



Cambridge Youth Soccer Practice Plan Template

Practice Theme:	Date:
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Coach:	Age Group:	No. of Players:
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<u>Stretch/ Warm up Activity:</u>	<u>Time: (5-10 mins):</u>	<u>Equipment</u>
<u>Individual Skill Activity:</u>	<u>Time: (10-15 mins):</u>	<u>Equipment</u>
<u>Pair/ Small Group Skill Activity:</u>	<u>Time: (10-15 mins):</u>	<u>Equipment</u>
<u>Small Sided Game:</u>	<u>Time: (10-20 mins):</u>	<u>Equipment</u>
<u>Large Group Activity/ Modified Game:</u>	<u>Time: (15-20 mins):</u>	<u>Equipment</u>
<u>Cool Down/ End of Practice Coaches Talk:</u>	<u>Time: (3-5 mins):</u>	<u>Equipment</u>
<u>Back up Plans/ Activities:</u>		