

U10-U12 Practice Plans

WEEKS 1 & 2: DRIBBLING

Objective: Gets kids to have as many touches on the ball as possible and begin to provide them with the skills and tools to take on players 1v1.

Coaching Points:

- HAVE FUN!!!
- Use different parts of their feet when dribbling the ball: inside, outside, laces, bottom of the foot
- Keep your head up when dribbling so you can see where you are going and keep possession of the ball
- Change of speed, can you draw a defender in by slowing down and then take a big touch around the player and accelerate beyond them
- Begin to add dribbling moves to the game: feint, scissors, stepover, cruyff, ect.
- Keep your body between the defender and the ball to keep possession and protect it

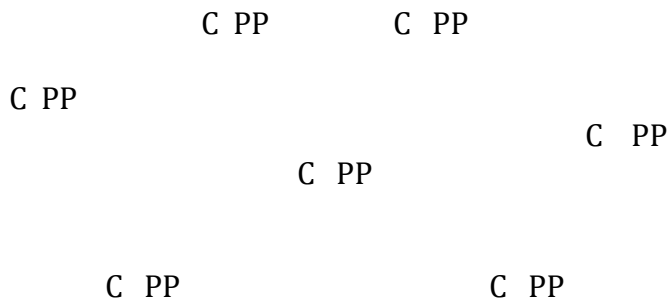
Activity #1: 1v1 to Cones

Set Up

- Partner players up in pairs of two
- Each pair will need one ball per player and one small cone between them
- How to Play
- Players must place the cone down in some free space and place one of the two balls on top of the cone
- Both players then try to knock the ball off the cone using the other ball
- Players try to stop their partner from knocking off the ball, they try to win the ball and knock it off themselves

Players: P

Cone: C



Activity #2: Goal Mania

Set Up

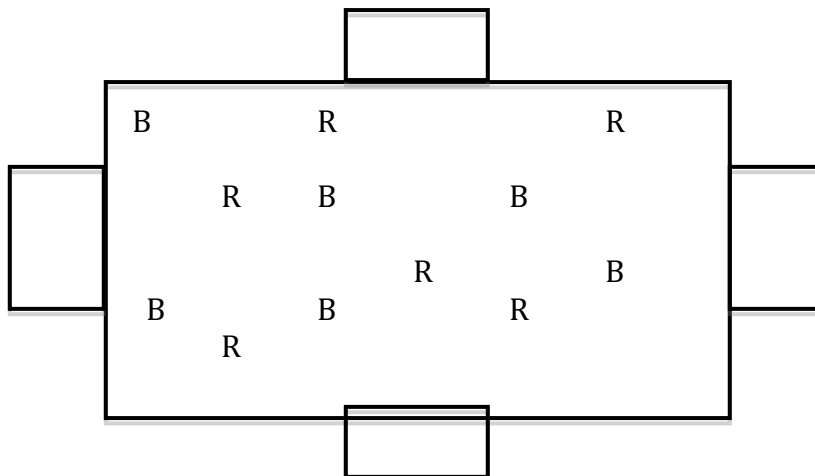
- Create a 20x30yrd rectangle with cones
- Place 3 small goals on each long side of the rectangle: one in the center and one on each end
- Divide the players into two teams

How to Play

- Players must try to score in any of the three goals they are attacking and stop the other team from scoring in the three goals they are defending
- Two or three balls will be in play at once, if the ball goes out of bounds or is scored, a coach put one back in
- Players score a goal by dribbling through the cone goal
- Teams get 3 points for a goal scored on either of the two outside goals and 1 point for a goal scored in the center goal

Blue Team: B

Red Team: R



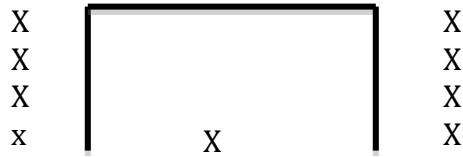
Activity #3: 1v1 to Either Goal

Set Up

- Create one small goal and divide the players into two teams
- Pick a goal keeper and line the teams up on either side of the goal

How to Play

- Coach tosses a ball out from behind the goal and the first player in line from each team runs out and tries to score on the goal
- Progression: Can move to sending out two players at a time and allow them to play 2v2



