

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

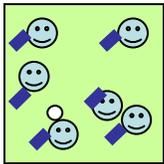
Movement Skills:
Abs on, head up
Right and Left

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



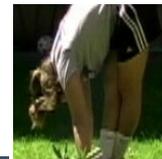
Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



Compass hops



Jog & look



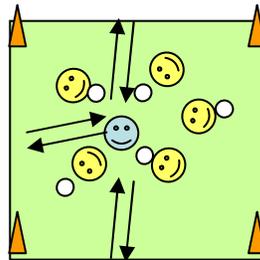
Swivel, sprint, shuffle distance hops

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



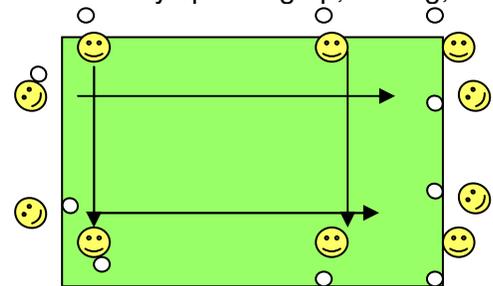
"Freeze!"

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 circles

D: Traffic without Passing (individual)

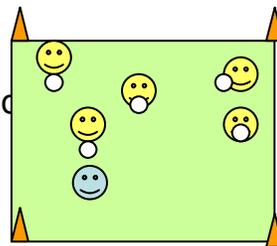
Practice: dribbling (head up), stop on line
Players on adjacent sides. Dribble across the field,
avoiding each other. When get to the other side, stop.
Players on that side dribble through the middle.



☺ 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

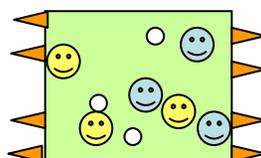


+ opposition that obstruct dribbler
☺ opposition that shadows
☺ opposition that steal balls
☺ opposition that act like crabs and kick balls out of space

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

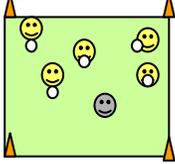
Soccer Skills:
Dribble, inside/outside foot
R&L, pass to target (goal)

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



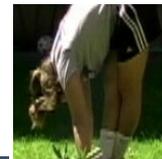
Lunge



Down dog



Toe-Touch



Frogs



Joint-by-joint



Jacks



Run 1-leg



Compass hops



Jog & look



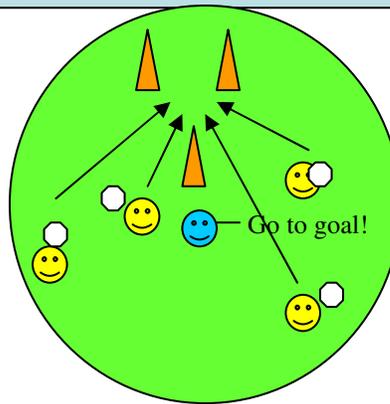
Swivel, sprint, shuffle distance hops

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.

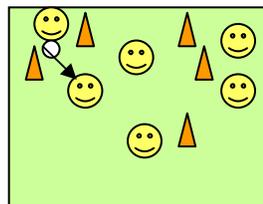


Challenge

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

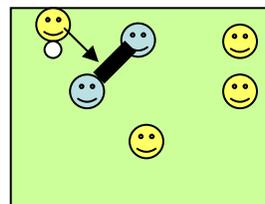
Practice: Accuracy
Points for each time you
Dribble through gate



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



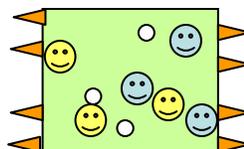
try inside of one foot, L, R
try outside of one foot, L, R
try alternating between L and R
try alternating between inside/outside
try stopping with sole and going
try speeding up, turning, making circles

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

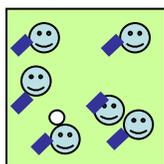
Go to target

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

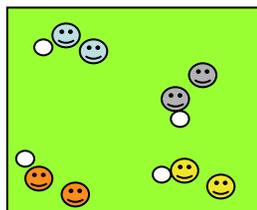
Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

D: Peter pan shadow (partners)

Practice: shielding

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



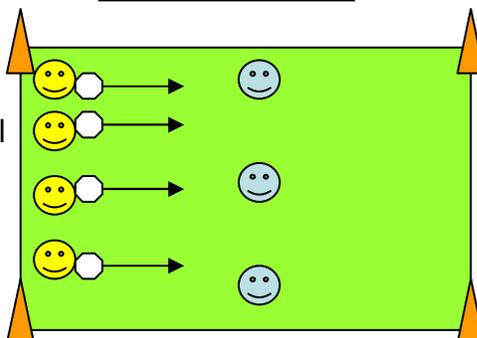
Challenge

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.

