Practice Name: U11 Girls
Date: 5/20/2013
Coach:
Estimated Duration: 75 minutes

Drills:
- 10 Minute Active Stretch  10 minutes
- Shuttle Pass Drill 10 minutes
- 1v1 Ground Ball to Finish 10 minutes
- 2 v 2 Drill 15 minutes
- 3v3v3 Circle 10 minutes
- 12 v 12 Drill 20 minutes

Notes:

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# 10 Minute Static Stretch

<table>
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<tr>
<th>Drill Specs</th>
<th>Drill Theme: Warm Up Field Position: Offense, Defense, Midfield, Goalies</th>
<th>Drill Style: Warm Up Time Needed: 10 Min</th>
<th>Field Location: Midfield Skill Level: Basic</th>
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**Objective**

Static Stretching allows players to stretch specific muscle groups in a specific order directed by their coaching staff.

**Drill Description**

Have your players line up or circle up and give them a series of static stretches that they can do, examples are below:

- Standing Stretch Down, Legs Apart, Down to the Right, Down to the Left
- Seated Right Leg out, Left Leg Out, Butterfly's, etc.

**Skills Practiced**

- Warm Up
- Conditioning

**Variation**

Vary the exercises to allow the players a change of pace.
Shuttle Pass Drill

Drill Specs

| Drill Theme: Ball Movement |
| Field Position: Offense, Defense |
| Drill Style: Warm Up, Skills |
| Time Needed: 10 Min |
| Field Location: Midfield |
| Skill Level: Basic |

Objective

The Shuttle Pass Drill is a basic drill that allows for many touches for each player as they pass the ball and work skills through the drill. The basis of the shuttle drill is to keep the ball in the air and work on your form passing.

Drill Description

The drill is set up with two cones at least 10 yards apart. Each cone should have 3 players behind the cone. On the whistle the player at the front of cone 1 will jog towards cone 2 and pass the ball with her right hand, while cone 2 catches with her right hand only and then jogs towards cone 1 and continues the passes. When the coach feels that the players have all worked the right hand enough, they will call “Left-Left” and have your players catch and throw left hand to left hand. Vary the drill with having the players then go “Catch Right – Throw Left” and “Catch Left and Throw Right”. Continue with whatever additional variation you would like your players to accomplish.

Skills Practiced

- Ball Movement (Catching and Throwing)
- Maintaining Possession

Variations

To vary these drills add in ground balls, quick sticks, or behind the back passes to vary the drills.

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**1 v 1 Ground Ball to Finish**

**Drill Specs**
- **Drill Theme:** Ground Balls
- **Field Position:** Offense, Defense, Midfield
- **Drill Style:** Skill, Warm-Up
- **Time Needed:** 10 Min
- **Field Location:** Attack Zone
- **Skill Level:** Basic

**Objective**
To work on a 50:50 ground ball pick up and an immediate pass for a shot on goal.

**Drill Description**
Start with 2 lines off to the side of the cage on the goal line extended and 1 line on the opposite side of the cage on the goal line extended. The coach will roll the ball out to the line of attack and line of defense. Whichever player gains possession must get a good pass off to the attacker cutting across crease for a shot. The player who does not gain possession becomes the defender, not allowing an easy pass and a low angle shot.
**2 v 2 Drill**

**Drill Specs**
- Drill Theme: Even Strength
- Field Position: Offense, Defense
- Drill Style: Games
- Time Needed: 15 Min
- Field Location: Attack Zone
- Skill Level: Basic

**Objective**
Drill that has players working 2 on 2 in the attack zone.

**Drill Description**
Have 2 players on offense go against 2 players on defense.
The coach can start the ball from a ground ball or a pass into the players.
Player go until there is a goal, save, clear or whistle.

**Skills Practices**
- Stick Handling
- Ball Movement
- Defensive Positioning

**Variation**
Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.
3v3v3 Circle

Author Name: Stacey Freda  
Author School: Framingham High School

Drill Specs
- Drill Theme: Even Strength
- Field Position: Offense, Defense, Midfield
- Drill Style: Game, Warm-Up
- Time Needed: 10 Min
- Field Location: Midfield
- Skill Level: Intermediate

Objective: To work on quick ball movement under pressure.

Drill Description: Start by dividing the players into 3 teams. The center circle will be the boundary for this drill. Inside the circle will be 3 players from each team, 3v3v3. There will only be 1 ball. Teams must maintain possession without turning over the ball or going out of bounds.
12 v 12 Full Field Drill

Drill Specs
- Drill Theme: Even Strength
- Field Position: Offense, Defense, Midfield
- Drill Style: Games
- Time Needed: 20 Min
- Field Location: Full Field
- Skill Level: Basic

Objective
- Drill that has players work 12 on 12 in the full field.

Drill Description
- Have 12 players on one team go against 12 players on another team.
- The coach can start the ball from a ground ball, face off, or a pass into the players.
- Players go until there is a goal, save, clear or whistle.

Skills Practices
- Stick Handling
- Ball Movement
- Defensive Positioning

Variation
- Have your players on defense clear all saves or takeaways outside the attack zone. Also, add rules requiring a number of passes, or other skills that need to be worked on at the given moment.

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