

Practice Plan: Soccer Practice #4

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
Dribbling Obstacle	10 mins	
		Players dribble ball through pylons
Mantracker	10 mins	
		Same drill as above just coach or parent gives players
		head start and then try tracking down players
Water Break	2-3 mins	
2 on 2 Drill	10 mins	
		Players divide into 2 teams at each side with goalies
		coach at mid field blows whistle and players run to get
		ball and try score on opponent's net
Scrimmage	15 mins	
Cool Down	2 mins	
		Talk about practice while stretching, put balls
		away and cleanup site.