



United States Youth Soccer Association

U10 Practice Plan

Name: _____ Date: _____
 Age Group: _____ Theme: _____

Activity

1st Activity (warm-up) Math Dribble

Each player needs to have a ball. Have them dribble in a confined, the coach calls out a math problem and the players immediately solve the problem by forming the appropriately sized group. After everyone is in a group the players should start dribbling again until the next problem is called. This is a great activity to get groups formed quickly for the next activity.

Progressions: Mix between addition and subtraction

Coaching Points

- Use a math problem where the solution is one more person than the number of players at practice; see how long it takes them to come and stand by you
- Can the players keep the ball close so when the problem is called they can quickly get in a group
- Players should keep their heads up so they don't try to join a group that does not need them

2nd Activity Knee Tag

Everyone should be without a ball moving around in a marked area.

On the coaches signal everyone tries to tag as many people as they can. In order to score a point they must tag someone else on the knee. Play several rounds of 30 seconds each.

Progressions: Add a ball after a few rounds. Play to see who can tag the most people. Play to see who can be tagged the least.

- When the players are tagging each other, instead of standing upright and trying to tag someone's knee can they bend their knee's and get down low (just like a defensive stance, hmmm...)

3rd Activity Draw

Everyone needs to pair up and each pair needs a ball. The partners should face each other with the ball equidistant between. Both players need to have both feet on the ground. When the coach says "Draw" the players try to be the first to step on the ball and pull it backwards for a point. Play to 5 points and then switch partners.

Progressions: Add a line behind each player, after they get the ball they have to dribble past the line to get a point.

- This is an alternative way to start a scrimmage or a dead ball situation
- Throw in a few words like "Straw" to make sure they really have to listen

4th Activity Junkyard Soccer

Not a game to be played for teams where boot ball is a problem. Have two teams with at least one ball for every two players, more can be used. Have the two teams face each other with a 10-15 yard zone in between them. On the coach's signal the teams try to kick the balls quickly enough so that all the balls are on one side. Teams earn one point for doing so.

Progressions: Specify how balls must be played (on the ground, in the air, one touch, with the left foot, etc.)

- This game could be modified to work on several different skills

5th Activity (the game) Get Outta-Here 2v2

In a 25 x 15 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 "outta there." This should be a very fast paced game.

Progressions: Start with 2v2 and progress to 3v3.

- 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