



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: __U14 _____ Theme: Turning and Receiving #2 _____

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Name</i></p> <p>Juggling</p>	<p>§ Ball low and under control</p> <p>§ Strike thru middle of ball</p>
<p>2nd Activity <i>Name</i></p> <p>4 or 6 players on outside of grid as targets</p> <p>4 v 4 in middle</p> <p>Players on outside pass to players in middle.</p> <p>4 players in middle make check runs to receive, turn and play to other targets.</p> <p>Defense starts @ 50% pressure</p>	<p>§ Review turns (chop inside foot, outside, Cryft, cradle and face, Maradonna)</p> <p>§ Check to create space</p> <p>§ Vision</p> <p>§ 1st touch</p>
<p>3rd Activity <i>Name</i></p> <p>Possession 5 passes with outside targets = point</p>	<p>§ See above</p>
<p>4th Activity <i>Name</i></p> <p>6 v 6 or 8 v 8 One group to goal other group goes to 3 gates to attack (wide , middle and wide)</p>	<p>§ Use width</p> <p>§ Play away from pressure</p> <p>§ Turning and 1st touch</p>
<p>5th Activity (the game) 11 v 11</p>	<p>§</p>