

# Youth Soccer Practice Plan (Ages 14, 60 Minutes)

## 1. Warm-Up & Dynamic Stretching (10 minutes)

- Activity: Dynamic Warm-Up Circuit

Include jogging, high knees, butt kicks, side shuffles, and dynamic stretches.

Add ball touches: toe taps, foundations, and dribbling in space.

Focus: Increase heart rate, flexibility, and ball familiarity.

## 2. Technical Drills (15 minutes)

- Activity: Advanced Ball Mastery

Set up cone grids for:

- Quick touches with both feet
- Turns (Cruyff, drag back, step-over)
- Dribbling under pressure

Focus: Ball control, agility, and confidence in tight spaces.

## 3. Tactical Training (10 minutes)

- Activity: Possession Game (5v2 or 6v3 Rondo)

Players form a circle and keep possession against defenders.

Add touch limits and communication cues.

Focus: Decision-making, spacing, and quick passing.

## 4. Shooting & Finishing (10 minutes)

- Activity: Crossing and Finishing

Wingers cross the ball into the box for attackers to finish.

Rotate roles and encourage timing and accuracy.

Focus: Finishing under pressure, timing runs, and teamwork.

## 5. Small-Sided Game (15 minutes)

- Activity: 6v6 or 7v7 Scrimmage

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Use a half-field setup with goals.

Optional: Add conditions (e.g., must complete 3 passes before shooting).

Focus: Game awareness, positioning, and applying skills in context.

### Coaching Tips

- Keep energy high and give positive feedback.
- Encourage communication and leadership.
- Use quick transitions between drills.
- End with a team huddle and highlight great effort or teamwork.