**Soccer 4 Life Practice Plan Template**

Theme: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Phase** | **Time** | **Activity** | **Emphasis** |
| Warm up/Agility | 15-20 mins |  |  |
| Break | 2 mins | Transition into next phase of the practice | Rehydration |
| Small Sided Game | 15-20 mins |  |  |
| Break | 2 mins | Transition into next phase of the practice | Rehydration |
| Ball Familiarity Technical-Tactical Work | 20-30 mins |  |  |
| Break | 3 mins | Transition into next phase of the practice | Rehydration |
| Small sided Games | 15-20 mins |  |  |
| Cool Down | 5 mins | Team Cheer and Snack Time | Rehydration |

**Note:** Ideally the length of the session should be approximately 75-90 minutes duration