Coach’s choice
practice plan template
coaches incorporate
their favorite games and skill progressions
within the general practice plan
U 10 : Practice 9

Teach:

Review:

Warm-up
Game (5) Joint/coordination (5)

Prepare muscles and nervous system for practice

Min: 0-10
Arm circles
Planks
Lunge
Down dog
Toe-Touch
Frogs

Keep-away:
Pass ball with hands
Score with 1-touch

Ladder run through
Jacks
Run 1-leg
Compass hops
Jog & look
Swivel, sprint, shuffle
Distance hops

Ball Control /Games (30)
Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

Challenge

Soccer Game (15)
Use ball control skills in a game. Emphasize the positive.

Min: 40-55 + Water break

D/P/R: 4 goal game
Teams defend two goals, no keepers
Keep head up, find open goal

Abs on
Head up
Use R and L feet to
Dribble and score

Cool Down (5)
Repeat: Joint-by-Joint
Review: Look what I can do!

Min: 55-60:

Direct parents’ and players’ attention to “what to look for” in game
Warm-up | Game (5) Joint/co-ordination (5)
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Min: 0-10 | Prepare muscles and nervous system for practice

**Keep-a-way:**
Pass ball with hands
Score with 1-touch

**Ladder run through**
Jacks  Run 1-leg  Compass hops  Jog & look  Swivel, sprint, shuffle  Distance hops

Ball Control /Games (30)
Experiment with ball. Encourage accuracy, speed, possession.

**Challenge**

Soccer Game (15)
Use ball control skills in a game. Emphasize the positive.

**D/P/R: Steal the Bacon** (2 teams)
Assign numbers.
when number called, join play

Min: 40-55 + Water break

Cool Down (5)
Repeat: Joint-by-Joint
Review: Look what I can do!

Min: 55-60:

Direct parents’ and players’ attention to “what to look for” in game