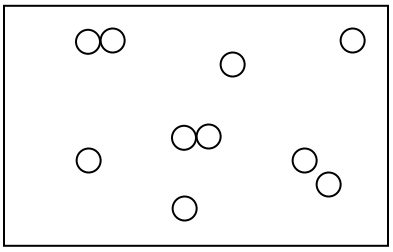
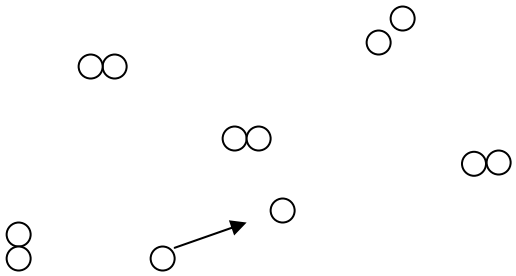
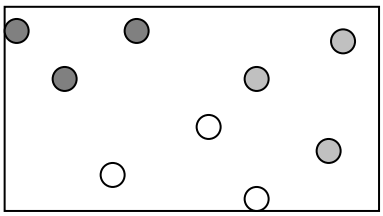
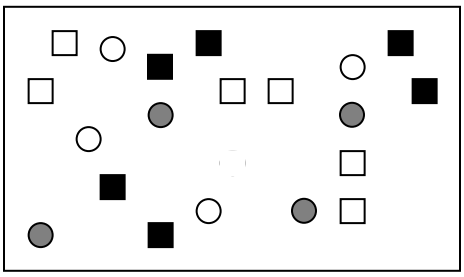
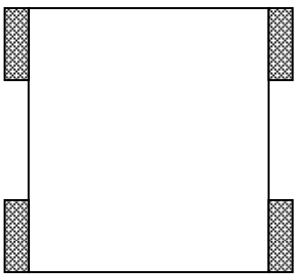
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10 Theme: Dribbling, passing, teamwork

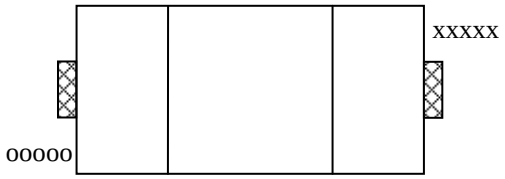
Activity	Diagram
1st Activity (warm-up) *Grouping* All the players run around randomly inside a rectangle. The coach calls out various types of groups, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Make groups of 3, 6, 2, etc… Progressions: Add dribbling.	
2nd Activity *Log Jam* Players form into groups of 2 (see above). They lock elbows and stand side by side. Choose 2 people. One is "it" and is the chaser, the other is the getting chased. On go, the person being chased must try and connect to one end of two who are connected. If successful, the person on the opposite end must leave and try and safely connect to another group. If tagged, they now become the chaser, and they must chase the person who was just it.	
3rd Activity *Frienemy* Groups of three players are passing one ball. On coach's signal of "hold", player with the ball keeps possession. Try and keep the ball away from the other two. If another player can steal ball, they try and keep it. When coach calls time, players who don't have ball must do a trick	
4th Activity *Gate Game* The game takes place in a rectangle or open space. Divide into 2 teams and give each team a set of colored gates (Orange for one team and yellow for the other). Object is to play ball through designated gates. Progression: Must dribble through, pass through	
5th Activity (the game) *4v4 Four Goal Game* Make 2 teams of 4 players. Team can score on either of the 2 goals. Ball out on end line, kick in for defense. Ball out on side line, hustle rule. Hustle rule = whoever gets to ball first and grabs it into hands gets to kick it in (stress safety!).	

United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10 Theme: Attacking/Finishing

