



# Soccer Practice Plan



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Date:**

**Team:**

**Time:**

**Coach:**

**Instructions:**

Identify the Games and Skill Drills you want to use and also identify a Warm-Up, a Fitness Circle, and a Team Circle activity. You do not need to fill in all the lines. Enter the minutes for each activity and total the time.

**Practice Goals:**

**Time**

**Activity Type**

**Activity Description**

Warm-Up

Fitness

Team Circle

Total Time

**Notes**