



# United States Youth Soccer Association

## Practice Plan

Name: Ken Skidmore\_ Date: \_

Age Group: U14 Theme: \_1<sup>st</sup> Touch & Turning #1

Activity	Coaching Points
<p><b>1<sup>st</sup> Activity (warm-up)</b> <i>Name</i></p> <p>Quick touches on ball:</p> <ul style="list-style-type: none"> <li>- toe touches</li> <li>- foundations</li> <li>- Follow the leader dribble moves</li> <li>- 2 minutes</li> </ul> <p>Divide field into 4 zones (two for tag and two for “happy feet”) Progression for tag:</p> <p>With out ball (using pinnies as flags) then with balls</p>	<p>§ 1<sup>st</sup> touch away from body (outside of foot and inside)</p> <p>§</p> <p>§ Not under feet</p> <p>§ Pass and Move</p>
<p><b>2<sup>nd</sup> Activity</b> <i>Name</i></p> <p>3 v3 +2</p> <p>Different color pinnies for each group of 3 players Advantage players are different colors also.</p> <p>Must pass to a different color</p>	<p>§ Touch away from pressure</p> <p>§ Eyes up before receiving to determine space for 1<sup>st</sup> touch</p> <p>§ Quickly move to ball for 2<sup>nd</sup> touch</p>
<p><b>3<sup>rd</sup> Activity</b> <i>Name</i></p> <p>3 v3 v3</p> <p>All different colors</p> <p>Must pass to different color from team you received it from</p>	<p>§ Touch away from pressure</p> <p>§ Eyes up before receiving to determine space for 1<sup>st</sup> touch</p> <p>§ Quickly move to ball for 2<sup>nd</sup> touch</p> <p>§ Offensive Shape</p> <p>§ Movement off ball</p>
<p><b>4<sup>th</sup> Activity</b> <i>Name</i></p> <p>Divide group in half</p> <p>2 v2 + 2 thru you touch away from pressure thru 4 gates for 1 pt</p> <p>1 pt for your team every time you touch away from pressure and thru gate Progression:</p> <p>Passing thru gate to teammate or advantage player for 1 pt</p>	<p>§ Touch away from pressure</p> <p>§ Eyes up before receiving to determine space for 1<sup>st</sup> touch</p> <p>§ Quickly move to ball for 2<sup>nd</sup> touch</p>
<p><b>5<sup>th</sup> Activity (the game)</b> <i>Name</i></p> <p>11 v 11</p>	<p>§ Touch away from pressure</p> <p>§ Eyes up before receiving to determine space for 1<sup>st</sup> touch</p> <p>§ Quickly move to ball for 2<sup>nd</sup> touch</p> <p>§ Control ball with body or touch (do not just whack 50 50 balls at goal.</p>