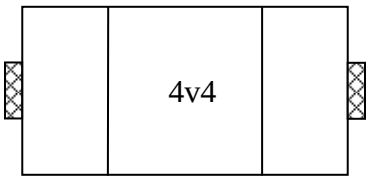
Activity	Coaching Points
1st Activity (warm-up) *Partner Passing* 2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30 seconds. Stop and start passing ball again. Progressions: Have players move around and pass. Make groups of 4 who are passing but have two teams (2 blue, 2 red). On signal they play 2v2. Cooperative/Competitive. 3v3? 4v4?	▪ Good passing/receiving technique. Transition on signal. Support angles. ▪ Shielding, turning, change of speed ▪ Have endlines behind players to try and attack as another progression
2nd Activity *1v 0 Finishing/1 v 1 Thunder* Make 2 lines of players on opposite sides of each endline. First players in each line dribble to line and shoot at goal. Retrieve ball and go to opposite line. Next shooter attacks after shooter shoots. **Progression**: Play 1v1 w/recovery. Instant attacker shoots, they defend player from opposite line (o shoots against x, new x attacks o who shot ball)	
3rd Activity *Ball to Coach* Make 2 teams. Players stand in a line with coach between When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back to coach. If 2 is called, first 2 players, 3, etc… Keep it going and fast paced. Progression: Coach move around to see if players have vision.	XXXXX O C X OOOOO
4th Activity *Queen/King of the Court* Set up a playing field with 1 goal. Divide into three teams. 2 teams are playing against one another. Other team is standing out with coach about 35 yards away from goal. The team that scores stays on and the team that gives up the goal runs back to coach. Coach then plays a new ball to the team that was off waiting. Keep the game flowing. If a team scores three times in a row they come off as retired champions.	▪ The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!) ▪ If ball goes out, coach just plays a new ball to whichever team didn't kick ball out. If goalie saves ball have them practice throwing or kicking ball back to coach who can start a new ball in.
5th Activity (the game) *3 Goal Game* In a 30 x 40 yard grid. 2 teams play against one another and must try and dribble through on of the 3 opposing goals. Players should look to play away from the defenders and look to attack open goals Progression: Players can shoot ball into goals	▪ Set up field but place 3 small goals (3 yards) on each endline spaced out evenly. Field is wider then long ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^

United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10 Theme: Defending

Activity	Coaching Points
1st Activity (warm-up) *Partner Passing* 2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30-45 seconds stop and start passing ball again. Can give a trick/skill for group that doesn't have a ball. Progressions: Have players move around and pass. Make groups of 4 who are passing but have two teams (2 blue, 2 red). On signal they play 2v2. Cooperative/Competitive. 3v3? 4v4?	▪ Good passing/receiving technique. ▪ Transition on signal. ▪ Defending partners instant pressure on the ball ▪ Are partners working together? ▪ Can they close and use sideline as 3rd defender? ▪ Have endlines behind players to try and attack as another progression
2nd Activity *1v1 Duals* Set-up: 2 players stand with ball between them, other 2 players are about 20-25 yards apart with a ball in their hands and have legs about shoulder width apart. On signal "draw", X and Y play a 1v1 game. To score X must kick ball between opposing goalies legs. 3 points if ball goes through cleanly, 2 if ball goes through but hits a part of goalies leg, and 1 point if ball hits leg. If shot is wide, goalie gives extra ball to their player and retrieves missed shot.	▪ Players start with "draw" standing across from ball. On coach's signal "draw" players pullback ball and play ▪ Game should last about 1 minute. Then have players switch with goalies. Can switch opponents-tourney ▪ X A.D X
3rd Activity *Ball to Coach* Make 2 teams. Players stand in a line with coach between When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back to coach. If 2 is called, first 2 players, 3, etc… Keep it going and fast paced. Progression: Coach move around to see if players have vision.	▪ Players must pressure and deny attacker to turn ▪ Cut off passing lane XXXXX O **Coach** X OOOOO
4th Activity *Fox versus Chickens* Split into two groups. One group starts in the goal without balls (foxes). Other group spreads out in 30x 40 yard grid (chickens). On coach's signal foxes run out and try to take away chickens egg (ball) and shoot into the goal. If chicken loses ball they can help teammate by passing. Play until all balls are out of grid. Switch roles. Progression: Chickens can have one hen to play as a goalie.	▪ Can the players (foxes) pressure and win the ball (egg)? Can they help support their teammates? ▪ Are the foxes organized? xxxxx Foxes
5th Activity (the game) *Game 4v4-6v6* Play a regular game and allow players to play. Observe and correct as needed.	▪ Defending principles ▪ Pressure, cover, and balance ▪ What do you do once ball is won? 

