



# United States Youth Soccer Association

## Practice Plan

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Date: 2004

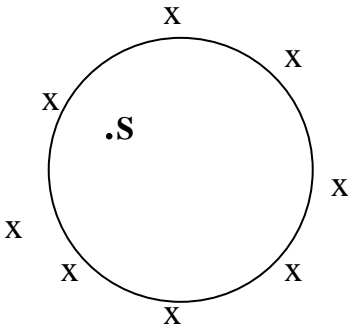
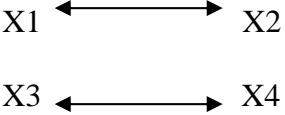
Age Group: U10

Theme: Foot Coordination & Speed

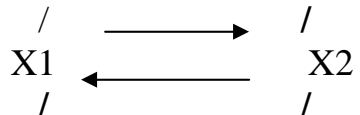

Activity	Coaching Points
<b>1<sup>st</sup> Activity (warm-up) <i>Island Game</i></b> Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.	<ul style="list-style-type: none"> <li>When dribbling for speed the players do not have to dribble the ball as close</li> <li>Their should be about five or six steps in between each touch of the ball</li> </ul>
<b>2<sup>nd</sup> Activity <i>Ball Stealing</i></b> Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing??). Progressions: Rotate who starts with the balls.	<ul style="list-style-type: none"> <li>When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender?</li> <li>If you are going to lose your ball can you find a teammate to give your ball to?</li> </ul>
<b>3<sup>rd</sup> Activity <i>Everyone vs. Everyone</i></b> Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat <b>their own</b> score. Progressions: Define how goals are scored - by dribbling or shooting.	<ul style="list-style-type: none"> <li>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</li> <li>As soon as players go through a gate they should look up to find an open gate and then go for it!</li> </ul>
<b>4<sup>th</sup> Activity <i>Edge of the World</i></b> Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. Progressions: Players play ball with laces, inside of foot, etc.	<ul style="list-style-type: none"> <li>Instead of having a line you could also have an end zone in which the players try to get their ball to stop.</li> </ul>
<b>5<sup>th</sup> Activity (the game) <i>Outta There</i></b> 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 balls and a <b>small</b> 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.	<ul style="list-style-type: none"> <li>This game should be <b>very</b> fast paced</li> <li>As soon as the ball goes out of bounds throw another ball in immediately</li> <li>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</li> <li>Vary how balls are distributed into the playing area</li> </ul>

Scrimmage 3v3 or 4v4

## Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Head It/Catch It	<p>A circle of players surrounds coach/server. Server moves around, softly tosses ball to players head. As ball is in the air the server calls out “head it” or “catch it” and the player must do the opposite. A mistake and a point are given. The idea is to have the least points in a period of time.</p> <p><b>Progress:</b> Increase number of servers to players. Increase the speed of tosses.</p>		<ul style="list-style-type: none"> <li>• Introduction to heading</li> <li>• Concentration of commands</li> </ul>
2			
Heading Juggling	<p>In pairs, in an open area, players heading to each other counting successful exchanges. Give players opportunity to beat previous score.</p> <p><b>Progress:</b> Have players move across the field heading in pairs. Players may juggle with head before heading back to partner.</p>		<ul style="list-style-type: none"> <li>• Controlled heading</li> <li>• Eye on the ball –read flight of ball</li> <li>• Area of contact</li> </ul>

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3			
Heading Wars	Multiple pairs of players defend a small goal four yards across from each other. One partner tosses ball in the air to other partner to attempt heading on goal while server must defend goal. Take turns heading and defending goal. First player to two wins round. Rotate players down the line for multiple games.	<p>4yds</p> 	<ul style="list-style-type: none"> <li>• Heading for Attack</li> <li>• Body Mechanics</li> <li>• Competitive activity</li> </ul>
4			
Throw/ Head/Catch	Two teams of 6 players in 35x40- yard area with goals. The objective is to head into opposition's goal. Start play with two-handed, underhand throw by attacking team. The receiver attempts to head the ball to any teammate who, in turn, must catch it before it hits the ground or it's a turnover. He can take 3 steps and within 5 seconds must throw it to the next player, who heads it to another player, who catches it, tosses it for a teammate to head. All shots must be from headers. Defenders are not allowed inside 6-yard box, cannot block any throws. They can contest headers of intercept ball after a header.		<p>Heading for Attack: Direct ball to goal, teammate, path of teammate.</p> <p>Timing of jump to attack ball at highest point.</p>

## Lesson Plan

5

### The Game

Two teams of 6 playing in 35x40 yard area.  
One point for goals coming from shots and 3 points for goals coming from headers.


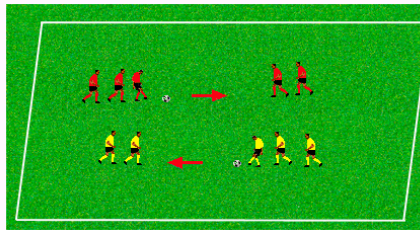


The game  
Looking to head to goal  
whenever possible for  
extra points.

