

# 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

Coach's choice

## U 10: Practice 9

Teach:  
Review:

## U 10: Practice 10

Teach:  
Review:

## 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

Set-up:  
20 x 20  
yd.  
square

# U 10: Practice 1

Teach: Dribble  
"Freeze" = stop & listen

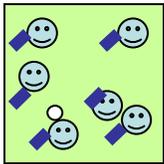
**Movement Skills:**  
Abs on, head up  
Right and Left

**Soccer Skills:**  
Dribble R and L  
Multiple foot surfaces  
Keep ball close

## 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

Arm circles



Planks



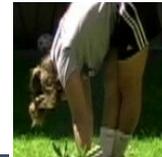
Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



Compass hops



Jog & look



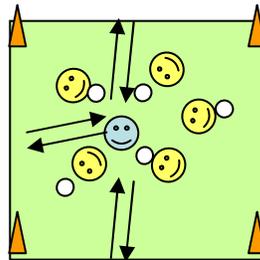
Swivel, sprint, shuffle distance hops

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

Min: 10-40 + Water break

### D: 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



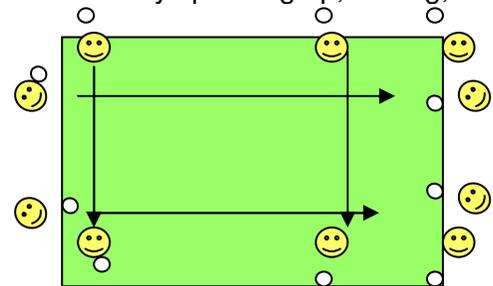
### D: Traffic without Passing (individual)

*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.

"Freeze!"

### Challenge

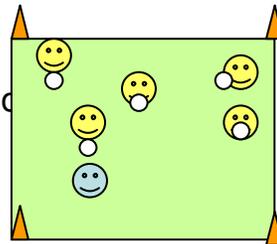
try inside of one foot, L, R  
try outside of one foot, L, R  
try alternating between L and R  
try alternating between inside/outside  
try stopping with sole and going  
try speeding up, turning, making cir



😊 multiple players  
○ each with a ball

### 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

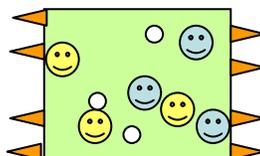


+ opposition that obstruct dribbler  
😊 opposition that shadows  
😊 opposition that steal balls  
😊 opposition that act like crabs  
and kick balls out of space

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

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

Set-up:  
20 x 20  
yd.  
square

# U 10 : Practice 2

Teach: Dribble, pass to target  
Review: Dribble, stop

**Movement Skills:**  
Head up, R&L  
Change speed

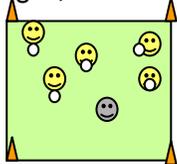
**Soccer Skills:**  
Dribble, inside/outside foot  
R&L, pass to target (goal)

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

Min: 0-10

**D: Musical Balls**

On "go", switch balls



on "freeze", do a warm-up movement

Ladder run through

Arm circles



Planks



Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



Compass hops



Jog & look



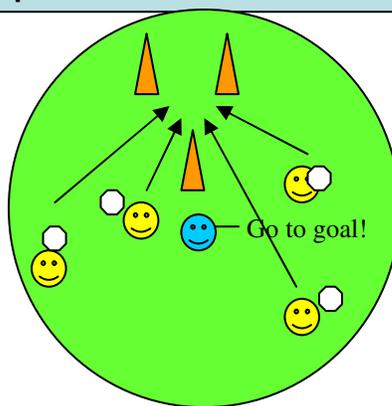
Swivel, sprint, shuffle distance hops

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

Min: 10-40 + Water break

**D: 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.

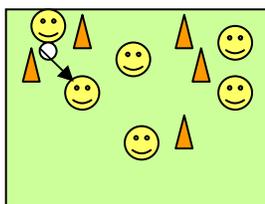


### Challenge

Use non-preferred foot only.  
Make circle smaller.  
Make target farther  
Use R and L feet  
Try turns, inside of foot  
Turns with outside of foot

**D: Gates Game** (partners) Gates: two cones

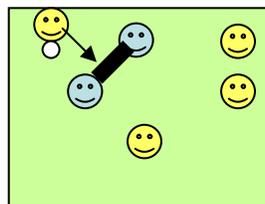
Practice: Accuracy  
Points for each time you  
Dribble through gate



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

**D/P: Moving goal** (individual)

Goal: pinnie held between two players  
Practice: Accuracy  
Points for each time you  
Pass through goal



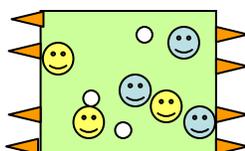
try inside of one foot, L, R  
try outside of one foot, L, R  
try alternating between L and R  
try alternating between inside/outside  
try stopping with sole and going  
try speeding up, turning, making circles

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

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: "R and L foot!"