United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age: U10 Theme: Dribbling

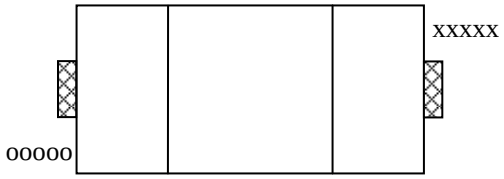
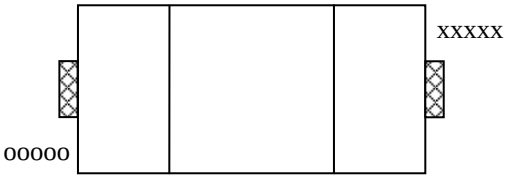
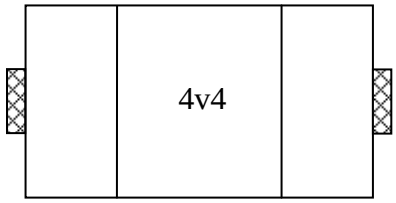
Activity	Coaching Points
1st Activity (warm-up) *Shrek Island* Use disc cones to set up small islands (small squares) in a large playing area. Set-up 4 small islands (5x5) in corners equally apart. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island. Name the islands (i.e. fantasy island, shrek island, etc…). Call out new island and coach tries to steal ball away from players. If so, have them become sharks.	▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Stay under control ▪ Use inside and outside of feet ▪ Vision/awareness
2nd Activity *Pirates of the Caribbean* Use same format of islands as above. Make 4 teams and use pinnies to identify teams. Place all of the balls in center of four islands. On signal, have 1 player from each team run to center and retrieve ball, bringing it back to their island. Once balls are gone, players can steal from other team's islands. Cannot steal from a player dribbling ball. Progressions: Can send everyone out, add passing, can steal from dribblers, make one ball worth more points, etc…	▪ Dribble at speed ▪ Keep ball under control ▪ Can you get the most balls? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
3rd Activity *Gates* Set up several small gates in the playing area. Players with a ball try to dribble through as many of the small gates as they can in selected time. Add a gatekeeper (coach) to deny players gate opening. Progressions: Make into 2 teams or play small sided games to gates. 1v1, 2v2, etc…	▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it! ▪ Good technique and switch directions ▪ Identify openings of what's "on"
4th Activity *Get Out of Here* In a 30x 40 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 1v1 and progress to 2v2.	▪ 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 ▪ Can work on changing direction ▪ Add numbers to add passing/complexity
5th Activity (the game) *Play 4v4 Game* Set-up players into 2 teams and let play. Can play to endlines or endzones (encourages dribbling) Can play to small goals (encourages passing/shooting)	▪ Let them play and enjoy the game

United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10 Theme: Finishing

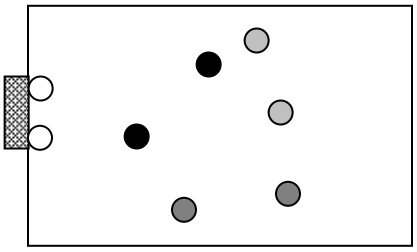
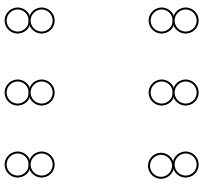
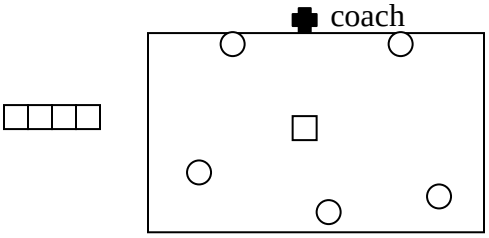
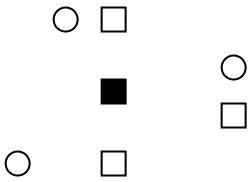
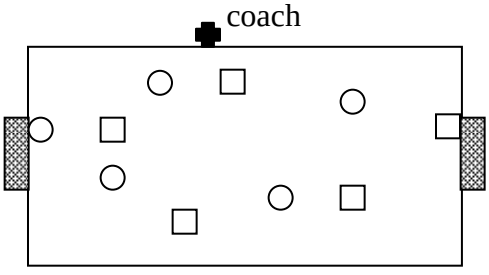
Activity	Coaching Points
1st Activity (warm-up) *Technical Warm-up* Make 2 lines about 25 yards apart. 1st person passes ball to other line and runs around goal and goes to back of opposite line. 2nd person in new line repeats, Progress to striking ball with instep (shooting)	▪ Good passing/receiving technique. ▪ Ankle locked ▪ Toe down ▪ Land on kicking leg ^ XXX→ ←XXX ^
2nd Activity *1v 0 Finishing* Make 2 lines of players on opposite sides of each endline. First players in each line dribble to line and shoot at goal. Retrieve ball and go to opposite line. Next shooter attacks after shooter shoots.	
3rd Activity *1v1 Thunder* Play 1v1 w/recovery. Instant attacker shoots, they defend player from opposite line (o shoots against x, new x attacks o who shot ball) Progression: Play same game 2v2	
4th Activity *Queen/King of the Court* Set up a playing field with 1 goal. Divide into three teams. 2 teams are playing against one another. Other team is standing out with coach about 35 yards away from goal. The team that scores stays on and the team that gives up the goal runs back to coach. Coach then plays a new ball to the team that was off waiting. Keep the game flowing. If a team scores three times in a row they come off as retired champions.	▪ The players should look to attack at speed and play the ball to a teammate if they are open. Great attacking activity (favorite!) ▪ If ball goes out, coach just plays a new ball to whichever team didn't kick ball out. If goalie saves ball have them practice throwing or kicking ball back to coach who can start a new ball in.
5th Activity (the game) *Game* Play regular game but move goals in close (35-40 yards apart). Encourage risk and shooting even when off-balance or not in a good position. "Finishers mentality". Game is 3v3 + GK's. Switch goalies after several minutes.	

