



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Soccer Practice Plan

U10/U12 – Week 1

- 1) Introductions, Stretching – 5-7 Minutes – Stretch for 5 good minutes, especially the legs. Have team run one lap on track then get water before beginning.
- 2) Warm Up Activity – 5-10 Minutes – Control Circle(Dribbling/Control) – Set up small cones in a large circle(15 yards wide at least) and have each player get a ball and spread out on the circle. Start them dribbling clockwise at an average pace, keeping control of the ball. When you yell reverse, they must turn and go the other way. When you yell halt they must stop the ball with their foot and keep it there. When you yell cross, they turn and dribble across the circle to the other side, being careful not to run into anyone. When you yell on the double, they have to dribble and run quickly. Do this for a few minutes to get them sweating and concentrating.
- 3) First Activity – 5-10 Minutes – Knock Out(Control/Defense) – Set up a rectangle sized field with defined borders with cones. Every player is inside with a ball. They have to control their own and knock the other players' ball out of the field. Last one standing wins. After one round, give them 60 seconds to finish off all of the balls. This gets the defensive aggressiveness up a bit. If they don't get it let them try again but if they can't finish the second time they have to run the track(some incentive to be aggressive). If they finish it off easily in 60 seconds, make it 45. Do this 3-4 times. COACHING POINT – When a kid gets out, have them bring the ball over to you and do toe touches for thirty seconds. For the second time they get out, have them pass the ball back and forth between their own feet for thirty seconds. This is getting them to practice control and touches even when they are 'out' of the game.
- 4) WATER BREAK – 1 Minute – During the break, set up your next activities!
- 5) Second Activity – 10 Minutes – Either/Or(Decision Making/Aggressiveness) – Set up two goals with cones about 30 yards apart. Have your kids line up off to the side with you. Stand in the middle with an equal number on each side of you(you can give one half pinnies if you want. Give each child on each side a number. If you have 8 on your team, but four on each side and each side should have a 1, a 2, a 3, and a 4. Put a pile of balls at your feet. Throw out a ball and call out a number. The kid from each team with that number has to run out, control the ball and score on EITHER goal. The player that does not control the ball must defend and if he/she assumes control, then must score and the other player defends. The kids will probably take some time to realize that they can just turn around and score on the undefended goal. COACHING POINT – After everyone has had two turns, start calling out two or three numbers at a time to give it a team feel. Use your whistle to control play and tell the kids to bring the ball back when the whistle blows. Remember that you can control where the ball is played right away, so use that to set up the results you want and the situations you want to simulate.
- 6) WATER BREAK – 1 Minute
- 7) Third Activity – 10 Minutes – No Man's Land – Set up two lines about 30 yards apart with cones. In the middle of the field put an 'alley' about 10 yards wide, using cones. Divide the players on each side of the alley. You get in the middle. Put three balls out. The players must complete passes to their teammates on the other side of the alley. They cannot move when they have the ball in their possession. If you steal a ball or a pass goes out of the field of play, the player responsible for the faulty pass joins the alley. COACHING POINT – You can progress this into a game in which you put one player in the alley and one player on each side of the alley. The two must move to 'open space' in order to be able to receive a pass, the teammate must make good passes into a variety of areas, and the defender must be aware of both offensive players.
- 8) 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!

JERRY LONG FAMILY YMCA

1150 S Peace Haven Road, Clemmons NC 27012

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

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