players
Had Fun Yes No
Experimented with the ball Yes No
Understood goal of game Yes No

Activity
Challenge level: too easy just right too hard

Soccer Game
Use ball control skills in a game. Emphasize the positive.

# players _____ vs. ______ # balls______ # of goals _________ Goals for Next Time:

Coach:
Game rules in < 8 seconds Yes No
Rewarded use of new skills Yes No

Players
Had fun? Yes No
Tried new skills? Yes No

Cool Down (5) Repeat: Joint-by-Joint
Review: Look what I can do!

Repeated joint-by-joint: Yes No