



## **Soccer Team Practice Plan**

Every practice should be centered around teaching skills, skill development & scrimmage play. Very similar to our ASP programming day card: Warm Up, Skill, Drill, and Games. Organize your practices each week to have a rhythm so players know what to expect and will stay engaged. The below is a sample format to use and create your own plans.

### 90min Practice Plan Template

**Warm Up** (5min) - Emphasis on preparing the player both physically and mentally for the training session. General motor ability (i.e.) balance, coordination, and flexibility) should also be enhanced. All of the above should be followed by stretching of the various parts of the body. Young players don't need stretching, but it's a good habit for them to begin early

**No Whistle Play** (5-10min) – The purpose of this segment is to get players playing right away at practice. This can be full on scrimmage play or mini situational game play. Objective is to let players “play”, while coaches evaluate what skills/strategy might need work or re-worked on.

**Skills** – (20min) – Using OTA's curriculum and other online resources your program should be teaching the fundamental skills of soccer every week. Footwork, Dribbling, Passing, Ball Control, Shooting, Defense, etc.

**Water Break** – (5min) \*As needed

**Soccer Skill Games** – (20min) - These games will challenge the player to improve a variety of the needed skills, but in a fun filled method different than a drill-based skill exercise. It also gives the players the opportunity to touch the ball more often.

**Water Break** – (5min) \*As needed

**Skills** – (20min) – Using OTA's curriculum and other online resources your program should be teaching the fundamental skills of soccer every week. Footwork, Dribbling, Passing, Ball Control, Shooting, Defense, etc.

**Scrimmage Play** – (30min) – Separate players into teams 3v3, 6v6, 8v8, etc. Example - U8 (7 year olds) should play 4v4\* or 5v5\* with no goal-keepers. U9 (8 year olds) should play 6v6\* or 7v7\* with no goal-keepers at the start of the season. Goalkeepers are added as the season goes on (around week 5 - 6).

### **[Sample Practice Plans & Weekly Agenda – Go to Example Practice Plans](#)**

Overtime Athletics has included sample practice plans and weekly agendas from national youth organizations such as: US Youth Soccer Association & USA Soccer. These are great public resources to tap into for ideas, new skills, games, etc. We encourage Coaches to use both our in-house curriculum with any additional resources out there.