Direct parents' and players' attention to "what to look for" in game

Set-up:  
20 x 20  
yd.  
square

# U 10 : Practice 3

Teach: Dribble, shield, shadow

Review: Dribble/pass to target

## Movement Skills:

Head up, shield

Force mistakes

## Soccer Skills:

Keep possession

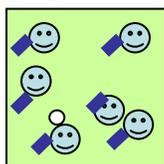
Go to target

### 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

Arm circles



Planks



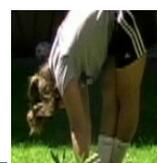
Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



Compass hops



Jog & look



Swivel, sprint, shuffle distance hops

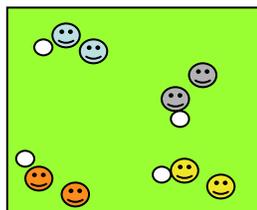
### Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

#### D: Peter pan shadow (partners)

Practice: shielding

One leads one follows. Follower shadows.  
Leader tries to lose the follower.



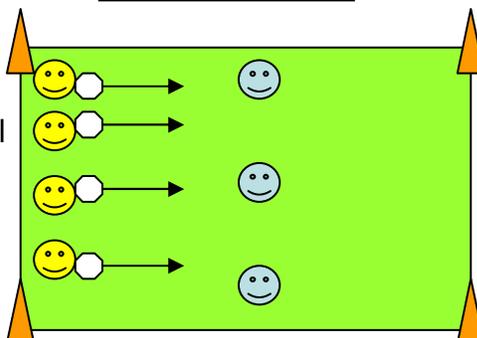
#### Challenge

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

#### 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.



When minnows lose their balls,  
they perform consequence  
Continue until 2 minnows left.

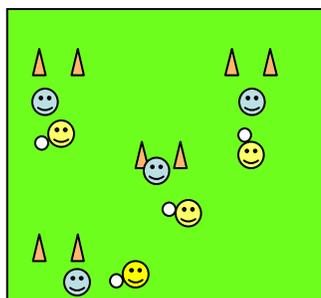
#### D: Gauntlet (2 teams) 30X30 yards

Practice: head up, change directions

Try to dribble through cones.

Other team tries to defend cones.

1 point for each goal.



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

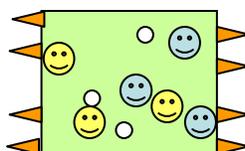
### Soccer Game (15)

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

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

Set-up:  
20 x 20  
yd.  
square

# U 10 : Practice 4

Teach: pass accurately  
Review: shield, shadow

**Movement Skills:**  
Move body behind the ball  
R & L

**Soccer Skills:**  
Pass accurately  
Receive behind ball

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

Min: 0-10

### Circle tag:

Team protects tag-ee  
From tag-er, by  
Surrounding tag-ee-



Ladder run through

<b>Arm circles</b> 	<b>Planks</b> 	<b>Lunge</b> 	<b>Down dog</b> 	<b>Toe-Touch</b> 	<b>Frogs</b> 
<b>Jacks</b> 	<b>Run 1-leg</b> 	<b>Compass hops</b> 	<b>Jog &amp; look</b> 	<b>Swivel, sprint, shuffle</b> 	<b>Distance hops</b> 

Joint-by-joint

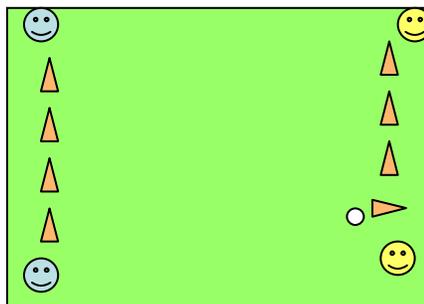
## Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

### ↑ Challenge

### P: Cone Hunt (teams)

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

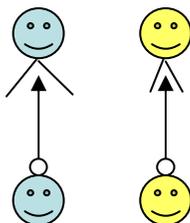


Increase distance between teams

Increase distance between cones

### P: Tunnel Passing (partners)

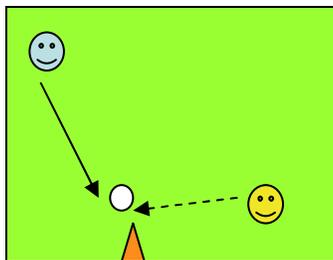
Practice: accuracy  
2 players, 10 yds apart  
Player with ball passes through legs of partner  
Award 1 pt: successful pass



