

Soccer Practice Plan

Youth soccer · 75-minute ball-rolling session

My-Team Sports

my-teamsports.com

Team: _____ Date: _____

Focus of the day: _____

Time	Block	Coaching focus (add your own notes)
0:00–0:10	Free play + warm-up	Balls out early — small games as kids arrive, then dynamic movement _____
0:10–0:22	Dribbling & 1v1 moves	Every kid a ball: toe taps, cuts, one new move — then 1v1 to cones _____
0:22–0:34	Passing & receiving	Pairs and triangles: firm passes, first touch out of the feet _____
0:34–0:47	Theme of the week	One idea: spacing, defending 1v1, or finishing — walk it, then live _____
0:47–1:07	Small-sided games	3v3 or 4v4, two goals, no lines — maximum touches and decisions _____
1:07–1:12	Finishing game	Shots on goal to finish — every kid leaves having scored _____
1:12–1:15	Team talk	One takeaway + next-game reminder _____

Golden rule: no laps, no lines, no lectures. If the balls aren't rolling, kids aren't learning.