



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Soccer Practice Plan

U10/U12 – Week 4

- 1) Stretching/Reminder – 5-7 Minutes – Stretch for 5 good minutes, especially the legs. Talk to the kids about the game this past weekend. Ask them if they had fun, and talk to them about the good aspects of the game you saw. Get them involved and ask them what they thought they did well at this weekend. Ask them if they have any ideas on aspects of the game they can work on. Then have team run one lap on track then get water before beginning.
- 2) Warm Up Activity – 5-10 Minutes – Dribble with Speed (Dribbling/Control/) – Have every player get a ball and line up side by side. Stand about 25-30 yards away. The object of this game is for the players to dribble as fast as they can to you when you say go. Do this as a race several times. Have them focus on speed dribbling and keeping the ball under control while dribbling with speed.
- 3) First Activity – 5-10 Minutes – Technical Box (Dribbling/Control) – Have your players dribble around in a designated area. Players should use all surfaces of their feet. When you prompt them they must change direction with a change of pace! Every time you say go have them change directions. Do this several times. Have them focus on keeping the ball under control and not running into anyone. After you do this for a while next have them only use their right foot to dribble around; then switch to just left foot. This is good for them to work on using both of their feet. COACHING POINT: Incorporate the speed element by encouraging the kids to move swiftly even when changing directions.
- 4) WATER BREAK – 1 Minute – During the break, set up your next activities!
- 5) Second Activity – 10 Minutes – Group Passing (Passing/Shooting) – Split up your kids into two different teams. Assign each person on the team a number. The ball starts with number one for each team. Number one passes to number two; two passes to three; three passes to four and so on. The object of this is to pass the ball around while mixed in with the other team. Also the team has to talk so they know who to pass too next. Once they pass have them run with a change of pace into a new area of the field. Have them do this for a while and then reverse and go backwards (5-4-3-2-1). COACHING POINT: Communication is key in soccer. Talk to your team when the drill is over about what made it difficult. You will likely encounter some poor passing or someone that passed to the wrong person. Explain that talking on the field is a remedy for this. Do it again as a competition. If you have two even teams of 4 or 5 kids, see which team can get from one to five and then back down from five to one the fastest!
- 6) Third Activity – 10 Minutes – End Zone Game (Teamwork/Passing) – Split you players into two different teams. Make two different end zones across from each other. One team will be trying to score in one end zone and the other team in the other one. The teams score points by either passing or dribbling into the opposing end zone. Have the teams working together to score, and encourage the players to move if they are not open.
- 7) WATER BREAK
- 8) Forth Activity – 5 Minutes – Pass and Shoot – Set up two lines of your players facing the goal and even with the goal posts. One side has all of the balls. The first player up in line passes the ball to the first person in the other line. That person then dribbles the ball towards the goal and shoots. Have then switch lines after they go so that every kid gets to shoot. Have them focus on making good passes to their teammates and also dribbling as fast as they can to score. This will help them understand using teamwork to score a goal. COACHING POINT: Move the lines back 20-30 feet and have the players make 2-3 passes before a shot.
- 9) Fifth Activity – 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. COACHING POINT: Scrimmaging is essential at the end of practice, but you have to use it to bring everything together. Use the scrimmage to nail down your earlier skills games. For example, the Pass and Shoot game requires the players to make an extra pass or two. In the scrimmage, require a team to complete four passes before scoring!
- 10) WRAP UP – 3-5 Minutes – Remind the parents of the upcoming game and who has snack. Encourage the kids to practice at home. Don't forget to send an email or text reminder to the team later in the week!

JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

P 336 712 2000 www.jerrylongymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."