Partner narrows width of feet  
Only non-preferred foot  
Increase passing distance  
Increase speed of pass  
Pass ball to left and right of partner  
Have partner move behind ball

### 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.



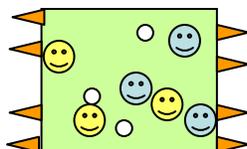
2-touch  
1-touch  
Both R &  
Decrease distance

## 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: "behind the ball"

Direct parents' and players' attention to "what to look for" in game

Set-up:  
20 x 20  
yd.  
square

# U 10: Practice 5

Teach: pass & go  
Review: pass accurately

**Movement Skills:**  
R & L Pass and go  
Behind ball

**Soccer Skills:**  
Pass accurately & go  
Receive/pass 1-, 2- touch

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

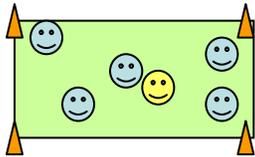
Min: 0-10

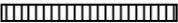
Freeze tag:

If tagged, hop

R 5X, L 5X until

Teammate melts you



Ladder run through  


Arm circles



Planks



Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



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

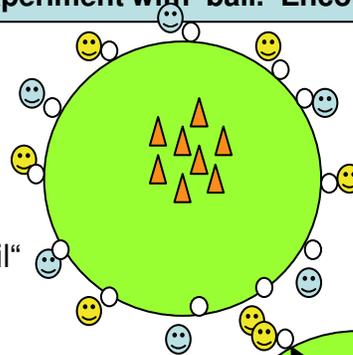
**P: Holy Grail** (two teams)

Practice: accuracy, consistency

Both teams around circle

"go" all balls are passed toward cones

Knocking down the last cone + "Holy Grail"



**Challenge**

R & L feet

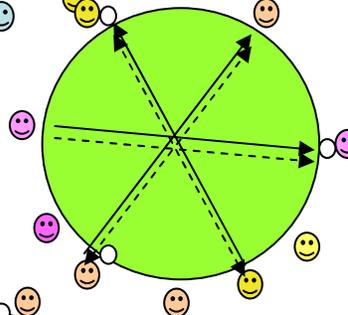
**P: Circle follow pass** (partners)

Practice: accuracy, pass & go

Pass to player on opposite side,

sprint across circle behind receiver

Repeat:



R & L feet

1-touch, 2-touch

Add balls

Dribble

Pass-dribble

Make 2 circles

count successes

**P: Frantic** (teams)

2 teams, one on inside, around outside

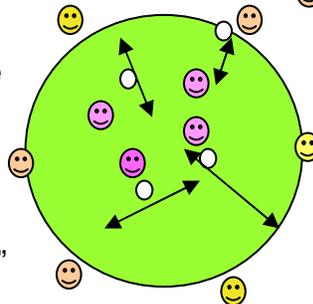
Practice: accuracy, 1-touch

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"



R & L feet

1-touch, 2-touch

## Soccer Game (15)

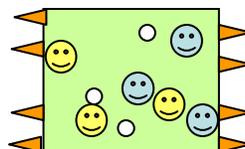
Use ball control skills in a game. Emphasize the *positive*.

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: "pass & go"

Direct parents' and players' attention to "what to look for" in game

Set-up:  
20 x 20  
yd.  
square

# U 10 : Practice 6

Teach: Receive with far foot  
Review: Pass & go

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

**Soccer Skills:**  
Receive & pass  
Accuracy, speed

## 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

Joint-by-joint

**Relay Races:**  
After complete, do a warm up task



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**

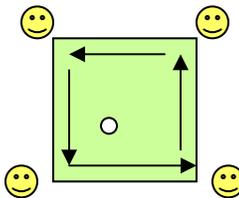
**P/R: 4 corner relay** (2 squares)

*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



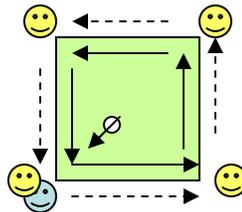
Make square  
Smaller/bigger

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

*Practice:* accuracy, receiving

Trap ball and pass to bases.

Beat runner around bases by passing.



Make square  
smaller

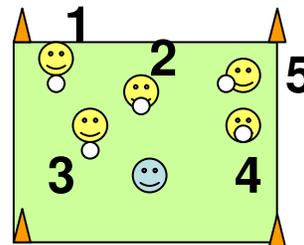
**P/R: Ordered Passing** (groups 3-7)

*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.