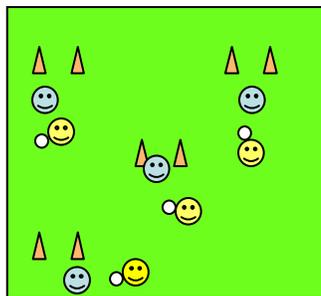
D: Gauntlet (2 teams) 30X30 yards

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

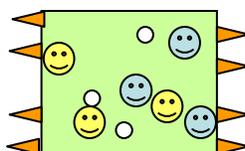
Soccer Game (15)

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

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

Joint-by-joint

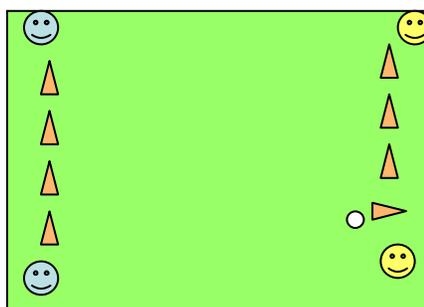
Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

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

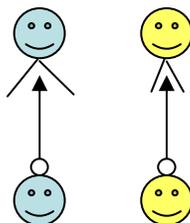


Increase distance between teams

Increase distance between cones

P: Tunnel Passing (partners)

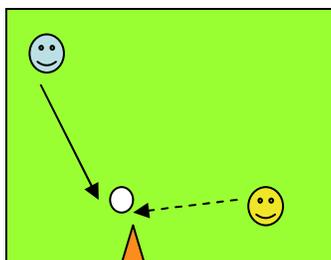
Practice: accuracy
2 players, 10 yds apart
Player with ball passes through legs of partner
Award 1 pt: successful pass



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.



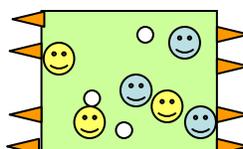
2-touch
1-touch
Both R &
Decrease distance

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

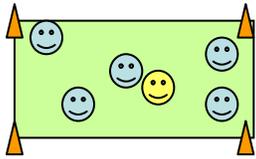
Min: 0-10

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

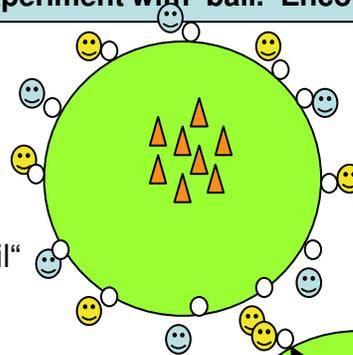
P: Holy Grail (two teams)

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

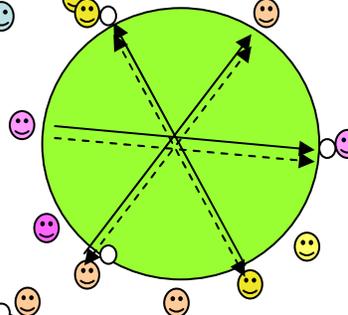
P: Circle follow pass (partners)

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

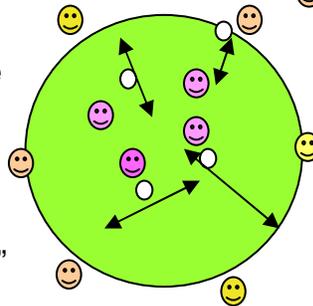
Practice: accuracy, 1-touch

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)

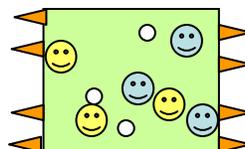
Use ball control skills in a game. Emphasize the *positive*.

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

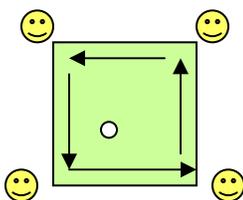
Ball Control /Games (30) Experiment with ball. Encourage accuracy, speed, possession.

