



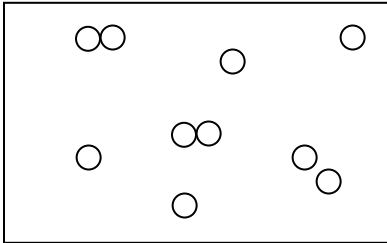
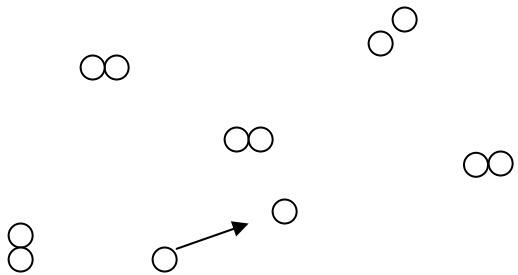
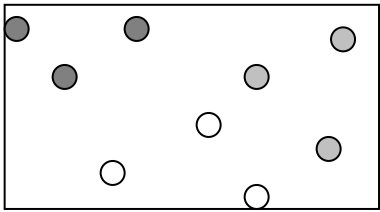
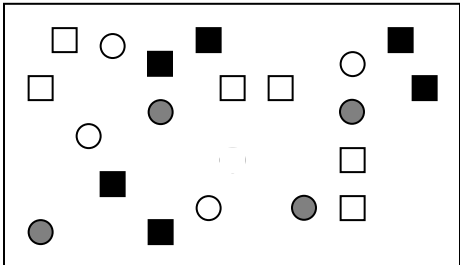
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10

Theme: Dribbling, passing, teamwork

Activity	Diagram
<p>1st Activity (warm-up) <i>Grouping</i></p> <p>All the players run around randomly inside a rectangle. The coach calls out various types of groups, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Make groups of 3, 6, 2, etc...</p> <p>Progressions: Add dribbling.</p>	
<p>2nd Activity <i>Log Jam</i></p> <p>Players form into groups of 2 (see above). They lock elbows and stand side by side. Choose 2 people. One is "it" and is the chaser, the other is the getting chased. On go, the person being chased must try and connect to one end of two who are connected. If successful, the person on the opposite end must leave and try and safely connect to another group. If tagged, they now become the chaser, and they must chase the person who was just it.</p>	
<p>3rd Activity <i>Frienemy</i></p> <p>Groups of three players are passing one ball. On coach's signal of "hold", player with the ball keeps possession. Try and keep the ball away from the other two. If another player can steal ball, they try and keep it. When coach calls time, players who don't have ball must do a trick</p>	
<p>4th Activity <i>Gate Game</i></p> <p>The game takes place in a rectangle or open space. Divide into 2 teams and give each team a set of colored gates (Orange for one team and yellow for the other). Object is to play ball through designated gates.</p> <p>Progression: Must dribble through, pass through</p>	
<p>5th Activity (the game) <i>4v4 Four Goal Game</i></p> <p>Make 2 teams of 4 players. Team can score on either of the 2 goals. Ball out on end line, kick in for defense. Ball out on side line, hustle rule.</p> <p>Hustle rule = whoever gets to ball first and grabs it into hands gets to kick it in (stress safety!).</p>	