



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Soccer Practice Plan

## U10/U12 – Week 6

- 1) Stretching/Reminder – 5-7 Minutes – Stretch for 5 good minutes, especially the legs. Talk to the kids about the game this past weekend. Ask for their opinions of what they did well as a team and areas they can improve, and then share your own thoughts. Have team run one lap on track then get water before beginning.
- 2) Warm Up Activity – 5-7 Minutes – Ball Retrieval (Dribbling/Control/Passing) – Split your team into two different groups and grab two balls. Put a team on either side of you toss the balls away to that side and each group must return the ball to the coach while ensuring each player on the team has touched the ball. Do the same for both teams; just throw the ball in different directions. VARIATION: After they get the hang of it, once you throw the ball out move around so they have to look up before they pass it.
- 3) First Activity – 5-7 Minutes – Everyone vs. Everyone (Dribbling/Control) – Set up several small gates on the field. Give half of the players a ball. Players with the ball try to dribble through the gates to score a point while the ones without balls try to steal and then score. Have each player keep track of their own score. Play several times for a minute or two each time, encouraging the players to try to beat their own score. COACHING POINT: Point out that once they go through a gate they should get their head up to find another one.
- 4) WATER BREAK – 1 Minute – During the break, set up your next activities!
- 5) Second Activity – 10 Minutes – 3 vs. 1 Keep Away (Movement/Teamwork) – Create 2 different square grids, that way there can be 2 different games going on at the same time and no one is sitting out. In this drill 3 attackers will work together to keep the ball away from one defender. When the defender wins the ball they are now an attacker and the person who lost the ball is the defender. COACHING POINT: Players must move into undefended space in order to have a chance at receiving a pass so push them to be dynamic players without the ball rather than static. VARIATION: If you have a team that does not do well staying spaced during games, especially on offense, start with small boxes and then as the teams struggle to maintain possession from the defender, blow the whistle and call everyone in. Ask the players what could help them be more successful and chances are they will ask for more space. Point out that working in a small area is not conducive to success and that in game situations there is always tons of space on the field that is not being used. Then create larger boxes and let them go back to work.
- 6) Third Activity – 10 Minutes – Team Gates – Set up as many gates around the field. Split up the players into two teams. Each team has a ball and works together to pass through as many gates as they can in a minute. Do this a couple of times pushing the teams to play with their heads up and to beat their previous scores. After the teams get comfortable passing through the gates take one of the balls out and play a competitive game with only one ball.
- 7) WATER BREAK – 1 Minute
- 8) Forth Activity – 5 Minutes – Corner Kick Practice – Split the players into two teams and use the Goal box and the goal to practice corner kicks. The object is for the player taking the kick to get it into the box in front of the goal. The offense has to move to undefended space and then try to play the ball into the goal. Coach the defense to try to clear it and let the teams play until a clear or a goal. Do this several times.
- 9) Wrap Up – 10 Minutes – Scrimmage – Divide the kids up evenly and play a very quick scrimmage game. Keep the extra balls near you and play in a new ball when the last one goes out of play or is scored. It is always good to play at the end of the practice to see what the players have picked up on.

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