



# 2/3 SOCCER PRACTICE PLAN



# Westy Futures

## 2<sup>nd</sup>-3<sup>rd</sup> Grade Soccer

Welcome to the Westy Futures Soccer Program!

We extend our heartfelt gratitude for joining our Westy Futures program as a coach. Your commitment to investing your time and knowledge in nurturing young talent is truly commendable. As we embark on this exciting journey together, we are thrilled to share with you our vision and mission.

At Westy Futures, the primary goal of our league is to develop the skills of our students, honing their abilities and preparing them for high school athletics. We firmly believe in cultivating not only their soccer talents but also instilling values like teamwork, discipline, and perseverance that will serve them well in all aspects of life.

In our league, we place a strong emphasis on the development of players. We want to ensure that each student-athlete receives the guidance and support necessary to propel them to the next level of their soccer journey. Whether their aspirations lie in making the high school team, or securing college scholarships, we are dedicated to helping them lay the foundation for success.

To aid you in your coaching journey, we have prepared a sample practice plan below. This plan can serve as a starting point for your sessions, providing structure and direction. However, we also encourage you to bring your creativity and ideas into the mix, tailoring practices to the unique needs and talents of our young athletes.

Thank you once again for being an integral part of our Westy Futures Soccer Program. Let's make this season one filled with growth, camaraderie, and memorable achievements.

## Practice Plan

### Week 1: Basics and Fundamentals

- **Stretch and Warm-up (10 mins):** Stretching, Light jogging, jumping jacks, leg swings, arm circles, etc....
- **Dribbling (15 mins):** Basic dribbling around cones, alternating feet.
- **Passing (10 mins):** Partner passing at a short distance.
- **Shooting (10 mins):** Introduce shooting technique using cones as targets.
- **Defensive Drill (15 mins):** Teach proper stance and introduce the idea of staying between the opponent and the goal.

### Week 2: Building Skills

- **Stretch and Warm-up (10 mins):** Stretching, Light jogging, jumping jacks, leg swings, arm circles, etc....
- **Dribbling (15 mins):** Dribbling through cones with more complex patterns.
- **Passing (15 mins):** Progress to longer passes and introduce one-touch passing.
- **Shooting (10 mins):** Shooting under slight pressure, emphasize accuracy.
- **Defensive Drill (10 mins):** Focus on tracking the opponent and interception.

### **Week 3: Increasing Complexity**

- **Stretch and Warm-up (10 mins):** Stretching, Light jogging, jumping jacks, leg swings, arm circles, etc....
- **Dribbling (15 mins):** Dribbling while making quick changes of direction.
- **Passing (15 mins):** Passing under pressure, emphasize communication.
- **Shooting (15 mins):** Shooting on the move and introduce volleys.
- **Defensive Drill (10 mins):** Working on jockeying and stealing the ball.

### **Week 4: Refining Techniques**

- **Stretch and Warm-up (10 mins):** Stretching, Light jogging, jumping jacks, leg swings, arm circles, etc....
- **Dribbling (15 mins):** More advanced dribbling moves like step-overs.
- **Passing (15 mins):** Passing with accuracy and speed, introduce lofted passes.
- **Shooting (15 mins):** Focus on different types of shots (chip, curl, power).
- **Defensive Drill (10 mins):** Introduction to basic positioning and marking.

### **Week 5: Game Situations**

- **Stretch and Warm-up (10 mins):** Stretching, Light jogging, jumping jacks, leg swings, arm circles, etc....
- **Dribbling (10 mins):** Dribbling through cones with defenders in pursuit.
- **Passing (15 mins):** Passing sequences with multiple players involved.
- **Shooting (15 mins):** Shooting under increased pressure and introduce one-on-one scenarios.
- **Defensive Drill (15 mins):** Small-sided game focusing on defensive skills.

### **Week 6: Putting It All Together**

- **Stretch and Warm-up (10 mins):** Stretching, Light jogging, jumping jacks, leg swings, arm circles, etc....
- **Dribbling (10 mins):** Dribbling through a more complex obstacle course.
- **Passing (15 mins):** Dynamic passing drills involving quick decision-making.
- **Shooting (15 mins):** Game-like shooting scenarios with defenders.
- **Defensive Drill (15 mins):** Full-field scrimmage with a focus on defensive techniques.

**Throughout the program, make sure to emphasize good sportsmanship, teamwork, and fair play. Adjust the drills based on the skill level of the students and provide positive reinforcement and encouragement. Always end each practice with a cool-down and a brief discussion about what was learned.**