# Practice Plan

Name: Auke Wiersma  
Date: 1/17/15  
Age Group: n/a  
Theme: TOPSoccer, The Role of the Buddy

<table>
<thead>
<tr>
<th>Activity</th>
<th>Coaching Points</th>
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| **1st Activity (warm-up)**  
Name  
“I can do this, can you?” | - How do you help your player with balance, lifting, bending etc.? |
| **2nd Activity**  
Name  
Gate Dribble | - 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? |
| **3rd Activity**  
Name  
Sharks and Minnows | - How does your role change in relationship to the level of independence of your player? |
| **4th Activity**  
Name  
Scrimmage 2v2 or 3v3 | - What is your role as the buddy during scrimmages? |
| **5th Activity (the game)**  
Name | |