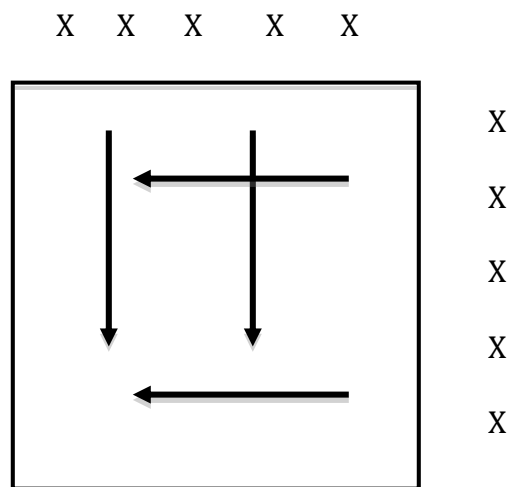
Activity #4: Controlled Chaos

Set Up

- Create a 20x20yrd grid with cones and divide the players onto two teams
- Every player needs a ball
- Line up one team on the north or south side of the grid and the other team on the east or west side of the grid

How to Play

- When coach says go, players must try to dribble to the other side of the grid without hitting the players going the other direction
- Everything players hit another ball or each other the must each do two star jump
- Star jump- players must jump up in the air with their arms and legs spread apart and yell, "I'm a star! I'm a star!"
- Ask players to use different parts of the their feet in different rounds
- Progression: Make it a race with the first team to get all their players across the line getting a point



WEEKS 3 & 4: PASSING

Objective: Begin to teach players the passing technique and to not allow them to create bad habits (using toes or not having standing foot pointed at target)

Coaching Points:

- NO TOES!!! Players want to use the inside of their foot to pass the ball to another teammate
- When using the inside of the foot, we want players to keep their toes pointed up towards the sky not pointed down into the ground
- Get your standing foot (foot you are not kicking with) next to the ball and pointing straight at your target
- Want to make passes on the ground whenever possible to make it easier for our teammate to receive the ball
- Get your hips and shoulders facing your target when you pass the ball
- Your follow through with your kicking foot straight at your target
- Set your preparation touch (the touch you take before you pass it) outside of your kicking foot to give yourself space to strike the ball

Activity #1: Soccer Bowling

Set Up

- Place one soccer ball on top of a small cone and create a gate with two small cones 5-8yds away for every 4 players

How to Play

- Players are placed in groups of four and asked to stand in between the gate facing the ball on a cone
- Tell the players the ball on the cone is the bowling pin and their ball is the bowling ball
- Players must pass their "bowling ball"/ball from the gate and try to knock over the "pin"/ball off the cone
- First team to 5 or 10 points wins
- Progression: Ask players to use weaker foot when passing

X: Player

C: Cones

BC: Ball on Cone

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      C
    X X X X
      C
      BC
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      C
    X X X X
      C
      BC
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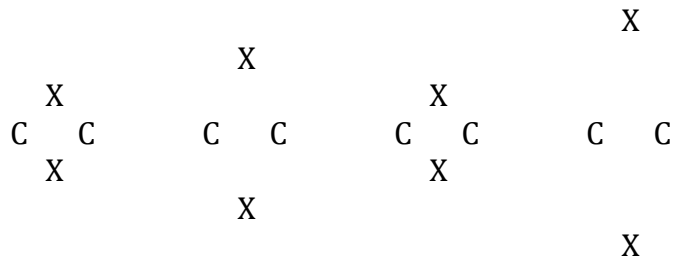
Activity #2: How far can you go?

Set Up

- Create a number of small cones gates in a straight line
- Have the players partner up, with each pair needing one ball between the two of them
- Line players up with the gate in between them

How to Play

- Players must pass the ball back and forth through the cone gate
- Each time they successfully get it through the gate, both players take a step backward
- If the players miss the gate, they must come back close together and start over
- Objective is to get as far away as possible from the gate without missing
- Progression: Ask players to use their weaker foot



