



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____
Age Group: _____ Theme: _____

Activity	Coaching Points
1st Activity (warm-up) <i>Name</i> 	▪
2nd Activity <i>Name</i> 	▪
3rd Activity <i>Name</i> 	▪
4th Activity <i>Name</i> 	▪
5th Activity (the game) <i>Name</i> 	▪

Scrimmage 2v2 or 3v3