U10 Practice Plans

U 10: Practice 1
Teach: Dribble
"Freeze" = stop & listen

D: Find the coach!
D: Traffic
D: Red Light, Green Light, Zoom!

U 10: Practice 2
Teach: Dribble, pass to target
Review: Dribble, stop

D: Go-to-goal!
D: Gates Game
D/P: Moving goal

U 10: Practice 3
Teach: Dribble, shield, shadow
Review: Dribble/pass to target

D: Peter pan shadow
D: Sharks and minnows
D: Gauntlet

U 10: Practice 4
Teach: Pass accurately
Review: shield, shadow

P: Cone Hunt
P: Tunnel Passing
P/R: Behind the ball

U 10: Practice 5
Teach: Pass & go
Review: accurately

P: Holy Grail
P: Circle follow pass
P: Frantic

U 10: Practice 6
Teach: Receive with far foot
Review: Pass & go

P/R: 4 corner relay
P/R: Kick Ball
P/R: Ordered Passing

U 10: Practice 7
Teach: Pass & go, Receive & turn
Review: Receive far foot

P/R: Lane Passing
P/R: Lane Pass & Go
P/R: Turn and Shoot

U 10: Practice 8
Teach: accuracy, teamwork
Review: pass & go

P/R: Short-Short-Long
D/P: Gates Game
P: Retrieve the ball

U 10: Practice 9
Teach:
Review:

U 10: Practice 10
Teach:
Review:
# U 10: Practice 1

**Teach:** Dribble  
**“Freeze” = stop & listen**

## Warm-up

<table>
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<tr>
<th>Warm-up Game (5) Joint/coordination (5)</th>
<th>Prepare muscles and nervous system for practice</th>
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## Ball Control /Games (30)

**Experiment with ball. Encourage accuracy, speed, possession.**

**Set-up:**  
20 x 20 yd. square

**Min:** 10-40 + Water break

**D: Find the coach!** (individual)  
**Practice:** dribbling, head up  
Dribble toward coach  
head up, keep ball close  
Coach picks up ball and throws it  
Retrieve ball, and dribble back to coach

**D: Traffic without Passing** (individual)  
**Practice:** dribbling (head up), stop on line  
Players on adjacent sides. Dribble across the field, avoiding each other. When get to the other side, stop. Players on that side dribble through the middle.

**D: Red Light, Green Light, Zoom!**  
“Start engines” move ball with sole of foot  
“Green light”: Dribble, keep ball close  
“Red light”: Stop with ball under foot  
“Zoom!”: increase speed with ball

**Challenge**

- try inside of one foot, L, R  
- try outside of one foot, L, R  
- try alternating between L and R  
- try alternating between inside/outside  
- try stopping with sole and going  
- try speeding up, turning, making circles

**Soccer Game** (15)

**Use ball control skills in a game. Emphasize the positive.**

**Set-up:**  
20 x 20 yd. square  
4 goals, add balls to increase touches

**Min:** 40-55 + Water break

**4-Goal Game:** 3 v 3 in 20 yd square  
4 goals, add balls to increase touches  
Use R and L feet, head up, abs on, “zoom”  
If ball goes over side-line  
Restart with a throw-in  
“Arms over head, feet on the ground”  
“down the line toward goal”

## Cool Down (5)

**Repeat: Joint-by-Joint**  
**Review:** Look what I can do!

**Min:** 55-60:  
“keep ball close”

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

Game (5) Joint/coordination (5)
Min: 0-10
D: Musical Balls
On “go”, switch balls
Ladder run through
Planks
On “freeze”, do a warm-up movement
Lunge
Jacks
Run 1-leg
Compass hops
Jog & look
Swivel, sprint, shuffle
distance hops

Min: 10-40 + Water break
D: Go-to-goal! (individual)
*Practice* maneuver, change speed
Everyone inside circle dribbles a ball.
Coach yells “go to goal”
Players dribble to safety zone.
repeat.

D: Gates Game (partners) Gates: two cones
*Practice* Accuracy
Points for each time you
Dribble through gate

D/P: Moving goal (individual)
Goal: pinnie held between two players
*Practice* Accuracy
Points for each time you
Pass through goal

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

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

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

Min: 55-60:
“R and L foot!”

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

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

Min: 55-60:

U 10 : Practice 2
Teach: Dribble, pass to target
Review: Dribble, stop

Movement Skills:
Head up, R&L
Change speed

Soccer Skills:
Dribble, inside/outside foot
R&L, pass to target (goal)
U 10: Practice 3
Teach: Dribble, shield, shadow
Review: Dribble/pass to target

Movement Skills:
Head up, shield
Force mistakes

Soccer Skills:
Keep possession
Go to target

Warm-up Game (5) Joint/coordination (5)
Prepare muscles and nervous system for practice

Min: 0-10
Tails: use pinnie as tail, grab anyone’s tail, protecting your own. If lose tail, hop R 5x, L 5x. Re-join game.

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

D: Peter pan shadow (partners)
Practice: shielding
One leads one follows. Follower shadows. Leader tries to lose the follower.

D: Sharks and minnows (1v.1)
Practice: head up, shield, turns with ball
Minnows with balls line up on one side and face sharks at midfield
The minnows dribble the ball across the “sea” without losing ball to sharks.

D: Gauntlet (2 teams) 30X30 yards
Practice: head up, change directions
Try to dribble through cones.
Other team tries to defend cones.
1 point for each goal.

