



United States Youth Soccer Association

# Practice Plan

Name:	Date:
Age Group:	Theme:

Activities	Diagram/Coaching Points
<b>1<sup>st</sup> Activity (warm-up)</b>	
<b>2<sup>nd</sup> Activity</b>	
<b>3<sup>rd</sup> Activity</b>	
<b>4<sup>th</sup> Activity</b>	
<b>5<sup>th</sup> Activity (the game)</b>	