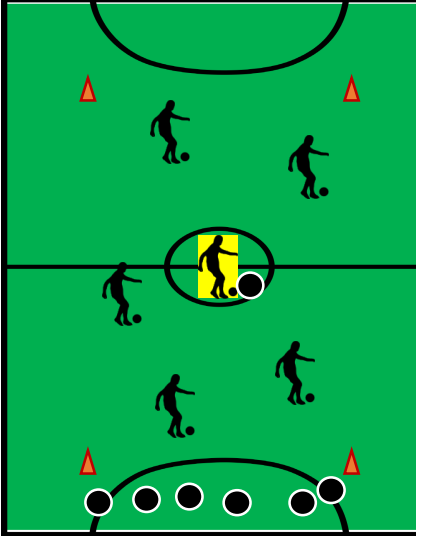
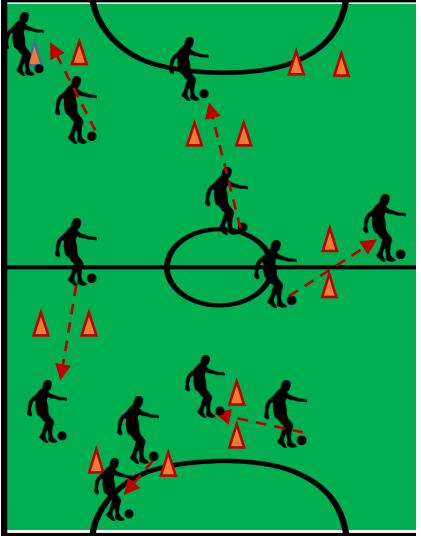


OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

Week 3

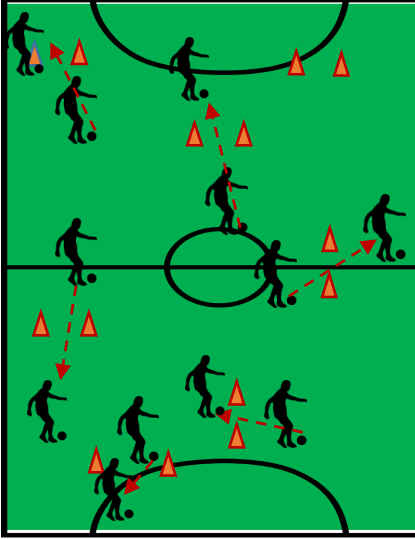
Author: Marcus C. Jones

<p><u>THEME</u></p> <p>Passing</p> <p>Warm up</p> <p><u>Purpose</u></p> <p>Improve coordination</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 20yard grid</p> <p>1 ball per player</p> <p>4 cones</p>	<p><u>EXECUTION</u></p> <p>GAME: Chaser</p> <p>Coach organizes player's balls on the outside of the grid. Players are randomly placed inside of the grid with out a ball (runners). 1 player has a ball (chaser). The command "go" the chaser attempts to tag a runner with a ball by executing a pass. When a player is tagged the player must retrieve a ball from the outside and join the chaser. Repeat as time allows.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -head up -field vision -good passing technique -have fun 	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Passing</p> <p>Individual skill activity</p> <p><u>Purpose</u></p> <p>Improve passing</p>	<p><u>PLAY DESIGNATION</u></p> <p>30 X 30yard grid</p> <p>1 soccer ball per 2 players</p> <p>1-5 yard gates per each group of two players.</p>	<p><u>EXECUTION</u></p> <p>Pairs pass the ball amongst each other between the five yard gates. Players must keep the ball moving and on the ground. There is a maximum of two touches per player. When a foul is committed the player is given a point. First player to 5 points loses.</p> <p>Fouls:</p> <ul style="list-style-type: none"> More than two touches. Ball is passed outside of the 5 yard grid. 	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -soft touch in space -striking through the ball -be aggressive to the ball - <p>Advance:</p> <p>Maximum of 1 touch</p> <p>2 yard gates.</p>	<p>Sketch</p> 

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Week 3

<p><u>THEME</u></p> <p>Passing</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve passing under pressure</p>	<p><u>PLAY DESIGNATION</u></p> <p>40 x 30yard grid</p> <p>1 ball per 2 players</p> <p>randomly placed 2 yard gates.</p>	<p><u>EXECUTION</u></p> <p>Players work in pairs to pass the ball through as many gates as possible. Players cannot pass through the same gate successively. If the ball does not go through the gate cleanly then that pass does not count</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Build confidence -make teams evenly skilled -players who are not in the game can pass amongst each other 	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Passing</p> <p>6 v 6 knock out</p> <p>Small sided game</p> <p><u>Purpose</u></p> <p>Improve defending</p>	<p><u>PLAY DESIGNATION</u></p> <p>35 x 25yard grid.</p> <p>Play a 4 v 4 game</p> <p>Size 4 ball</p>	<p><u>EXECUTION</u></p> <p>If a team gets scored on they must exit the field expeditiously.</p> <p>Limit coaching and calls</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Control of the ball -field vision -heads up 	<p>Sketch</p> 