2015 JV Soccer Practice Plan:

1. **Practice #1:**
   - **a.** Warm-up timed Run: 15 minutes
   - **b.** Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
   - **c.** 3 Team Keep Away (observing skills, touch, passing, decision making) – 5-8 minutes
   - **d.** Water Break (3-5 minutes)
   - **e.** Partner Activity – down and back while partner exercises (10min)
     1. Dribbling-Juggling-Heading-General Touches
     2. Exercises: Abs, Push-ups, Body Squats, Burpees
   - **f.** Training (‘5’ 20-40’s)
   - **g.** Touches (Varsity Girls’ Warm-up – 10 minutes)
   - **h.** ENDLINE GAME 3 v 3 (5 min)
   - **i.** Water Break (3-5 minutes)
   - **j.** Passing Activity – 3 cones (5-8min)
   - **k.** Touches: Instep vs. Laces (passing vs. shooting) (5min)
   - **l.** High Intensity Small games – 3 v 3 gradually add players (15min)
   - **m.** Go Over Set Pieces and Throw Ins (5-7min)
   - **n.** WATER BREAK and Group Discussion – Go over TEAM MEETING SCHEDULE (3-5min)
   - **o.** Game: World Cup? (10min)

2. **Practice #2:**
   - **a.** Warm-up timed Run: 17 minutes
   - **b.** Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
   - **c.** Triangle Touches (5-7min)
   - **d.** Water Break (3-5 minutes)
   - **e.** Partner Activity – down and back while partner exercises (10min)
     1. Dribbling-Juggling-Heading-General Touches
     2. Exercises: Abs, Push-ups, Body Squats, Burpees
   - **f.** Training (Obstacle Course and (5) 50m Sprints) (10-15min)
   - **g.** Touches (Triads – 6-7 minutes)
   - **h.** Water Break (3-5 minutes)
   - **i.** Passing, Dribbling, and Shooting Activity (5min)
   - **j.** Touches: Instep vs. Laces (passing vs. shooting) (5min)
   - **k.** Competitive Games: 1v1, 2v2, 3v3 (15min)
   - **l.** Go Over Set Pieces and Throw Ins (5-7min)
   - **m.** 3 Team Keep Away with 1 team on the outside (5min)
   - **n.** Game: Soccer Golf – down and back (10min)
3. **Practice #3:**
   a. Warm-up timed Run: To the Slough (30 minutes)
   b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
   c. Partner Touches (5-7min)
   d. Water Break (3-5 minutes)
   e. Partner Activity – down and back while partner exercises (10min)
      1. Dribbling-Juggling-Heading-General Touches
      2. Exercises: Abs, Push-ups, Body Squats, Burpees
   f. Training (On the Ball Training – Partner Competition) (8-10min)
   g. Touches (Triangles – 6-7 minutes)
   h. Water Break (3-5 minutes)
   i. Playing the Ball out of the air Activity (5min)
   j. Partner Heading – Abs work (5min)
   k. Competitive Scrimmage – Rules: Crossing, 1-2 touch (8-10min)
   l. Go Over Set Pieces and Throw Ins (5-7min)
   m. 4 Team Olympics: Crossing, Heading, Juggling, 1-touch, 2-touch, Shooting (8-10min)
   n. Game: Soccer Volleyball (10min)

4. **Practice #4:**
   a. Warm-up timed Run: (22 minutes)
   b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
   c. Partner Activity – down and back while partner exercises (10min)
      1. Dribbling-Juggling-Heading-General Touches
      2. Exercises: Abs, Push-ups, Body Squats, Burpees
   d. Partner Skill Work (dribble sprint, check aways, chipping, crossing) (5-7min)
   e. Water Break (3-5 minutes)
   f. Touches (Girls’ varsity warm-up) (8-10min)
   g. Training (Obstacle Course) (6-7 minutes)
   h. Water Break (3-5 minutes)
   i. ENDLINE GAME 3 v 3 (10 minutes)
   j. Playing the Ball out of the air Activity (5min)
   k. Crosses, Corners, and Set Pieces (5min)
   l. 3v3 Tournament (10-15min)
   m. Go Over TEAM Set Pieces and Throw Ins (5-7min)
   n. Shooting Technique: Shooting and Heading Drill behind the goal (8-10min)
   o. Game: Hitting the Crossbar, Post, Chipping (10min)
5. **Practice #5: *Subject to being a PLAYERS ONLY PRACTICE***

   a. Warm-up timed Run: (24 minutes)
   b. Dynamic Stretching (3-5min) Partner and Static Stretch (2-3min)
   c. 3 Team Keep Away (observing skills, touch, passing, decision making) – 5-8 minutes
   d. Water Break (3-5 minutes)
   e. Partner Activity – down and back while partner exercises (10min)
      1. Dribbling-Juggling-Heading-General Touches
      2. Exercises: Abs, Push-ups, Body Squats, Burpees
   f. Training (‘5’ 20-40’s)
   g. Touches (Varsity Girls’ Warm-up – 10 minutes)
   h. Water Break (3-5 minutes)
   i. Passing Activity (5min)
   j. Touches: Instep vs. Laces (passing vs. shooting) (5min)
   k. High Intensity Small games – 3 v 3 (15min)
   l. Go Over Set Pieces and Throw Ins (5-7min)
   m. WATER BREAK and Group Discussion – Go over TEAM MEETING SCHEDULE (3-5min)
   n. Game: World Cup (10min)

6. **Practice #6:**

   a. Warm-up timed Run: (22 minutes)
   b. Dynamic Stretching (3-5min) Static Stretch (2-3min)
   c. Partner Activity – down and back while partner exercises (10min)
      1. Dribbling-Juggling-Heading-General Touches
      2. Exercises: Abs, Push-ups, Body Squats, Burpees
   d. Go Over Pre-Game Warm-up: Getting Prepared for the game
      1. Short Run, Dynamic, Partner/Static Stretching
      2. Individual Touches: Inside, Outside, Roll-overs, Over the ball
      3. Partner Touches: 1-2 touch, headers, trapping, etc.
      4. 2 Groups:
   a. Group 1: Shooting and Crossing
   b. Group 2: Small sided Keep Away in Grid
   e. Go Over Scouting Report – Final Preparations