



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age: U10	Theme: Dribbling

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Shrek Island</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Set-up 4 small islands (5x5) in corners equally apart. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island. Name the islands (i.e. fantasy island, shrek island, etc...). Call out new island and coach tries to steal ball away from players. If so, have them become sharks.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Stay under control ▪ Use inside and outside of feet ▪ Vision/awareness
<p>2nd Activity <i>Pirates of the Caribbean</i></p> <p>Use same format of islands as above. Make 4 teams and use pinnies to identify teams. Place all of the balls in center of four islands. On signal, have 1 player from each team run to center and retrieve ball, bringing it back to their island. Once balls are gone, players can steal from other team's islands. Cannot steal from a player dribbling ball.</p> <p>Progressions: Can send everyone out, add passing, can steal from dribblers, make one ball worth more points, etc...</p>	<ul style="list-style-type: none"> ▪ Dribble at speed ▪ Keep ball under control ▪ Can you get the most balls? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Gates</i></p> <p>Set up several small gates in the playing area. Players with a ball try to dribble through as many of the small gates as they can in selected time. Add a gatekeeper (coach) to deny players gate opening.</p> <p>Progressions: Make into 2 teams or play small sided games to gates. 1v1, 2v2, etc...</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it! ▪ Good technique and switch directions ▪ Identify openings of what's "on"
<p>4th Activity <i>Get Out of Here</i></p> <p>In a 30x 40 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area ▪ Can work on changing direction ▪ Add numbers to add passing/complexity
<p>5th Activity (the game) <i>Play 4v4 Game</i></p> <p>Set-up players into 2 teams and let play. Can play to endlines or endzones (encourages dribbling) Can play to small goals (encourages passing/shooting)</p>	<ul style="list-style-type: none"> ▪ Let them play and enjoy the game