

Practice Plan: Soccer Practice #1

Drill	Time	Comments
Dynamic Warmup	5 mins	Each exercise 2x of 10-20 yards
High Knee Run		
Buttkicker Run		
Frankenstein Walk		
Walking Lunge & Twist		
Walking Knee Hug		
Straight Leg Run		
Quick Feet Circuit	5 mins	Each exercise 2x of 15-30 seconds
Two Foot Hops		
One-Foot Hops		1 set each foot
Scissor Hops		
Two Foot Side Hops		
One Foot Side Hops		1 set each foot
Goal Dribbling Drill	10 mins	
		Players work on dribbling the ball
		with speed while keeping close to
		their body
Get the Acorn Drill	10 mins	
		Players work on keeping the ball away
		from a defender and stealing the ball
		from another player
Water Break	2-3 mins	
1 VS 1 Race to the Ball	10 mins	
		Players learn to control ball, beat defender
		and hit a solid scoring shot
Scrimmage	15 mins	
Cool Down	2 mins	
		Talk about practice while stretching, put balls
		away and cleanup site.