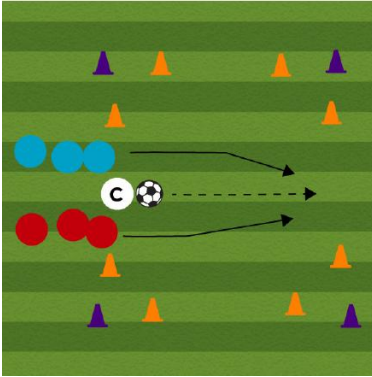


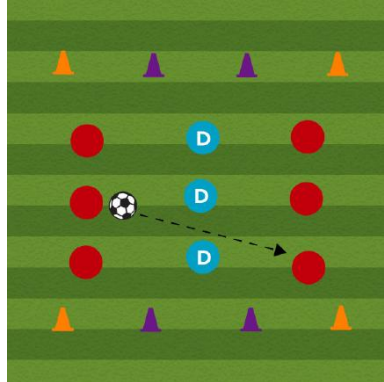
60-90 MINUTE SOCCER PRACTICE PLAN

Dynamic Warmup: Line Hops, High Knee Runs, Buttckickers, Walking Lunges, Carioca (5-10 mins)



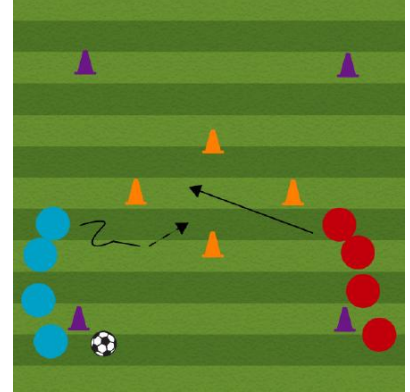
Race to the Ball: 10-15 mins

- Create a 15x20 yard grid using cones.
- Place a small goal in each corner of the grid.
- Divide players into two lines on one sideline. Coach stands between them.
- Coach serves a ball onto the field.
- The first player in each line races to gain control and score in one of the four goals.



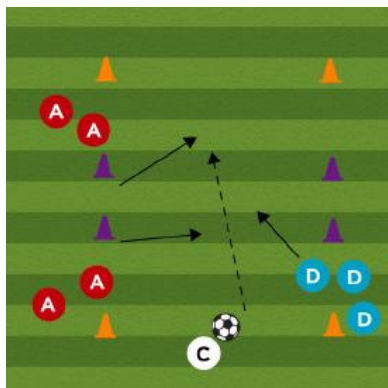
Three Zone Passing: 10-15 mins

- Create a 40x20 yard grid and divide it into thirds using cones.
- Divide players into three teams. Place one team in each third of the grid.
- The two outside teams (red) try to pass from one side to the other.
- The middle team (blue) tries to intercept the pass. If they do, they switch places with the team whose pass was stolen.



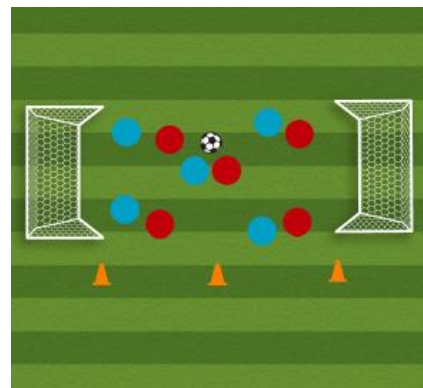
Central Goal Shooting: 10-15 mins

- Create a 30x20 yard grid. Using cones, add a goal in the center. Place another cone halfway between the goal and the sideline on each side.
- Divide players into two teams and line up on each sideline.
- On the whistle, red player sprints to the goal and becomes keeper.
- Blue player dribbles to the cone on his side, and shoots.
- Goal only counts if ball is below the height of the keeper.



2 v 1 to the Goal: 10-15 mins

- Create a 15x20 yard grid with a goal at each end.
- Divide players into two attacking lines (red), and one defending line (blue) as shown above.
- Coach serves the ball onto the field. The attackers play 2 v 1 against the defender until a goal is scored or the ball goes out of bounds.



Scoring Zone Scrimmage: 15-20 mins

- Create a 20x30 yard grid with a goal at each end.
- Place a cone at the half line and at each end line.
- Divide players into two equal teams (no keepers).
- Play a scrimmage, where players can only shoot from inside the "scoring zone" (the area between the half line and the end line).
- Emphasize passing, dribbling, and off-the-ball movement to get into scoring position.