Make square  
Smaller/bigger

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

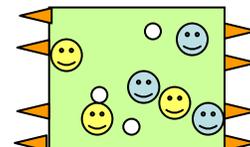
Min: 40-55 + Water break

**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:

“receive with far foot”

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

Set-up:  
20 x 20  
yd.  
square

# U 10: Practice 7

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

**Movement Skills:**  
Behind the ball  
R & L pass, receive

**Soccer Skills:**  
Accurate passing & go  
Short and long passes

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

Min: 0-10

Arm circles

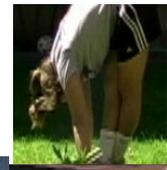
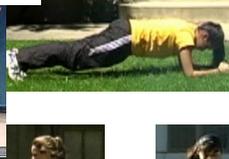
Planks

Lunge

Down dog

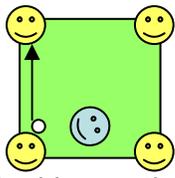
Toe-Touch

Frogs



Joint-by-joint

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

### Challenge

Add distance  
Between players

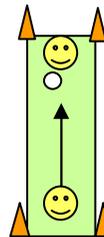
**P/R: Lane Passing** (partners) 10 yds. apart

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.



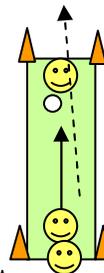
“check in and out”  
Move away  
“touch cone”   
Then toward ball

**P/R: Lane Pass & Go** (3 players) 10 yds. apart

Practice: passing accuracy

Pass the ball to your teammate, then follow

Repeat: R & L, 2-touch, 1-touch, fast as possible



Add distance  
Between players

Look away, then receive  
“check in and out”

Move away  
“touch cone”   
Then toward ball

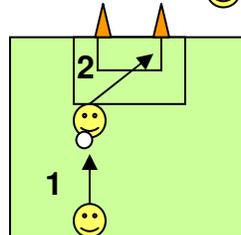
**P/R: Turn and Shoot** (partner)

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.

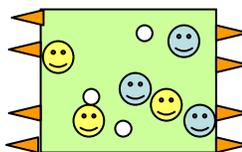
Min: 40-55 + Water break

### 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: “behind the ball”

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

Set-up:  
20 x 20  
yd.  
square

# U 10 : Practice 8

Teach: accuracy, teamwork  
Review: pass & go

**Movement Skills:**  
Move together  
Head up, abs on

**Soccer Skills:**  
Touch ( short/long)  
Find feet passing

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

Min: 0-10

Arm circles

Planks

Lunge

Down dog

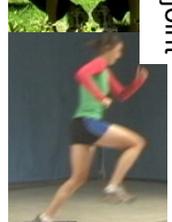
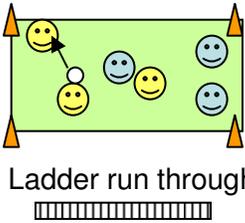
Toe-Touch

Frogs

Joint-by-joint



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



Jacks

Run 1-leg

Compass hops

Jog & look

Swivel, sprint, shuffle distance hops

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

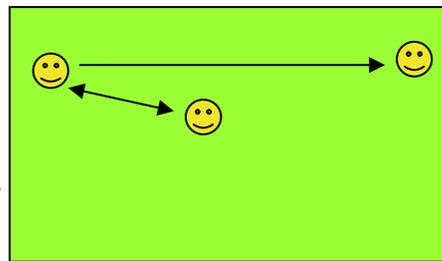
Min: 10-40 + Water break

**Challenge**

**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.



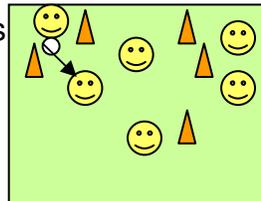
Put all groups in a large area.  
Continue passing, while avoiding the other players and balls.

**D/P: Gates Game** (partners) Gates: two cones

*Practice:* head up, Accuracy

Points for each time you

Pass to a teammate through a gate



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

**P: Retrieve the ball** ( partners)

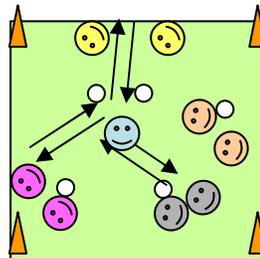
*Practice:* accuracy, pass & go

Coach picks up ball and throws It

Tell players how retrieve and return ball

ex: dribble + 2 passes, 3 passes touch

3 body parts, 8 passes, etc



Use both feet  
limit touches  
Include a back pass etc.

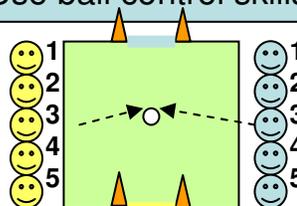
## Soccer Game (15)

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



Limit touches  
Call more numbers  
Decrease space  
Perform sprints (cone-to-cone)  
before enter field

## Cool Down (5) Repeat: Joint-by-Joint

Review: Look what I can do!

Min: 55-60:

“find feet”

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