

# 2015 JV Soccer Practice Plan:

## 1. Practice #1:

- a. Warm-up timed Run: 15 minutes
- b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
- c. 3 Team Keep Away (observing skills, touch, passing, decision making) – 5-8 minutes
- d. Water Break (3-5 minutes)
- e. Partner Activity – down and back while partner exercises (10min)
  1. Dribbling-Juggling-Heading-General Touches
  2. Exercises: Abs, Push-ups, Body Squats, Burpees
- f. Training ('5' 20-40's)
- g. Touches (Varsity Girls' Warm-up – 10 minutes)
- h. ENDLINE GAME 3 v 3 (5 min)
- i. Water Break (3-5 minutes)
- j. Passing Activity – 3 cones (5-8min)
- k. Touches: Instep vs. Laces (passing vs. shooting) (5min)
- l. High Intensity Small games – 3 v 3 gradually add players (15min)
- m. Go Over Set Pieces and Throw Ins (5-7min)
- n. WATER BREAK and Group Discussion – Go over TEAM MEETING SCHEDULE (3-5min)
- o. Game: World Cup? (10min)

## 2. Practice #2:

- a. Warm-up timed Run: 17 minutes
- b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
- c. Triangle Touches (5-7min)
- d. Water Break (3-5 minutes)
- e. Partner Activity – down and back while partner exercises (10min)
  1. Dribbling-Juggling-Heading-General Touches
  2. Exercises: Abs, Push-ups, Body Squats, Burpees
- f. Training (Obstacle Course and (5) 50m Sprints) (10-15min)
- g. Touches (Triads – 6-7 minutes)
- h. Water Break (3-5 minutes)
- i. Passing, Dribbling, and Shooting Activity (5min)
- j. Touches: Instep vs. Laces (passing vs. shooting) (5min)
- k. Competitive Games: 1v1, 2v2, 3v3 (15min)
- l. Go Over Set Pieces and Throw Ins (5-7min)
- m. 3 Team Keep Away with 1 team on the outside (5min)
- n. Game: Soccer Golf – down and back (10min)

### **3. Practice #3:**

- a. Warm-up timed Run: To the Slough (30 minutes)
- b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
- c. Partner Touches (5-7min)
- d. Water Break (3-5 minutes)
- e. Partner Activity – down and back while partner exercises (10min)
  - 1. Dribbling-Juggling-Heading-General Touches
  - 2. Exercises: Abs, Push-ups, Body Squats, Burpees
- f. Training (On the Ball Training – Partner Competition) (8-10min)
- g. Touches (Triangles – 6-7 minutes)
- h. Water Break (3-5 minutes)
- i. Playing the Ball out of the air Activity (5min)
- j. Partner Heading – Abs work (5min)
- k. Competitive Scrimmage – Rules: Crossing, 1-2 touch (8-10min)
- l. Go Over Set Pieces and Throw Ins (5-7min)
- m. 4 Team Olympics: Crossing, Heading, Juggling, 1-touch, 2-touch, Shooting (8-10min)
- n. Game: Soccer Volleyball (10min)

### **4. Practice #4:**

- a. Warm-up timed Run: (22 minutes)
- b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
- c. Partner Activity – down and back while partner exercises (10min)
  - 1. Dribbling-Juggling-Heading-General Touches
  - 2. Exercises: Abs, Push-ups, Body Squats, Burpees
- d. Partner Skill Work (dribble sprint, check aways, chipping, crossing) (5-7min)
- e. Water Break (3-5 minutes)
- f. Touches (Girls' varsity warm-up) (8-10min)
- g. Training (Obstacle Course) (6-7 minutes)
- h. Water Break (3-5 minutes)
- i. ENDLINE GAME 3 v 3 (10 minutes)
- j. Playing the Ball out of the air Activity (5min)
- k. Crosses, Corners, and Set Pieces (5min)
- l. 3v3 Tournament (10-15min)
- m. Go Over TEAM Set Pieces and Throw Ins (5-7min)
- n. Shooting Technique: Shooting and Heading Drill behind the goal (8-10min)
- o. Game: Hitting the Crossbar, Post, Chipping (10min)

**5. Practice #5: *\*Subject to being a PLAYERS ONLY PRACTICE***

- a. Warm-up timed Run: (24 minutes)
- b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
- c. 3 Team Keep Away (observing skills, touch, passing, decision making) – 5-8 minutes
- d. Water Break (3-5 minutes)
- e. Partner Activity – down and back while partner exercises (10min)
  - 1. Dribbling-Juggling-Heading-General Touches
  - 2. Exercises: Abs, Push-ups, Body Squats, Burpees
- f. Training ('5' 20-40's)
- g. Touches (Varsity Girls' Warm-up – 10 minutes)
- h. Water Break (3-5 minutes)
- i. Passing Activity (5min)
- j. Touches: Instep vs. Laces (passing vs. shooting) (5min)
- k. High Intensity Small games – 3 v 3 (15min)
- l. Go Over Set Pieces and Throw Ins (5-7min)
- m. WATER BREAK and Group Discussion – Go over TEAM MEETING SCHEDULE (3-5min)
- n. Game: World Cup (10min)

**6. Practice #6:**

- a. Warm-up timed Run: (22 minutes)
- b. Dynamic Stretching (3-5min) Static Stretch (2-3min)
- c. Partner Activity – down and back while partner exercises (10min)
  - 1. Dribbling-Juggling-Heading-General Touches
  - 2. Exercises: Abs, Push-ups, Body Squats, Burpees
- d. Go Over Pre-Game Warm-up: Getting Prepared for the game
  - 1. Short Run, Dynamic, Partner/Static Stretching
  - 2. Individual Touches: Inside, Outside, Roll-overs, Over the ball
  - 3. Partner Touches: 1-2 touch, headers, trapping, etc.
  - 4. 2 Groups:
- a. Group 1: Shooting and Crossing
- b. Group 2: Small sided Keep Away in Grid
- e. Go Over Scouting Report – Final Preparations