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, 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
- **“abs on?”**
  - During Game, Coach says “freeze”
  - Players stop
  - Warm-up a joint (30s)
- **Ladder run through**

### 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)
- **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

“abs on?”

Arm circles
Toe-touch
Down dog
Planks/Bugs/Fish
90-90 Lunge

Frogs
Joint-by-Joint

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

Min: 10-40 + Water break

Ladder run through

**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

Min: 55-60: “behind the ball”

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

Review: Look what I can do!
U 8 : Practice 9

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

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

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

Minutes spent: _____ Min  
Goals for Next Time:

# games played: _________

Coach:
Game rules in < 8 seconds Yes No

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

Activity
Challenge level: too easy just right too hard

Journal
Team name: ________

Soccer Skills:
U 8 : Practice 9
Teach: Review: possession: dribble or pass?

Movement Skills:
U 8 : Practice 10
Teach: possession: dribble or pass?

Warm-up
Prepares muscles and nervous system for practice

Minutes spent: _____ Min
Circle responses

Arm circles  Did it?  Abs on?  Held for
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

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

Minutes spent: _____ Min
Goals for Next Time:

# games played: __________

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!

Direct parents' to “what to look for” in game  Yes  No

Repeated joint-by-joint:  Yes  No