



United States Youth Soccer Association

Practice Plan

Name: Auke Wiersma Date: 1/17/15

Age Group: n/a Theme: TOPSoccer, The Role of the Buddy

Activity	Coaching Points
1st Activity (warm-up) <i>Name</i> "I can do this, can you?"	<ul style="list-style-type: none"> ▪ How do you help your player with balance, lifting, bending etc.? ▪ How does your role change in relationship to the level of independence of your player? ▪ How can you prevent or solve potential behavioral issues during activities? ▪ How does your role change in relationship to the level of independence of your player? ▪ What is your role as the buddy during scrimmages? ▪
2nd Activity <i>Name</i> Gate Dribble	
3rd Activity <i>Name</i> Sharks and Minnows	
4th Activity <i>Name</i> Scrimmage 2v2 or 3v3	
5th Activity (the game) <i>Name</i>	