

Youth Soccer Practice Plan (Ages 7, 60 Minutes)

1. Warm-Up (10 minutes)

Activity: Sharks and Minnows

- Players (minnows) try to dribble from one side of the field to the other without getting tagged by the shark.
- Focus: Dribbling under pressure, awareness, and fun.

2. Skill Development (15 minutes)

Activity: Dribbling Obstacle Course

- Set up cones in zig-zag, circles, and straight lines.
- Players dribble through the course using both feet.
- Focus: Ball control, using inside/outside of the foot.

3. Passing Practice (10 minutes)

Activity: Partner Passing

- Players pair up and pass back and forth.
- Add challenges like one-touch passes or using the non-dominant foot.
- Focus: Accuracy, communication, and receiving the ball.

4. Shooting Drill (10 minutes)

Activity: Shoot on Goal

- Players take turns shooting at a goal with a goalkeeper (rotate players).
- Use cones to create target zones in the goal.
- Focus: Proper shooting technique, aiming, and confidence.

5. Small-Sided Game (15 minutes)

Activity: 3v3 or 4v4 Scrimmage

- No coaching during play - let them explore and enjoy.
- Rotate players to ensure everyone gets equal time.
- Focus: Game awareness, teamwork, and applying skills.

Tips for Success

- Keep instructions short and clear.
- Use lots of praise and encouragement.
- Have water breaks every 15-20 minutes.
- End with a team cheer or fun challenge (like a coach vs. kids shootout).