



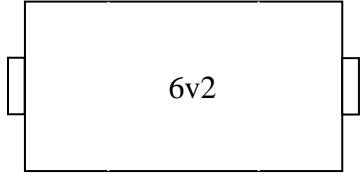
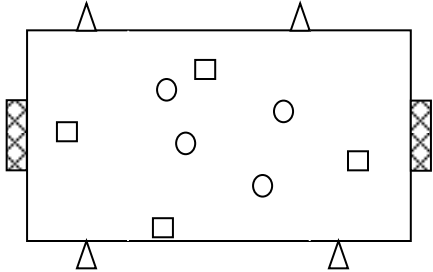
United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins

Age Group: U10

Theme: Possession/Penetration

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Handball</i></p> <p>Make 2 teams of players of 5v5-6v6 (20 x 30) Players try and throw and catch ball to one another A player may not walk or run with the ball in their hands A dropped ball is a turn-over Play as an instant activity</p>	<ul style="list-style-type: none"> ▪ Shape ▪ Width ▪ Length ▪ Support off of the ball ▪ Play the way your facing
<p>2nd Activity <i>Technical Passing</i></p> <p>Pair up 2 players. 1 ball between them. Short passes = 2 touch -Receive inside, play with opposite foot -Receive outside, play with same foot -Receive inside, play with same foot</p>	<ul style="list-style-type: none"> ▪ Ankle locked ▪ Toe up ▪ Step next to ball ▪ Follow through ▪ 1st touch out of feet ▪ Be balanced
<p>3rd Activity <i>6v2 w/counter goals</i></p> <p>Play 6v2. Look for players to spread the field, move when the ball moves, get body into a good position, and accuracy and weight of passes. If 2 win ball they can score on any of 2 goals (incentive to defend)</p> <p>Progression: Switch defenders and attackers, can also make pairs and the partners who make mistake and get scored on must switch and now become defenders</p>	
<p>4th Activity <i>Possess vs. Score</i></p> <p>In a 30 x 45 yard grid. 2 teams play against one another with a third team as neutral players with the attacking team (4v4 + 4 = 8v4) One team must connect passes and can use third team on outside Other team defends and upon winning ball tries to score on 2 goals If successful attacking team possesses, if defending team scores switch roles and outside team becomes new defenders</p>	
<p>5th Activity (the game) <i>6v6 Game</i></p> <p>The game. Look to let play and observe. -Are players passing and receiving with good technique? -Are players in good support angles, distance? -Are players moving off of the ball? -Are players looking to play out of pressure? -Are players connecting passes to go to goal?</p>	