Min: 10-40 + Water break

Challenge

P/R: 4 corner relay (2 squares)

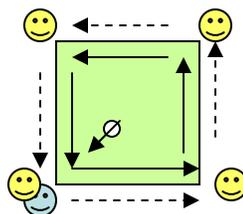
Practice: accuracy, receiving
Pass ball around square
Receiving ball with foot farthest from ball
Complete passes to all 4 corners faster than other square. Repeat, opposite direction



Make square
Smaller/bigger

P/R: Kick Ball (2 teams)

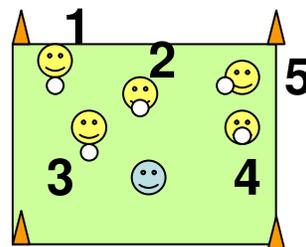
Practice: accuracy, receiving
Trap ball and pass to bases.
Beat runner around bases by passing.



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.



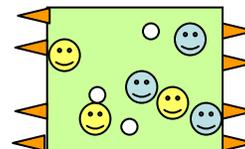
Make square
Smaller/bigger

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

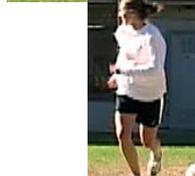
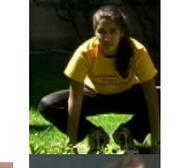
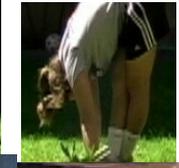
Planks

Lunge

Down dog

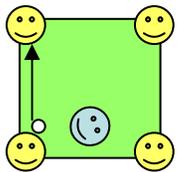
Toe-Touch

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.

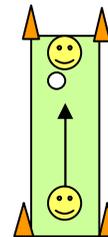
Min: 10-40 + Water break

Challenge

Add distance
Between players

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

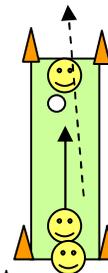
Practice: accuracy, control ball speed
Pass the ball to your teammate.
If the pass goes out the trapper gets a point.
And if the trap goes out the passer gets a point.



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

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

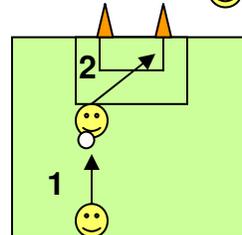
Practice: passing accuracy
Pass the ball to your teammate, then follow
Repeat: R & L, 2-touch, 1-touch, fast as possible



Add distance
Between players
Look away, then receive
“check in and out” 

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



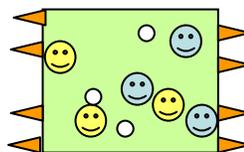
Move away
“touch cone”
Then toward ball

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

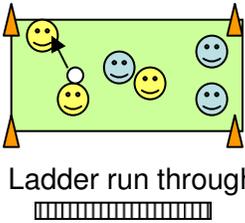
Toe-Touch

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.

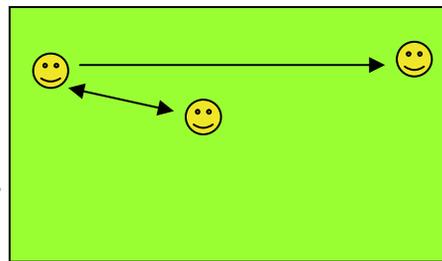
Min: 10-40 + Water break

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.



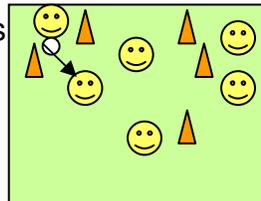
Put all groups in a large area.
Continue passing, while avoiding the other players and balls.

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)

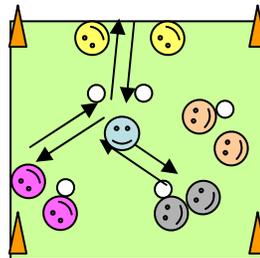
Practice: accuracy, pass & go

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.

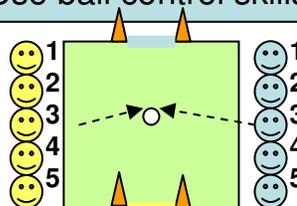
Soccer Game (15)

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