

HFC Fall IM 2023

U10 Practice Weeks (CC-3 Team)

**** Please note if rain-outs occur, we may adjust schedules ****

Timeline for Practice Session:

Time:	Activity:	Description:
8:55 – 9:00 AM	Coach Arrival/ Set-Up	<ul style="list-style-type: none"> ● Coaches of the Practice team arrive and pick up TWO BOW-NETS from the HFC Equipment Shed (each coach should pick up one) ● Coaches begin to set up materials/equipment for the practice on CC-3 ● Ask for PARENT VOLUNTEERS to ASSEMBLE the two Bow Nets (can be done during your practice).
9:00 – 9:45 AM	TEAM PRACTICE	<ul style="list-style-type: none"> ● Welcome Players & Check for shin guards ● Promptly begin practice at 9:00 AM. ● Work on soccer drills focusing on dribbling, kicking, passing, throw ins, field positions, etc. See links to sample practice activities & HFC U10 Sample Practice Drills Document ● Complete THREE - FOUR drill activities (each 10-15 minutes in length) ● Water breaks between activities
9:45 – 9:50 AM	Game Prep	<ul style="list-style-type: none"> ● Players return their soccer ball to parents (or place them in one of the U12 Soccer nets). ● Set up Game Field (as shown in the Field Set Up for 6 v 6 or 5 v 5 OR Field Set up for 4 v 4). ● Assign GAME TEAMS (pinnies vs jerseys) ** See Notes on how to form the Teams **
9:50 – 10:30 AM	GAME First Half: 9:50 – 10:05 AM Half Time: 10:05 – 10:10 AM Second Half: 10:10 – 10:25 AM Wrap-Up: 10:25 – 10:30 AM	<ul style="list-style-type: none"> ● Game Format Dependent on the number of players present (see attached chart) ● Two Fifteen-minute halves (5 minute half-time) ● Goalies (play no more than half of game – separate color pinnies designate keepers). (i.e. Orange pinnies for one team; green pinnies for both keepers) ● Substitutions (if applicable) can be made every few minutes at stoppages to rotate players in/out of play. ● Be sure to provide players equal playing time. ● REFER TO “HFC Rules for U10 Play” Document for U10 Rules of the Game. (because this is small-sided, no build-out line is used) ● Please do not take down the bownets at the end of your session. The U8 Teams on Field CC-10 will be taking the nets and carry bags.

U10 Practice Team Guidelines: How to form your Game Teams

As the players take their last water break & return their soccer balls to parents, the coaches should begin forming their Game Teams.

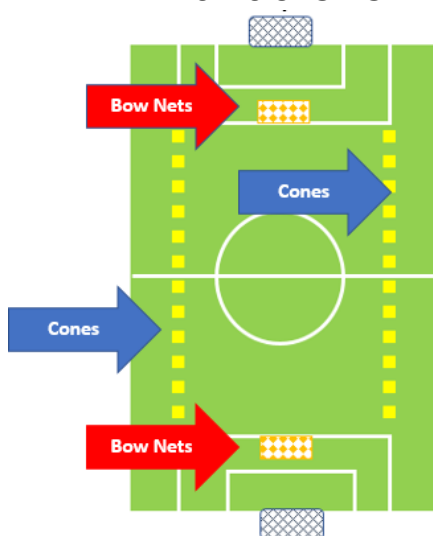
Step One: Determine how many players per team and Format for Play

# of Players Present:	Players per team:	Format:
14	Two teams of 7	6 v 6 (1 sub per team)
13	One team of 7 One Team of 6	6 v 6 (1 team has 1 sub)
12	Two teams of 6	6 v 6 (no subs) <i>* can take water break mid-way through each half</i>
11	One team of 6 One team of 5	5 v 5 (1 team has 1 sub)
10	Two teams of 5	5 v 5 (no subs) <i>* can take water break mid-way through each half</i>
9	One team of 5 One team of 4	4 v 4 (1 team has 1 sub) <i>* adjust field size and play ½ of field sideways</i>
8	Two teams of 4	4 v 4 (no subs) <i>* adjust field size and play ½ of field sideways</i> <i>* can take water break mid-way through each half</i>

Step Two: Form TWO Teams: Jerseys vs. Pinnies

- Divide players into two teams balancing the skill on both teams (don't place all of the strongest players on one team). One team gets pinnies one uses the team jersey.
- **THE GOAL IS TO CREATE BALANCED TEAMS SO THE PLAYERS GET THE MOST OUT OF THE OPPORTUNITY** and that the game can be competitive. We don't want a blow-out game!
- Try to put a mix of players on both teams: players willing/eager to play goalkeeper, offensive players, defensive players, etc.
- **Please do NOT allow players to make the teams or choose the teams. We do not want players to feel bad if they're not chosen by teammates.**
- In the event of a blowout, feel free to adjust teams at half time to make things more fun for the players.

Field Set Up
6 v 6 or 5 v 5



Field Set Up
4 v 4