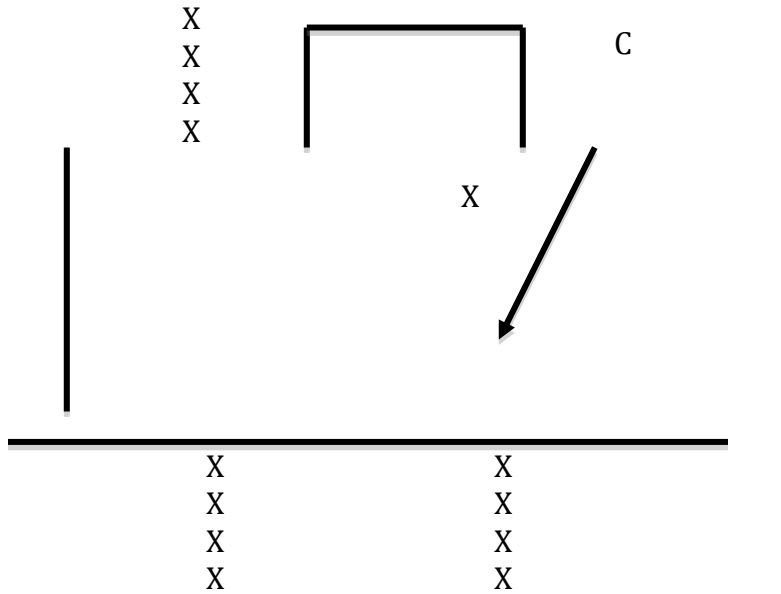
Activity #3: 2v1

Set Up

- Divide the players into two teams
- Send one team to the 18yrd box in two lines and send the other team to the one side of the goal in one line
- The team on top of the 18yrd box is on offense, trying to score, and the team by the goal is on defense
- Two attackers are trying to score on the goal against one defender

How to Play

- The coach rolls a ball out to the two attacker who must connect one pass before they try to score
- The defender attempts to win the ball
- Progression: Attackers must connect two passes before scoring



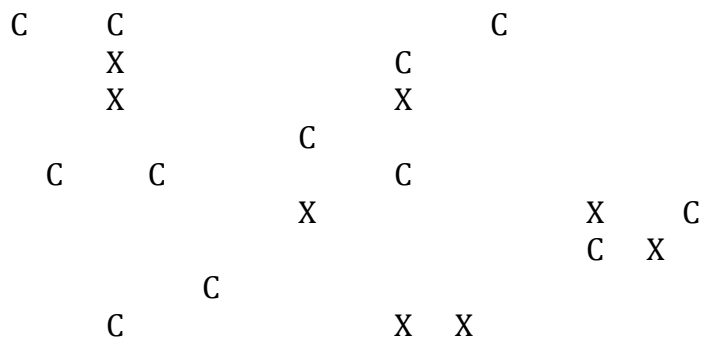
Activity #4: Thread the Needle

Set Up

- Set up a number of small cone gates with a 20x20yrd space
- Partner up each player with one between the two of them

How to Play

- Players must dribble around the space with their partner passing it through the cone gates to get a point
- Each time one player successfully passes it through a gate to their partner on the other side they get a point
- The objective is to get as many passes through the various gates as possible
- Player cannot pass the ball through the gate more than once, they must go to another gate before going back
- Alternative: Players must get through all the gates and then sit down with the team accomplishing this the quickest winning



WEEK 5: SHOOTING

Objective: Allows players to become familiar with shooting the ball and what surfaces of their feet they can choose to shoot with

Coaching Points:

- Don't use your toe to shoot the ball but rather use the laces or the inside of the foot
- Laces are used when we want to put a lot of power on the ball to shoot it and inside of the foot is used when players get closer to the goal and want to softly place it in the corner
- When using our laces we want our foot making contact with the ball dead center, toe down and ankle locked
- Our standing foot needs to be next to the ball and pointing at the goal
- Our follow through after we are done kicking it needs to be pointing at the goal with our toe down
- Start to help players determine when are good times to use their laces and when are good times to use the inside of their foot to score

