

Youth Soccer Practice Plan (Ages 11, 60 Minutes)

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

- Activity: Dynamic Movement Circuit
 - Include high knees, butt kicks, side shuffles, and light jogging.
 - Add ball touches: toe taps, foundations, and dribbling in space.
 - Focus: Increase heart rate, coordination, and ball familiarity.

2. Technical Skills (15 minutes)

- Activity: Dribbling & Ball Mastery
 - Set up cone grids for:
 - Inside/outside touches
 - Pull-push moves
 - Quick turns (drag back, Cruyff, step-over)
 - Focus: Ball control, footwork, and confidence in tight spaces.

3. Passing & Movement (10 minutes)

- Activity: Pass and Move Triangle
 - Players form triangles and pass while moving to a new cone.
 - Add 1-2 touch restrictions and communication cues.
 - Focus: Passing accuracy, movement off the ball, and awareness.

4. Shooting & Finishing (10 minutes)

- Activity: 1v1 to Goal
 - Players start at midfield, dribble past a defender, and shoot.
 - Rotate roles quickly to keep intensity high.
 - Focus: Decision-making, composure, and finishing under pressure.

5. Small-Sided Game (15 minutes)

- Activity: 5v5 or 6v6 Scrimmage
 - Use a smaller field to encourage quick play and teamwork.
 - Optional: Add conditions (e.g., 3 passes before shooting).
 - Focus: Game sense, positioning, and applying skills in context.

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Coaching Tips

- Keep energy high and give lots of positive feedback.
- Encourage creativity and trying new moves.
- Use quick transitions between drills to maximize time.
- End with a team huddle and highlight great effort or teamwork.