

## United States Youth Soccer Association

# Practice Plan

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Group:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Theme:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Activity**

**Coaching Points**

|  |  |
| --- | --- |
| **1st Activity (warm-up)** *Name* |  |
|  |
| **2nd Activity** *Name* |  |
|  |
| **3rd Activity** *Name* |  |
|  |
| **4th Activity** *Name* |  |
|  |
| **5th Activity (the game)** *Name* |  |
|  |

Scrimmage 2v2 or 3v3