



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Soccer Practice Plan

U10/U12 – Week 3

- 1) Stretching/Review of Game – 5-7 Minutes – Stretch for 5 good minutes, especially the legs. While the kids are stretching talk about the positives of Saturday's game, ask everyone what they thought the team did well. Focus on the positives but also ask what you think the team could work on and get them to focus on those things during practice. Then have team run one lap on track then get water before beginning.
- 2) Warm Up Activity – 5-10 Minutes – Cone Dribbling (Dribbling/Control) – Set up cones in a straight line with enough space for the kids to dribble through. If you have enough cones set up two different lines. Have the kids dribble back and forth between the cones until they get to the end. When they get to the end have them speed dribble back to the end of the line. Have them focus on keeping the ball close to them and having control with the ball.
- 3) First Activity – 5-10 Minutes – Circle Run (Passing/Receiving) – Set up a circle and place the kids around it. Give one player a ball. That player with the ball passes to another player at a spot on the circle(not directly beside him/her) then sprints to that player's spot. The player receiving the ball must quickly pass to another player and continue to sprinting action. Use the center circle or make a large circle using cones or dots(ask the Y staff for these). COACHING POINT: Remind your players that in a game, they have to move after they pass and get back into undefended space. Encourage the players to use only one or two touches when receiving and passing. ALTERNATIVE: You can add more balls if your team is getting the hang of it. More balls means more possible errant kicks, confused players, or passing obstacles.
- 4) WATER BREAK – 1 Minute – During the break, set up your next activities!
- 5) Second Activity – 10 Minutes – 1 vs. 1 Number Game (Offense/Defense/Shooting) – Assign a number to each one of the kids and have them line up along the goal. Call out two numbers and throw a ball out. The two kid's numbers you call out will run out and play 1 vs. 1 until one of them scores. Play this as many times as you can and mixing it up each time so that each person goes against each other.
- 6) Third Activity – 10 Minutes – Triangle Goal Game – Place a big triangle in the middle of the field. Have one person be the goalie of the triangle. Split up the kids into two different teams. With one ball have the two teams play possession and instruct both teams to attack the three sided goal. The goalkeeper must defend all three sides of the goal. If a team scores a point is awarded to the team and the ball is live on the other side of the goal. If the goalkeeper makes a save, they must distribute the ball into open space. Play to a certain number of goals. Focus on passing and moving to get open. COACHING POINT: Remind the players to think while they play. Making good decisions, moving without the ball to open space, and accurate passing will create easy goals.
- 7) WATER BREAK – 1 Minute
- 8) Forth Activity – 5 Minutes – 4 vs. 2 – Make a square grid to play in. Have 6 kids get in the square. 4 of the kids will be attackers and two will be defenders. The attackers just try to keep the ball away from the two defenders. Have the attackers work to get a certain amount of passes. Encourage the defenders to work hard to win the ball from the attackers. COACHING POINT: After the activity, call the players together and ask them what made it difficult or easy. Let *them* tell you that the attackers were too bunched up to be effective or that quick touches with eyes up made it easy to beat the defenders. It is more effective when *they* vocalize the point you want to make.
- 9) Wrap Up – 10 Minutes – Scrimmage – Divide the kids up evenly and play a very quick scrimmage game. Keep the extra balls near you and play in a new ball when the last one goes out of play or is scored. It is always good to play at the end of the practice to see what the players have picked up on!

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