



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age: U10

Theme: Passing

Activity

Diagram

<p>1st Activity (warm-up) <i>2 Against the World</i></p> <p>As players arrive, just allow them to play a game of pick-up soccer. Assign one player to be the goalie. Whoever scores becomes the next goalie. Have a supply of balls ready. Put a line to avoid shooting too close.</p> <p>Progressions: Make teams of 2 or 3 (Depending on your numbers)</p>	
<p>2nd Activity <i>Technical Lines</i></p> <p>Players dribble ball to other side and leave ball for next player. Have them use only right foot, then left. Progressions: -dribble and turn using inside of foot, outside of foot -dribbling half way across and then pass -pass -pass then defend passively</p>	
<p>3rd Activity <i>Monkey in the Middle/6 Balls</i></p> <p>Play keep away, whoever makes mistake becomes monkey in the middle and holds pinnie.</p> <p>Progression: Divide into 2 teams. One team starts in grid, other in a line about 5 yards outside. Coach has supply of balls. Coach sends one ball into grid and inside team possesses the ball as long as they can. The team standing in line sends one defender in to get ball out of grid. Once ball is out of grid, coach sends a new ball in and defending team sends a new player in. Switch roles. Can time for competition.</p>	
<p>4th Activity <i>Fire Pit</i></p> <p>The game takes place in any open space. Object is to hit bag or ball on a cone to score a point. Can be played 1v1 to any number of players. Free flowing. Let the players problem solve. Add pinnies around goal if players stand to guard right next to the goal.</p> <p>Progressions: Add a second goal (switch point of attack)</p>	
<p>5th Activity (the game) <i>4v4</i></p> <p>Make 2 teams. Have a good supply of balls available. Coach team to get into diamond shape (wide and long). Have them try and play the way they are facing and to play the ball away from defenders. Number goalies off 1-5 and switch after every few minutes.</p> <p>Progression: Free play</p>	