



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Soccer Practice Plan

U10/U12 – Week 5

- 1) Stretching/Team Talk – 5-7 Minutes – Stretch for 5 good minutes, especially the legs. Go over the game from the weekend. Ask them what they noticed about their performance. Then have team run one lap on track then get water before beginning. Also don't forget to talk about the word of the week. (Caring)
- 2) Warm Up Activity – 5 Minutes – Knock Out – Create a grid and put every player inside with a ball. The players must control their ball while trying to knock the balls away from the other players. VARIATION: To push them to be aggressive, give the players a time limit starting with 1 minute. Play two or three times, decreasing the time limit each time.
- 3) First Activity – 5-7 Minutes – Keep Away (Passing/Control) – Set up a square with cones. Split the players into two teams with pinnies or jerseys. Give one team the ball and their job is simply to keep the ball away from the other team. Once the ball is stolen the teams' roles reverse. COACHING POINT: This is going to be a tough drill as there is a tight space and probably 8 – 10 total players inside. Talk to them afterwards about what made it difficult. Talk about working without the ball to get into undefended space. Talk about communicating to one another during the game.
- 4) WATER BREAK! – 1 Minute – During the break, set up your next activities!
- 5) Second Activity – 10 Minutes – Numbers Game (Passing/Shooting) – Use the same box and the same teams. Give each player on each team a number one through five (or however many each team has). The object is for each team to pass in order from 1-2-3-4-5-4-3-2-1 without losing control of the ball. Each team can also attempt to knock the other team's ball away, which forces them to start back with 1. COACHING POINT: This drill requires the players on the team to communicate with each other about who is next in line and where they need to go to get open. Be prepared for neither team to succeed and do not continue until someone does. Go for a few minutes, stop and regroup, and then go again. If neither team gets it, that is okay!
- 6) Third Activity – 10 Minutes – Hand Ball (Communication/Movement) – Set up two end zones at least 30-40 yards apart. Use your same two teams. One team starts with the ball in their HANDS. The player with the ball cannot move and cannot be stripped of the ball by the defense. He/she must make an overhead soccer pass to another teammate who is open. If the team with possession lets the ball touch the ground or is intercepted it goes to defense and the opposing team takes possession. The object is to advance to the end zone for a score, at which time the other team takes possession again. COACHING POINT: This game forces the offensive players without the ball to move into open space and also forces the defending players to mark up. Using the hands allows the players to focus solely on the skill you want them to learn: moving without the ball and field awareness. Insist that players use overhead throws with both feet on the ground. Also encourage the players to talk to each other and point to their teammates. Push this to be a fast-paced game, even if you have to play with them. Ten minutes of this should have the players dripping sweat and pleading for a...
- 7) WATER BREAK! – 1 Minute
- 8) Forth Activity – 10 Minutes – Controlled Scrimmage – You have progressed throughout practice from identifying a challenge your team faces (communicating and working into undefended space without the ball), to working on each of those items in fun ways. Try to put it together with a scrimmage. COACHING POINT: Keep your whistle close and have the players "FREEZE" when you blow it. In a controlled scrimmage, you will be stopping play from time to time to show the players certain things. In this one, make sure you identify great team communication and movement. If players get too bunched, blow it and point out where players could go to create an easier situation for their teammates.
- 9) Wrap Up – 5 Minutes – This has probably been a fun but also physically and mentally exhausting practice. You have challenged the players by pushing their effort and pushing them to change the way they play. It is not easy to play soccer and talk during the game or even to be studying where to go to get open. You have probably spent some time during the practice pointing out mistakes or flaws and that is okay. Spend 2 full minutes and RELENTLESSLY PRAISE YOUR TEAM! Point out what the group as a whole did well, even if it is just effort or a small improvement. Then point out something that each individual did well throughout the session. Use the rest of your time talking about the skills covered. "What did you notice about our communication?" "Why is it hard to find open space?" "What if there is no one open to pass to and I am getting pressured?"
- 10) Reminder – 2 Minutes – Remind all players and parents about the upcoming game and who has snack duty. Encourage the players to arrive early and to practice at home. Do not forget to follow up with any missing players and their families.

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