



# United States Youth Soccer Association

## Practice Plan

Name: Jeff Hopkins	
Age Group: U10	Theme: Finishing

<b>Activity</b>	<b>Coaching Points</b>
<p><b>1<sup>st</sup> Activity (warm-up) <i>Technical Warm-up</i></b></p> <p>Make 2 lines about 25 yards apart.</p> <p>1<sup>st</sup> person passes ball to other line and runs around goal and goes to back of opposite line. 2<sup>nd</sup> person in new line repeats, Progress to striking ball with instep (shooting)</p>	<ul style="list-style-type: none"> <li>▪ Good passing/receiving technique.</li> <li>▪ Ankle locked</li> <li>▪ Toe down</li> <li>▪ Land on kicking leg</li> </ul> <div style="text-align: center; margin-top: 10px;"> </div>
<p><b>2<sup>nd</sup> Activity <i>1v0 Finishing</i></b></p> <p>Make 2 lines of players on opposite sides of each endline. First players in each line dribble to line and shoot at goal. Retrieve ball and go to opposite line. Next shooter attacks after shooter shoots.</p>	<div style="text-align: center;"> </div>
<p><b>3<sup>rd</sup> Activity <i>1v1 Thunder</i></b></p> <p>Play 1v1 w/recovery. Instant attacker shoots, they defend player from opposite line (o shoots against x, new x attacks o who shot ball)</p> <p>Progression: Play same game 2v2</p>	<div style="text-align: center;"> </div>
<p><b>4<sup>th</sup> Activity <i>Queen/King of the Court</i></b></p> <p>Set up a playing field with 1 goal. Divide into three teams. 2 teams are playing against one another. Other team is standing out with coach about 35 yards away from goal. The team that scores stays on and the team that gives up the goal runs back to coach. Coach then plays a new ball to the team that was off waiting. Keep the game flowing. If a team scores three times in a row they come off as retired champions.</p>	<ul style="list-style-type: none"> <li>▪ The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!)</li> <li>▪ If ball goes out, coach just plays a new ball to whichever team didn't kick ball out. If goalie saves ball have them practice throwing or kicking ball back to coach who can start a new ball in.</li> </ul>
<p><b>5<sup>th</sup> Activity (the game) <i>Game</i></b></p> <p>Play regular game but move goals in close (35-40 yards apart). Encourage risk and shooting even when off-balance or not in a good position. "Finishers mentality". Game is 3v3 + GK's. Switch goalies after several minutes.</p>	<div style="text-align: center;"> </div>