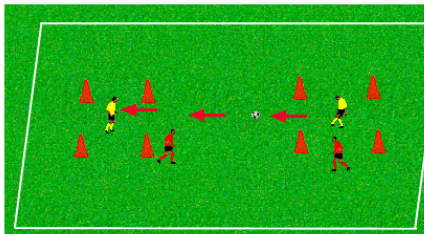
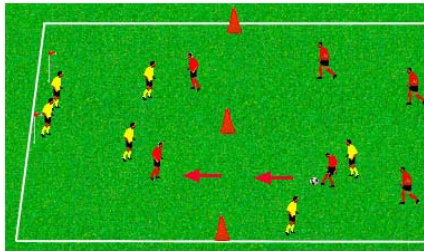
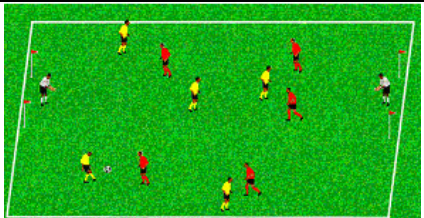


# Lesson Plan


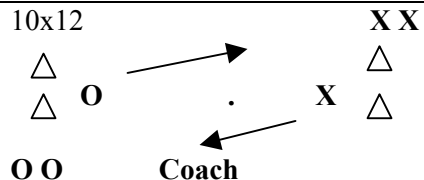
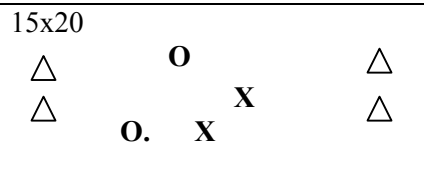
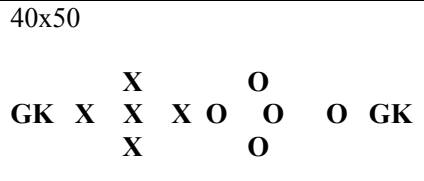


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Receiving Square</b></p>	<p>Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> </ol>
<p>2</p> <p><b>Receiving Line</b></p>	<p>Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> <li>5. First touch sets up your second touch.</li> <li>6. Ball should come down no farther than a "legs length" away.</li> </ol>

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<p>3</p> <p><b>Box to Box</b></p>	<p>Two players per team. Two boxes are made approximately 20-30 yards apart. There is a player from each team in one box. One team starts the game. When the ball is played to the other box, the attacking team gets the opportunity to get the first touch. Then they have to dribble outside of the box (square) to receive a point. The defending player is outside the box and has to wait until the attacking player gets the first touch. The defending player tries to win the ball after the first touch has been made. If the attacking player is successful in bringing the ball down and dribbling outside of the square then they keep it. If the defending player wins the ball after the first touch, then they become the attacking team. Coach may have to allow serving players to toss ball in air and then strike it to their teammate in opposite box.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> <li>5. Take first touch away from where pressure is coming from.</li> </ol>
<p>4</p> <p><b>6v6 (4v2 in each half)</b></p>	<p>Play 4v2 in each half. Field is 50 x 30 yards with no one allowed over half line. Four players from each team go into their defensive half of the field. The other two players go into the attacking half. The defending players can only defend with two. The other two defending players retreat back to their goal until possession is retained or the attacking team scores.</p> <p>Could make a restriction that the ball played into other half has to be in the air.</p>		<ol style="list-style-type: none"> <li>1. First touch and importance of cushioning ball</li> <li>2. Get in line with the ball</li> <li>3. Select controlling surface early</li> <li>4. Relax body part at impact.</li> <li>5. Take first touch away from where pressure is coming from.</li> </ol>
<p>5</p> <p><b>6v6 match</b></p>	<p>Session should end with a 6v6 match played on a field that is 50 x 30 or 60 x 40.</p>		<p>Control made easier by early selection, getting in line of flight of the ball, and relaxing body part at impact.</p>

# Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
“Rehearsal”	<ul style="list-style-type: none"> <li>Have 2 players stand 2-3 steps on either side of the ball.</li> <li>On command both players should squarely step to address and block the ball.</li> </ul>		<ul style="list-style-type: none"> <li>Players rehearse safely a “block” tackle.</li> <li>Inside of foot to ball.</li> <li>Get weight into the tackle.</li> <li>Do not stretch or go to ground.</li> </ul>
2			
1 vs. 1 “Faced Up”	<ul style="list-style-type: none"> <li>1 vs. 1 to goal.</li> <li>Coach serves ball to slightly favor one player.</li> <li>If you have 10+ players use 2 grids.</li> </ul>	10x12 	<ul style="list-style-type: none"> <li>Close to the ball.</li> <li>Maintain a good distance to tackle and recover.</li> <li>Get body behind tackle.</li> <li>Tackle without crossing feet.</li> </ul>
3			
1 vs. 1 “From Recovery”	<ul style="list-style-type: none"> <li>1 vs. 1 to goal. (As above but...)</li> <li>Players attack goal they start at.</li> <li>Defender must recover goal side.</li> </ul>	10x12 	<ul style="list-style-type: none"> <li>Recover goal side.</li> <li>Do not tackle from behind.</li> <li>Face up to opponent.</li> <li>Tackle firmly with closest foot.</li> </ul>
4			
2 vs. 2 “Decisions”	<ul style="list-style-type: none"> <li>2 vs. 2 to goal.</li> <li>Restarts are passed in.</li> <li>Play 3-4 minute sets with good rest.</li> </ul>	15x20 	<ul style="list-style-type: none"> <li>Defender not on ball must be ready to close.</li> <li>Close as ball is traveling.</li> <li>Ensure proper tackling technique.</li> </ul>
5			
6 vs. 6 “The Game”	<ul style="list-style-type: none"> <li>6 vs. 6 including keepers.</li> <li>No conditions on play.</li> <li>Be prepared to stop 2-3 times in 15 minutes to review topic.</li> </ul>	40x50 	<ul style="list-style-type: none"> <li>All tackles should be made from the front.</li> <li>Avoid going to ground.</li> <li>Tackle with either foot as situation demands.</li> <li>Do not reach; stay compact.</li> </ul>