

YMCA Youth Soccer Practice Plan

Date: _____

Team: _____

Time: _____

Coach: _____

Instructions: Use the PDF documents available in the Practice Builder in the YMCA's online *Coaching Soccer* course to identify the Games and Skill Drills you want to use and also to identify a Warm-Up, a Fitness Circle, and a Team Circle activity. You do not need to fill in all the lines. Enter the minutes for each activity and total the time.

Practice Goals:

| Time | Activity Type | Activity Description |
|------|---------------|----------------------|
| | Warm-Up | |
| | Fitness | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | Team Circle | |
| | Total Time | |

Notes: