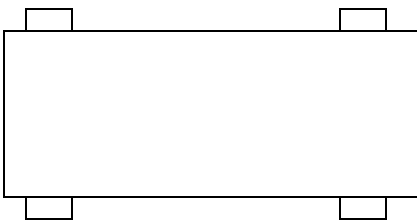





United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age Group: U10	Theme: Passing

Activity	Coaching Points
1st Activity (warm-up) <i>Technical Lines</i> Divide players into groups of 3 1 ball and approx. 15 yards apart Player passes across to other waiting player then follows pass New player passes back to opposite side to the waiting 3 rd person	<ul style="list-style-type: none"> ▪ Get kids moving ▪ Technical warm-up ○ 2 touch ○ Receive and play with opposite foot ○ Outside, inside ○ Have passer apply light pressure to force receiver to touch out of pressure
2nd Activity <i>5 v 1 Transfer Box</i> Players are divided into 2 teams (15 x 20) Make 2 grids One team possesses ball other sends in 1 defender to win ball back Begin with defender just touching ball (depending on ability) Move towards winning ball Add 2 nd defender in as progression	<ul style="list-style-type: none"> ▪ Body shape ▪ Width and length ▪ Support angles ▪ 1st touch
3rd Activity <i>Diagonal Passing Game</i> 2 teams Each team has one player in corner diagonally Teams try and connect passes to their diagonal corners Have players switch with corner player upon success Keep score	<ul style="list-style-type: none"> ▪ Body shape ▪ Technical equation ▪ Weight of pass ▪ Accuracy of pass ▪ Team shape ▪ Decision making of player(s)
4th Activity <i>4 Goal Game</i> 2 teams play to 4 small goals Encourage passing Look to switch ball to weak side if available Play out of pressure	<ul style="list-style-type: none"> ▪ Let them play with little instruction <div style="text-align: center; margin-top: 20px;">  </div>
Cool-down: Draw Players partner up with one soccer ball Stand across from one another with ball in between On coaches signal, "Draw!" players attempt to pull ball back Keep points for fun Coach can add different commands, "door!", "drop!", etc... to make more challenging	<div style="margin-top: 20px;">  </div>