

Practice Plan: Soccer Practice #2

Drill	Time	Comments
Dynamic Warmup	5 mins	Each exercise 2x of 10-20 yards
High Knee Run		
Buttkicker Run		
Frankenstein Walk		
Walking Lunge & Twist		
Walking Knee Hug		
Straight Leg Run		
Quick Feet Circuit	5 mins	Each exercise 2x of 15-30 seconds
Two Foot Hops		
One-Foot Hops		1 set each foot
Scissor Hops		
Two Foot Side Hops		
One Foot Side Hops		1 set each foot
Through the Gate	10 mins	
		Players learn to control the ball using
		all parts of their feet
Human Obstacle Course	10 mins	
		Players work on keeping the ball away
		from coaches and parents
Water Break	2-3 mins	
Zombie Drill	10 mins	
		One player and coach pretend to be zombies
		and try to catch players who have to control the ball
		or they become zombies as well
Scrimmage	15 mins	
Cool Down	2 mins	
		Talk about practice while stretching, put balls
		away and cleanup site.