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: “head up”

Direct parents’ and players’ attention to “what to look for” in game
**U 10 : Practice 4**

**Teach:** pass accurately
**Review:** shield, shadow

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**Circle tag:**
Team protects tag-ee
From tag-er, by
Surrounding tagee-

**Ball Control /Games (30)**

**Min: 10-40 + Water break**

**P: Cone Hunt (teams)**
*Practice:* accuracy
Teams take turns trying to knock other sides cones down (big triangle cones), using correct passing technique

**P: Tunnel Passing (partners)**
*Practice:* accuracy
2 players, 10 yds apart
Player with ball passes
Through legs of partner
Award 1 pt: successful pass

**P/R: Behind the ball (partners)**
*Practice:* movement toward ball
A passes to the cone
B moves behind the ball and receives ball
Before ball hits cone. Pass back to A.
Repeat.

**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

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

**Min: 55-60:** “behind the ball”

Direct parents’ and players’ attention to “what to look for” in game.
### Warm-up

**Game (5) Joint/Coordination (5)**

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Prepare muscles and nervous system for practice.

- **Min: 0-10**
  - **Arm circles**
  - **Planks**

- **Freeze tag:**
  - If tagged, hop
  - R 5X, L 5X until
  - Teammate melts you

- **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.**

**Set-up:**
- **20 x 20 yd. square**

**Min: 10-40 + Water break**

**P: Holy Grail** (two teams)

- **Practice:** accuracy, consistency
- Both teams around circle
- "go" all balls are passed toward cones
- Knocking down the last cone + "Holy Grail"

**P: Circle follow pass** (partners)

- **Practice:** accuracy, pass & go
- Pass to player on opposite side, sprint across circle behind receiver
- Repeat:

**P: Frantic** (teams)

- 2 teams, one on inside, around outside
- **Practice:** accuracy, 1-touch
- Team on outside passes balls inside
- Team on inside, one touches ball back
- Goal: keep all balls rolling
- If a ball almost stop, team yells "frantic"

### 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 & L feet to dribble and score**

### Cool Down (5)

**Repeat: Joint-by-Joint**

**Review:** Look what I can do!

**Min: 55-60:** "pass & go"

Direct parents’ and players’ attention to “what to look for” in game.
**Soccer Skills:**
- Receive & pass
- Accuracy, speed

**Movement Skills:**
- Behind the ball
- R&L Accuracy, speed

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**Warm-up**

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**Ball Control /Games (30)**

**P/R: 4 corner relay** (2 squares)

- Practice: accuracy, receiving
- Pass ball around square
- Receiving ball with foot farthest from ball
- Complete passes to all 4 corners faster than other square. Repeat, opposite direction

**P/R: Kick Ball** (2 teams)

- Practice: accuracy, receiving
- Trap ball and pass to bases.
- Beat runner around bases by passing.

**P/R: Ordered Passing** (groups 3-7)

- Practice: head up, accuracy, talking, movement off ball
- Assign the players numbers.
- Move around the grid while passing the ball in the assigned numbered order.
- After pass, follow ball.

**Soccer Game (15)**

- Use ball control skills in a game. Emphasize the positive.

**D/P/R: Gatekeepers**

- Teams defend two goals with keepers
- Coaches call out keepers (leave goal)
- Keep head up, find open goal

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**Cool Down (5)**

- Repeat: Joint-by-Joint
- Review: Look what I can do!

**Min: 55-60**

- “receive with far foot”
- Direct parents’ and players’ attention to “what to look for” in game
U 10: Practice 7

Teach: pass & go, Receive & turn
Review: receive far foot

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

4-corner keep a-way if chaser, captures ball switch with passer

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

P/R: Lane Passing (partners) 10 yrd. apart
Practice: accuracy, control ball speed
Pass the ball to your teammate.
If the pass goes out the trapper gets a point.
And if the trap goes out the passer gets a point.

P/R: Lane Pass & Go (3 players) 10 yrd. apart
Practice: passing accuracy
Pass the ball to your teammate, then follow
Repeat: R & L, 2-touch, 1-touch, fast as possible

P/R: Turn and Shoot (partner)
Practice: receive, turn, shoot
post-up player (back to goal) 1
turn and shot on goal 2
limit touches

Soccer Game (15)
Use ball control skills in a game. Emphasize the positive.
Min: 40-55 + Water break

D/P/R: Gatekeepers
Teams defend two goals with keepers
Coaches call out keepers (leave goal)
Keep head up, find open goal

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
U 10: Practice 8

**Warm-up**
- Game (5) Joint/coordination (5)
  - Min: 0-10
    - Arm circles
    - Planks
    - Lunge
    - Down dog
    - Toe-Touch
    - Frogs

**Challenge**
- Put all groups in a large area.
- Continue passing, while avoiding the other players and balls.

**Ball Control /Games (30)**
- Experiment with ball. Encourage accuracy, speed, possession.
- Min: 10-40 + Water break

**P/R: Short-Short-Long** (groups of 3)
- Practice: head up, accuracy, ball speed
- Players perform passing in the pattern of short-short-long.
- Rotate player in the middle every so often.
- See which group can go the longest without a mistake.

**D/P: Gates Game** (partners)
- Gates: two cones
- Practice: head up, Accuracy
- Points for each time you pass to a teammate through a gate

**P: Retrieve the ball** (partners)
- Practice: accuracy, pass & go
- Coach picks up ball and throws it
- Tell players how to retrieve and return ball
  - ex: dribble + 2 passes, 3 passes touch 3 body parts, 8 passes, etc

**Soccer Game** (15)
- Use ball control skills in a game. Emphasize the positive.
- Min: 40-55 + Water break

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

**Cool Down** (5)
- Repeat: Joint-by-Joint
- Review: Look what I can do!
- Min: 55-60:
  - “find feet”