



## ZYSA Recreational Coaches Clinic

Practice session progressions:

A. **Warm-up** (20m)

1. Juggling
2. Foot skill #1, #2, #3
3. *Water break*

B. **Small Sided Activities** (20m)

1. Activity #1 (10m)
2. Activity #2 (10m)
3. *Water break*

C. **Game**

1. 3v3 → 11v11

Recommended player to ball ratio:

U5-U6 = 1:1

U7-U8 = 2:1

U8-U10 = 3-4:1

U11-U12 = 4-6:1

JUGGLING EXPECTATIONS BY AGE GROUP:

U5 = 2 juggles with a bounce

U6 = 2-5 juggles with a bounce

U7-U8 = 2-8 juggles with a bounce & 2-4 juggles without a bounce (no thighs)

U9-U10 = 5-15 juggles with a bounce & 3-9 juggles without a bounce (no thighs)

U11-U12 = 5-20 juggles with a bounce & 5-15 juggles without a bounce (no thighs)

Soccer Resources:

1. Lesson plans at [www.washingtonyouthsoccer.org](http://www.washingtonyouthsoccer.org)
2. Indiana Soccer Association <http://www.soccerindiana.org/education/lessonplans.aspx>
3. <http://www.soccerxpert.com/drills.aspx>
4. US Soccer Best Practices <http://www.ussoccer.com/Coaches/Resources.aspx>
5. USSF D License – <http://www.ussoccer.com/Coaches/Resources.aspx>

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## U5/U6 LESSON PLANS

Week 1	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 2	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 3	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 4	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 5	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 6	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 7	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 8	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video

## U7/U8 LESSON PLANS

Week 1	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 2	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 3	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 4	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 5	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 6	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 7	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 8	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video

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## U9/U10 LESSON PLANS

Week 1	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 2	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 3	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 4	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 5	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 6	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 7	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 8	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video

## U11/U12 LESSON PLANS

Week 1	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 2	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 3	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 4	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 5	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 6	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 7	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video
Week 8	Activity Plan - Print	Activity 1 Plan - Video	Activity 2 Plan - Video	Activity 3 Plan - Video	Activity 4 Plan - Video

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## Level 1:

- Juggling with a bounce <https://www.youtube.com/watch?v=ZFG8pI5wHXc&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- Toe-Taps <https://www.youtube.com/watch?v=eCZeB2U-vBw&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- Pendulums (bells) <https://www.youtube.com/watch?v=fGJfBE9x33w>
- Pull back <https://www.youtube.com/watch?v=1yviv42qhCk>
- Rake (1 rake) <https://www.youtube.com/watch?v=GjR5FsCmcY>
- Roll [https://www.youtube.com/watch?v=EOtoAbOEpv0&list=PL20E28F4F04DA8D29&index=1&feature=plpp\\_video](https://www.youtube.com/watch?v=EOtoAbOEpv0&list=PL20E28F4F04DA8D29&index=1&feature=plpp_video)
- "L" <https://www.youtube.com/watch?v=6bHFqvJfzVI>
- Double "L" [https://www.youtube.com/watch?v=Xv\\_wm7UUd8Q](https://www.youtube.com/watch?v=Xv_wm7UUd8Q)
- Inside pull <https://www.youtube.com/watch?v=xHIEKsnTJel&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- Inside, inside, outside <https://www.youtube.com/watch?v=xHIEKsnTJel&list=UUVTMgBX7vhFnYyPTu1IFkYQ>

## Level 2:

- Juggling w/o a bounce: <https://www.youtube.com/watch?v=1tOKsQqLUe8&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- How to dribble a soccer ball <https://www.youtube.com/watch?v=h15Ll2H9GR4>
- "V" [https://www.youtube.com/watch?v=ioq2AwdCia0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=ioq2AwdCia0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- "L" and drag push  
[https://www.youtube.com/watch?v=rduhVE00ht8&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=rduhVE00ht8&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Cut <https://www.youtube.com/watch?v=96WT8S9Us4w>
- Outside cut [https://www.youtube.com/watch?v=ziOV5Q\\_wx5Y&list=PL20E28F4F04DA8D29&index=22&feature=plpp\\_video](https://www.youtube.com/watch?v=ziOV5Q_wx5Y&list=PL20E28F4F04DA8D29&index=22&feature=plpp_video)
- Stutter step [https://www.youtube.com/watch?v=hki7rn-EL\\_Q&feature=autoplay&list=PL20E28F4F04DA8D29&lf=plpp\\_video&playnext=2](https://www.youtube.com/watch?v=hki7rn-EL_Q&feature=autoplay&list=PL20E28F4F04DA8D29&lf=plpp_video&playnext=2)
- Double stutter step  
[https://www.youtube.com/watch?v=qcDDD3ARl88&feature=autoplay&list=PL20E28F4F04DA8D29&lf=plpp\\_video&playnext=3](https://www.youtube.com/watch?v=qcDDD3ARl88&feature=autoplay&list=PL20E28F4F04DA8D29&lf=plpp_video&playnext=3)
- Triangles <https://www.youtube.com/watch?v=h4wuVaOre5A&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- Backwards triangles <https://www.youtube.com/watch?v=h4wuVaOre5A&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- Squares (rakes) <https://www.youtube.com/watch?v=h4wuVaOre5A&list=UUVTMgBX7vhFnYyPTu1IFkYQ>
- Step over turn [https://www.youtube.com/watch?v=QD1KuufgWm0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=QD1KuufgWm0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Push and run [https://www.youtube.com/watch?v=eJFmDOXjYEq&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=eJFmDOXjYEq&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)

## Level 3:

- Mathews [https://www.youtube.com/watch?v=cLQP2koEs1o&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=cLQP2koEs1o&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Scissors/double scissors  
[https://www.youtube.com/watch?v=W3h4WEDCHoM&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=W3h4WEDCHoM&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Inside scissors [https://www.youtube.com/watch?v=flXQtKVBEf0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=flXQtKVBEf0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Cruyff [https://www.youtube.com/watch?v=Z6CbNijxifU&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=Z6CbNijxifU&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Ronaldo chop <https://www.youtube.com/watch?v=POov23C1Xnk>
- Rivelino [https://www.youtube.com/watch?v=dm3RJNajPv0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp\\_video](https://www.youtube.com/watch?v=dm3RJNajPv0&feature=BFa&list=PL20E28F4F04DA8D29&lf=plpp_video)
- Giggs  
[https://www.youtube.com/watch?v=39sBWYrX17U&feature=autoplay&list=PL20E28F4F04DA8D29&lf=plpp\\_video&playnext=4](https://www.youtube.com/watch?v=39sBWYrX17U&feature=autoplay&list=PL20E28F4F04DA8D29&lf=plpp_video&playnext=4)  
<https://www.youtube.com/watch?v=cLQP2koEs1o&index=7&list=PL20E28F4F04DA8D29>
- Slap Cut <https://www.youtube.com/watch?v=2uJlI7TUobE>
- Elastico <https://www.youtube.com/watch?v=dUvz647AXKI>
- Preki <https://www.youtube.com/watch?v=l364l0QRZKY>
- Maradona [https://www.youtube.com/watch?v=B0K7\\_iRCH7I](https://www.youtube.com/watch?v=B0K7_iRCH7I)

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