



United States Youth Soccer Association

U10 Practice Plan

Name: _____
 Age Group: _____ Theme: _____

Date: _____

Activity

1st Activity (warm-up) Nutmeg Competition

Mark off a rectangular area and have the team find a buddy. One buddy from each pairs stands with the legs about two feet apart spread out in the area. The other partner needs to have a ball. The players should start to dribble around and on the coaches signal they have to dribble/pass through as many "gates" as possible. Play for 30 seconds and then switch roles.
 Progressions: Specify how the players must dribble.

Coaching Points

- Can the players keep their head up to see an open gate?

2nd Activity Dribble to Safety

Set up an area with two end zones at each end. The players must try to get from one end zone to the other. Between the two end zones should be two or three players with balls. As the players are going from end zone to end zone the players in the middle try to pass their ball into one of the players running to the other end zone.
 Progressions: Give the people going from zone to zone a ball.

- Players going from zone to zone should change their direction/speed to deceive the players trying to hit them

3rd Activity Sequence Passing

Mark off an area and give everyone a number. The players must pass the ball sequentially from player to player (1 to 2, 2 to 3, 3 to 4, etc.).
 Progressions: Have the players pass from the highest number to the lowest number. Specify with what surface the players must use to pass the ball.

- When a person is about to be passed to they should try to get in the field of vision of the person with the ball so that person doesn't have to turn
- Can players call for the ball as it is halfway to the person that is going to pass it to them (the person receiving the ball will then know where to play their first touch)

4th Activity Wolves and Sheep

Set up a large rectangular area with four zones in each of the corners. Split the players into two teams and give each team a name. Have the players dribble around randomly in the area. When the coach calls out one of the team names that team leaves their balls and tries to tag members of the other team. The other team tries to dribble to a safety zone without being tagged and earn a point for doing so. Play multiple rounds and see which team can score more points.
 Progressions: Specify how players must dribble. When a team name is called those players have to continue to dribble their ball.

- The players should keep the ball close so when they have to dribble to a safety zone they can take off right away
- The first touch when they head to a safety zone should be larger than a normal dribble

5th Activity (the game) Get Outta Here

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