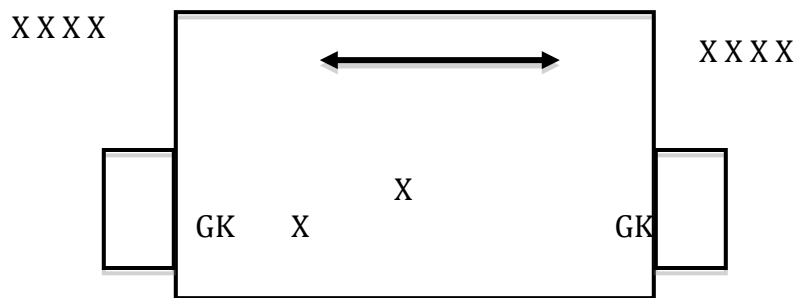
Activity #1: Flying 1v1s

Set Up

- Create a 10x15yrd grid with goals on each end (goals should have keepers)
- Divide the players into two teams with each team in a straight line behind each goal and with a number of balls

How to Play

- Game starts by one player passing the ball into the first player on the other team and then going to play defense
- Both players are then trying to score on their respective goals
- If a goal is scored the player that is scored on comes off and the next player up in line steps in
- The player that scored the goal stays on the field and plays defense on the player that is dribbling into the game
- If the ball goes out of bounds the next player in line plays the ball into their teammate



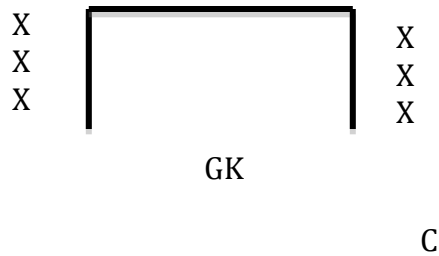
Activity #2: Three Tier Shooting

Set Up

- Divide the players into three groups
- Set one group on each post with ball and the other group about 10yrd outside the 18yrd box
- Coach sits at the corner of the 6yrd box with balls
- Line at the top of the box is the shooting line
- Line on one side of the goal is the passing line
- Line on the other side of the goal is the tossing line

How to Play

- Coach plays a ball out to the first person in the shooting line, that player take a couple of touch up to the top of the 18yrd box and shoots the ball.
- The same player then continues their run to the penalty spot where they now get a pass on the ground from the passing line where they must finishing one touch
- They same player then continues their run to the top of the 6yrd box and receives a header from the tossing line
- Player then rotate lines

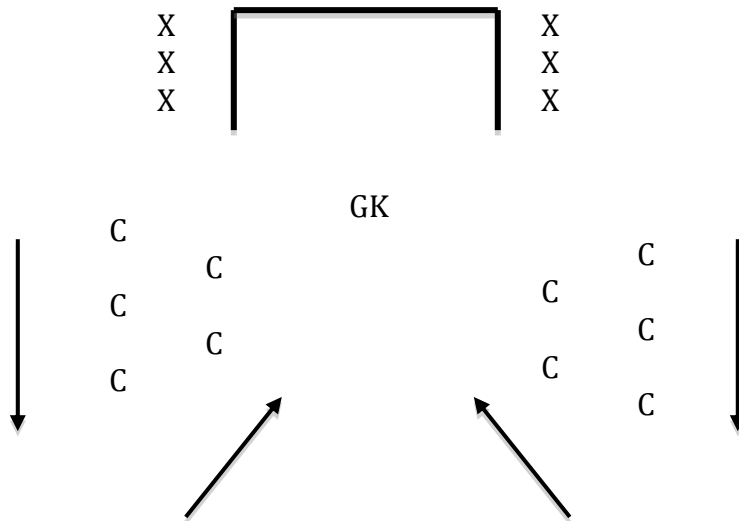


X
X
X
X
X

Activity #3: Obstacle Shot

Set Up

- Divide players into two teams and place each of them behind each side of the goal
 - Create a small cone obstacle course working out to the top of the 18yrd box
- #### How to Play
- Player must dribble from the behind the goal out through the obstacle course to the top of the 18yrd box go around the last cone and get a shot on goal
 - The two lines rotate back and forth
 - Progression: Make it a relay race and/or have players use their weaker foot



Activity #4: Star Wars

Set Up

- Create a 20x15yrd grid with a goal at each end (need to GKs) and a cone midline
 - Place all the balls divided evenly on each side of the grid and cannot cross the midline
 - Divide players into two teams with each team starting behind a goal
- #### How to Play
- When the coach says go, players run onto the field and try to shoot the balls on their side of the field into the goal

- Players can also try to block the shots coming from the other team using any part of their body other than their hands, only the GK can use their hands
- Coaches go around and put balls back into the game that have been kicked wide

