

Practice Plan

2011-2012 Indoor Soccer Season

Skill Focus for Practice:	
Overview	90 Min Total Practice time

Time	Activity	Description	
15 Min	Purpose: Warm-up muscles, stretch and socialize as players arrive		
Warm-Up	5	1. Free dribbling, passing, shooting, tag (w/ ball) and/or Small Games (3v3, add players/games as they come)	Set up cones for goals, give kids pinnies, keep ball on ground, must score below knees
	5	2. Dynamic stretching (coach led) A. Pass w/ ball & partner back-to-back B. Toe touches with arms straight out C. Move w/ knee up (down), reach w/ foot (back)	D. Caterpillar (down), jog (back) E. Move lateral (down), karaoke (back) F. Run backward (down), run forward (back) G. On "Go", sprint (down), jog (back)
	5	3. Stretch in a circle with a ball (captain led) Discuss the skill focus for today's practice/game	Toe touches, move ball on ground around feet, toe touches, foundations
	20 Min	Purpose: Teach and practice individual skills (Remember: talk less, play more!)	
Individual Activities	5	1.	
	5	2.	
	10	3.	

20 Min		Purpose: Practice interaction with teammates (Remember: less correcting, more complimenting!)
Small Group Activities	5	1.
	5	2.
	10	3.

20 Min		Purpose: Review skills and apply in a competitive setting (Remember: less organization, just play pick-up!)
Large Group Activities	10	1.
	10	2.
	0	3.

15 Min		Purpose: Warm-up muscles, stretch and socialize as players arrive
Cool-Down	10	1. Game (Non-soccer)
	5	2. Information A. Off the field (allow next group to warm up) C. Compliment hard workers (specifically) B. Talk with both players & parents D. Players: Jokes? What did you learn?
	0	3. Next practice / game time