



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Soccer Practice Plan

## U10/U12 – Week 2

- 1) Introductions, Rules, Stretching – 5-7 Minutes – Stretch for 5 good minutes, especially the legs. While the kids are stretching go over the rules of the game as well as answer any questions they may have. Then have team run one lap on track then get water before beginning. Talk to the players about “Respect”!
- 2) Warm Up Activity – 5-10 Minutes – Free Dribble (Dribbling/Control) – Have every player get a ball. Have the players dribble around in space. If you say 1 they stop dribbling and do 10 toe touches. If you say 2, they box the ball back and forth 10 times (between their feet). If you say 3, they change directions while still dribbling. And then if you say 4, they have to have a change of pace while still dribbling. Go in order the first couple of times and then mix it up. Really focus on getting the kids to keep the ball close to them, as well as getting as many touches they can on the ball. COACHING POINT: Encourage every kid during this exercise to keep the energy up!
- 3) First Activity – 5-10 Minutes – Gate Passing (Teamwork/Passing) – Set up about 5 different gates around an area of the field. Have players find a partner and a ball. The object of this drill is to have the partners to work together to pass the ball through as many gates as they can in a certain amount of time. The winning group gets to sit out and have the non-winning groups do 5 pushups or 5 sit ups. This will get them competing and working together to win. You can even do this drill and say the first team to pass through 8 gates wins. Make sure the groups know they cannot go through the same gate the entire time; they must go to a new gate each time.
- 4) WATER BREAK – 1 Minute – During the break, set up your next activities!
- 5) Second Activity – 10 Minutes – 1 vs 1 (Offense/Defense/Shooting) – Split up the kids into two groups. Have half of the kid’s line up on one goal post, and the other half on the other. You stand with the balls in the goal. The first kid in line on both sides must be touching the post, you will then roll a ball out in the middle of the two players. As soon as you roll the ball both players can run after it. They will then have to turn it around and compete with each other to score! This will teach them to control the ball under tight defense and to pressure!
- 6) Third Activity – 10 Minutes – 4 Goal Game (Spacing/Communication) – Set up four different goals around the field using cones. Split up the kids into two different teams. Play with one ball; the object of the game is for one team to score in all the goals. Once one of the team scores in all the goals the game is over. You can do this multiple times trying to focus on teamwork and communication! COACHING POINT: Encourage your kids to talk to each other on the field. You don’t want three kids running up to the opponent with the ball to contest. Tell the defenders to call for the ball and the other to mark up on an opponent.
- 7) WATER BREAK – 1 Minute
- 8) Fourth Activity – 5 Minutes – Goalie Training – Show the kids the goalie box and go over the rules for the goalies. Have each kid practice playing goalie while you take a few shots on them. Also have them practice taking goal kicks as well as throwing the ball out. Remind them that when they are goalie they can only use their hands when they are in the box!
- 9) Wrap Up – 10 Minutes – Scrimmage – Divide the kids up evenly and play a very quick scrimmage game. Keep the extra balls near you and play in a new ball when the last one goes out of play or is scored. It is always good to play at the end of the practice to see what the players have picked up on!
- 10) Parent Meeting – 5 Minutes – Remind the parents of the game, make sure you have accurate contact information, and set up your snack schedule. Note which kids are absent and contact them to remind them as well!

### JERRY LONG FAMILY YMCA

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