United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age: U10 Theme: Passing

Activity	Diagram
1st Activity (warm-up) *2 Against the World* As players arrive, just allow them to play a game of pick-up soccer. Assign one player to be the goalie. Whoever scores becomes the next goalie. Have a supply of balls ready. Put a line to avoid shooting too close. Progressions: Make teams of 2 or 3 (Depending on your numbers)	
2nd Activity *Technical Lines* Players dribble ball to other side and leave ball for next player. Have them use only right foot, then left. Progressions: -dribble and turn using inside of foot, outside of foot -dribbling half way across and then pass -pass -pass then defend passively	
3rd Activity *Monkey in the Middle/6 Balls* Play keep away, whoever makes mistake becomes monkey in the middle and holds pinnie. Progression: Divide into 2 teams. One team starts in grid, other in a line about 5 yards outside. Coach has supply of balls. Coach sends one ball into grid and inside team possesses the ball as long as they can. The team standing in line sends one defender in to get ball out of grid. Once ball is out of grid, coach sends a new ball in and defending team sends a new player in. Switch roles. Can time for competition.	
4th Activity *Fire Pit* The game takes place in any open space. Object is to hit bag or ball on a cone to score a point. Can be played 1v1 to any number of players. Free flowing. Let the players problem solve. Add pinnies around goal if players stand to guard right next to the goal. Progressions: Add a second goal (switch point of attack)	
5th Activity (the game) *4v4* Make 2 teams. Have a good supply of balls available. Coach team to get into diamond shape (wide and long). Have them try and play the way they are facing and to play the ball away from defenders. Number goalies off 1-5 and switch after every few minutes. Progression: Free play	

United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10 Theme: Dribbling, Passing

Activity	Coaching Points
1st Activity (warm-up) *Snake* Make a small grid (20x 30). Choose several players to be the snakes. These players are the taggers and join hands. They chase other players around grid. If tagged, they join onto the snakes. Players must always have at least 2 people connected. No one may go over or under the snakes. Progression: Add that players must dribble and get away from taggers.	▪ Get kids moving ▪ Allow for body awareness ▪ Use cooperation
2nd Activity *Moving Goals (pairs)* Players are in pairs and share a ball. The coach and a chosen assistant are holding a vest between them above waist height. The coach and assistant form a goal, and move around in an area. The players try to pass their ball through the moving goal to their partner. Obviously the players will bunch around the goal so the goal must move to open space to spread out the players. Progressions: Specify how the ball has to be played through the goal.	▪ The coaches can move towards certain players who aren't having much success ▪ The coaches can very their speed to make the game easier or more demanding ▪ Add a second goal if helpers are available or choose players to help
3rd Activity *Gate Passing* One partner must pass the ball through a gate to their partner on the other side. Make sure you have more goals than pairs. Play for 30-45 seconds at a time.	▪ Don't tell the players they can not pass the ball through the same gate twice ▪ Is it possible to pass the ball through two gates with one pass? ▪ Encourage the players not to get close to the gates when passing the ball through
4th Activity *Gate Games* Have them play 2v2 to gates (as described above). Progressions: Alternate colors of cones (i.e. yellow and orange) and have groups play to only one color.	▪ Same set-up as above but now players play 2v2 to gates. ▪ Look to find open gates ▪ Partners must work together ▪ Dribbling and passing technique applies
5th Activity (the game) *Get Out of Here* In a 35 x 25 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 "out of here." This should be a very fast paced game. Make it fun and quick! Progressions: Start with 1v1 and progress to 2v2.	▪ 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

Scrimmage 4v4