

# Practice Plan #1 – U10

Circle Pass and Introductions: Players and Coaches say their name as we pass the ball. Say name to player before passing. 2 or 3 balls if needed. Do this before each practice with each other until we are ready to start practice.

Set up lines of cones of 5 cones in 7 rows (a good distance between so they can weave through them). 2 players at front of each row. Do toe taps until next instruction is given and while waiting. When dribbling, soft touches with the insides or outsides of your feet to control the ball. DO NOT USE THE TIPS OF YOUR TOES

<b>Run and Jump:</b>	<b>Roll Ball:</b> using bottom of foot; L&R
<b>Skip:</b>	<b>Dribble:</b> go around end cone using R, L, inside, outside
<b>Slide/Scissor:</b>	
<b>High Knees Around Cones:</b>	<b>Dribble Backwards:</b> to cone and forward ways back
<b>Butt Kicks:</b>	
<b>Run and Weave:</b> with & w/o ball	<b>Dribble:</b> pull back X5, each way

**WATER BREAK discussion:** (while discussing – set up field for next drill – add another row of cones )

- we are here to have fun but we have some rules
- bathroom is to be used BEFORE practice
- parents if you want to help out with practice there are some drills that we can use additional bodies, let us know if you are available to help.
- keep your hands and feet to yourself / NO HORSE PLAY
- no standing on balls or hanging on goals
- Offence, Midfield, and Defense: Each player will get to play all positions. When playing DEFENSE – your job is to not let the other team score. Midfield is to help out the other positions, You will be running A LOT in this position. OFFENCE – your job is to score. Each player will have a position / job to do on the field. You need to stay in your zone or place on the field so you can be there when the ball is kicked to you. If you can reach out and touch a teammate, you are too close.
- Next drill is passing & receiving. Use your body to receive the ball. Move to get your body in front of the ball. Absorb the pass. Control the ball. Pass using the inside or outside of your foot. Make sure the non kicking foot is pointing to where the ball is to be going.

**Passing and Receiving:** partner up. Stand between the cones, across from each other. One ball to a set. Pass and receive back and forth. Use inside of foot about 10 times, and then the outside.

**Split into 3 Groups: Goalie, Throw Ins , Corner Kicks , Passing with Partner while jogging**

**Goalie:** LOOK UP GOALIE DRILLS

**Throw Ins:** over players heads and/or down the line; drag foot

**Kick Offs:** ball must be passed forward

**Corner Kicks:** over heads and/or to teammate, to pass, and shoot

**Knock Out:** Dribble and guard your ball. Turn your body to protect your ball. Don't let the other players kick your ball. If they kick your ball, you are out. Get your ball, come to the outside and cheer your teammates on.

**ZONES:** Place cones as markers across the field to separate the different areas. One ball is needed. Have a coach at each goal. Coach starts the ball by throwing or passing the ball to a player on defense then they pass it to the next zone and so on till the offensive player can score

**Corner Kicks & Throw Ins:** separate into TWO groups. One coach to each group

**Throw-Ins:** stand on one side of the goal. Throw the ball over the goal to the coach. The objective is to throw the ball over the heads of the other team.

**Corner Kicks:** kick to your team mate so they can pass and/or score

**ZIPPER:** This drill is very good for observation and co-ordination.

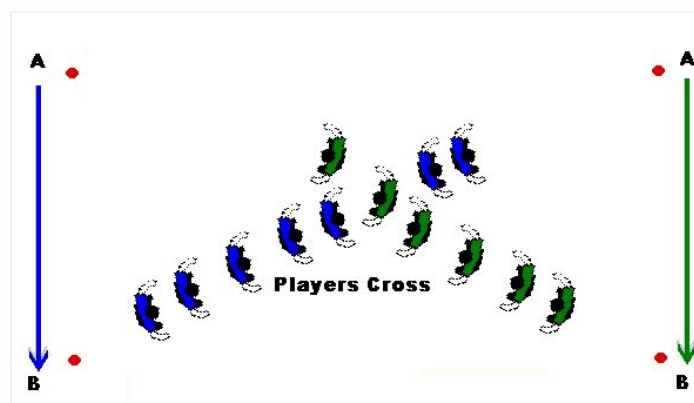
Grid can be determined by the age of the players. 20yds x 20yds is the normal.

Divide team into two groups here blues and greens. Players start on cone A and run down to cone B doing whatever is asked of them. When they pass cone B they run diagonally to the opposite corner and cross the other group, they now start from cone A again.

Progression

- Turn before the Zip
- Introduce a ball.
- Slow Jogging.
- Stop, turn.
- Skipping

The Zipper Drill



**Team Building:** Knot Game – split into two groups. Everyone put their right hand in the middle and grab someone's hand. Now put your left hand in and grab a different person's hand. Now separate into a large circle without letting go. Communication, listen skills, working together

**Homework:** Dribble the ball around your house two times. Remember to keep your head up

# Practice Plan #2

Team Leader is \_\_\_\_\_

Introductions: Players and Coaches say their name as we stretch (if there are new kids)

**Passing Drill:** cones will be set up down the center of the field. Players start close and pass the ball back and forth. Taking a step back each time. Maintain control...pass to your partner. If you need to stay closer in the beginning, that is fine. **Coaches will demonstrate for understanding.** Use right foot, left foot, outside, inside

## WATER BREAK

Set up two lines of 6 cones (a good distance between so they can weave through them). Split players into two groups.

**Run and Weave:** next player can start when player in front is half way through

**Run and Jump:** next player can start when player in front is half way through

**Slide/Scissor:** next player can start when player in front is half way through

**High Knees Around Cones:** next player can start when player in front is half way through

**Butt Kicks:** next player can start when player in front is half way through

**Dribble and Pass:** Each group gets a ball. First player dribbles the ball as they weave through the cones. At the end of the cones, pass the ball back to the next player.

***Keep Cones as they are...add a couple more if necessary for next drill***

## WATER BREAK

**Goalie Drills:** keep two groups...one player between each set of cones facing the player in the other group. Each player needs a ball

1. **Keeper Position:** low/bend knees, hands facing down and out, on your toes

2. **Shuffle Feet:** place ball on ground. Shuffle feet from one cone to the next and back. Don't cross feet. Stay low and in the keep position.

3. **Holding/Catching the ball:** diamond, just like a football or the "W" hold – thumbs together - Bounce the ball and catch it using the proper technique

***One side toss their balls back/off to the side***

4. **Pass ball back and forth:** When catching, use the proper technique and protect the ball. Shuffle your feet when needed

5. **On knees:** dive for balls on each side. Dive out, not back Make players REACH

6. **Stand up:** dive for balls on each side. Dive out, not back Make players REACH

## Water Break

**Hee-Bee Gee-Bees:** set up in a corner a 5X5 area, then a 10X10 area, 20X20 area. Players cannot touch other while moving around in the said area. 5X5 – walk, skip, touch nose, stretch to the left/right, reach up 10X10 – walk, job, jumping jacks, skip, 20X20: give each player a ball, dribble without touching other players. Keep ball close and look up

**If there's time: LAST MAN STANDING:** use the 20X20 area. Each player gets their ball. Dribble and protect your ball from other players. As you are dribbling try to kick another player's ball. If your ball gets kicked, you are out. Pick up your ball and go sit down. Cheer on your teammates.

**Team Building: Cookie Machine**