



United States Youth Soccer Association

Practice Plan

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Age Group: U10	Theme: Dribbling, Passing

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Snake</i></p> <p>Make a small grid (20x 30). Choose several players to be the snakes. These players are the taggers and join hands. They chase other players around grid. If tagged, they join onto the snakes. Players must always have at least 2 people connected. No one may go over or under the snakes.</p> <p>Progression: Add that players must dribble and get away from taggers.</p>	<ul style="list-style-type: none"> ▪ Get kids moving ▪ Allow for body awareness ▪ Use cooperation
<p>2nd Activity <i>Moving Goals (pairs)</i></p> <p>Players are in pairs and share a ball. The coach and a chosen assistant are holding a vest between them above waist height. The coach and assistant form a goal, and move around in an area. The players try to pass their ball through the moving goal to their partner. Obviously the players will bunch around the goal so the goal must move to open space to spread out the players.</p> <p>Progressions: Specify how the ball has to be played through the goal.</p>	<ul style="list-style-type: none"> ▪ The coaches can move towards certain players who aren't having much success ▪ The coaches can vary their speed to make the game easier or more demanding ▪ Add a second goal if helpers are available or choose players to help
<p>3rd Activity <i>Gate Passing</i></p> <p>One partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30-45 seconds at a time.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
<p>4th Activity <i>Gate Games</i></p> <p>Have them play 2v2 to gates (as described above).</p> <p>Progressions: Alternate colors of cones (i.e. yellow and orange) and have groups play to only one color.</p>	<ul style="list-style-type: none"> ▪ Same set-up as above but now players play 2v2 to gates. ▪ Look to find open gates ▪ Partners must work together ▪ Dribbling and passing technique applies
<p>5th Activity (the game) <i>Get Out of Here</i></p> <p>In a 35 x 25 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 "out of here." This should be a very fast paced game. Make it fun and quick!</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

Scrimmage 4v4