KickZone · kick-zone.com

Soccer Practice Plan

Fill one in before each practice: Play – Practice – Play. Pencil works best.

Date: _____ Team / age group: _____ Kids expected: _____

Adults helping: _____ (aim for two at all times) Theme of the day (one skill): _____

Question to ask at the end: _____

SAFETY · printed, not blank: these rules don't change from week to week. Your league's rules and safety policies come first.

Every practice

- **No heading:** any ball, any game.
- **Shin guards on,** fully covered by socks.
- **Water any time a child asks.** Hot day: more breaks, a shorter practice or postpone.
- **Goals:** cones, or portable goals secured the way the manufacturer says and checked before use. Nobody climbs or hangs on them. Before you buy a goal, new or used, search cpsc.gov for recalls and warnings.
- **Snacks:** ask families about food allergies first; no sharing food.

If it happens

- **Thunder:** stop, everyone to shelter now, before picking up gear. Back after 30 minutes with no thunder, or the official all-clear. Nearest shelter: _____
- **Heat illness:** stop. Exertional heat stroke is an emergency: call 911.
- **Knock to the head:** stop play. If a head injury is suspected, the child sits out the rest of the day. Tell the family and the league, and follow its protocol.
- **Other injuries:** stop, get the child's grown-up; call 911 for anything serious; tell the league.
- **Pickup:** every child leaves with their own grown-up.

Block	Minutes	Game(s) · easier / harder · key words	Setup sketch (yards, cones, goals)
Play 1 arrival games: play as soon as two kids arrive	_____	Game: _____ Easier: _____ Harder: _____ Key words: _____	
Water	_____	Balls still, water outside the play.	
Practice skill of the day: two games, short rounds	_____	Game 1: _____ Game 2: _____ Easier: _____ Harder: _____ Key words: _____	
Water	_____	Balls still, water outside the play.	
Play 2 the game: few words from you	_____	Format: _____ v _____ Easier: _____ Harder: _____ Key words: _____	
Wrap-up	_____	Your question, then cones picked up as a game. Every child leaves with their own grown-up.	

Total: _____ minutes (a ceiling, not a target) · **Set up Play 2 first**, in a second cone color.

Sketch key: △ cone ● player ○ ball → pass ⇝ dribble ⇢ run · water and bags outside the play

Equipment for today: _____

After practice: What worked? _____

What will you change next time? _____

A guide, not a rulebook: your league's rules and safety policies come first. No children's names or health details on this sheet.
How to fill it in: kick-zone.com/soccer-practice-plan-template/ · Free to print and share.
Filled-in examples: kick-zone.com/u6-soccer-practice-plan/ and kick-zone.com/u8-soccer-practice-plan/

KickZone · kick-zone.com

Season Sheet

Fill it in once at the start of the season and keep it with your weekly plans.

Team / age group: _____ Season: _____ Coach: _____

SAFETY · printed, not blank: these rules don't change from week to week. Your league's rules and safety policies come first.

Every practice

- **No heading:** any ball, any game.
- **Shin guards on,** fully covered by socks.
- **Water any time a child asks.** Hot day: more breaks, a shorter practice or postpone.
- **Goals:** cones, or portable goals secured the way the manufacturer says and checked before use. Nobody climbs or hangs on them. Before you buy a goal, new or used, search cpsc.gov for recalls and warnings.
- **Snacks:** ask families about food allergies first; no sharing food.

If it happens

- **Thunder:** stop, everyone to shelter now, before picking up gear. Back after 30 minutes with no thunder, or the official all-clear. Nearest shelter: _____
- **Heat illness:** stop. Exertional heat stroke is an emergency: call 911.
- **Knock to the head:** stop play. If a head injury is suspected, the child sits out the rest of the day. Tell the family and the league, and follow its protocol.
- **Other injuries:** stop, get the child's grown-up; call 911 for anything serious; tell the league.
- **Pickup:** every child leaves with their own grown-up.

Confirm with your league (write it here once)

Game format: _____ Game length: _____

Who referees: _____ Goalkeepers? _____

Restarts: throw-in, pass-in, kick-in or dribble-in? _____

Practice day, time and field: _____

League safety contact: _____

Before every practice

- ☐ Arrive at least 15 minutes early.
- ☐ Walk the field for holes and debris; move the field if you can't fix it.
- ☐ Goals secured the way the manufacturer says; nobody climbing.
- ☐ Last activity set up first, in a second cone color.
- ☐ Spare balls ready.
- ☐ Water close by, but outside the play.
- ☐ Know where the nearest shelter is.

Bring every time

- ☐ Balls (one per kid), spares and a pump.
- ☐ Cones in two colors, pinnies, small goals or cone goals.
- ☐ An extra pair of shin guards.
- ☐ First-aid kit (know what's in it) and a charged phone.
- ☐ Registration forms with the emergency treatment authorization.
- ☐ Any prescribed medicine and the doctor's plan: know where they are. Don't assume you're trained or authorized to give it.

Season at a glance (8 weeks)

Week	Date	Theme	Games	Notes
1				
2				
3				
4				
5				
6				
7				
8				

One theme a week; repeat the ones your team needs. Change the games, keep the structure.