



U10 Practice Plan

Play (Gathering activity or simple small-sided game)

2v2 – 1v1+Goalkeepers

Divide group into pairs. Set up 24-yd x 16-yd field with full-size goals at each end. 2v2 is set up as two field players and two goalkeepers. Add a half-way line so defending team must retreat back when goalkeeper has possession. Rotate positions and partners frequently, or after a back pass.

- When to Dribble vs. Shoot?
- Can GK be used for a back pass?

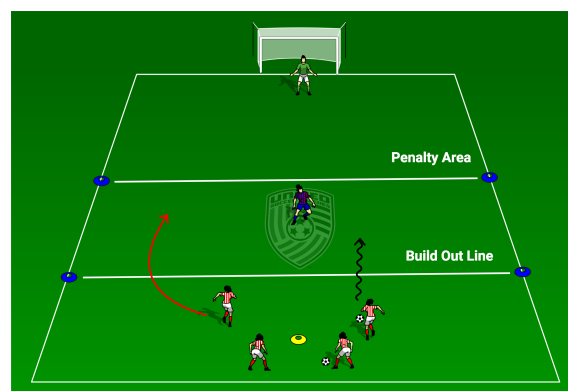


Practice (Developing a theme)

2v1+GK – Playing Outside

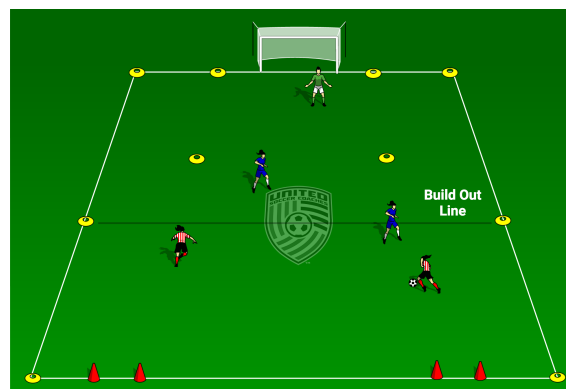
Set-up a field with a full-size goal (6-yds wide), penalty area, and a build-out line. Two attackers play against a defender and goalkeeper:

- Player with ball – dribble, pass, or shoot
- Teammate in attack – angle/distance of support
- Defender – pressure the ball
- Goalkeeper – in line with ball and middle of goal
- Add understanding of offside laws



2v3 (2+GK)

Play 2v3. Two attackers play to big goal against two defenders and GK who play to two small counter goals. Differentiate between possibility of offside in opponents' half, but no offside in own half.



Play (Observe players in action)

5v5

Play a 4v4 or 5v5 game (including goalkeepers) in a 50x30-yd area with a 6-ft wide goal at each end. Play appropriate restarts (build-out line, throw-ins, corner-kicks, GK roll/throw/pass...)
Help players within the flow of the game
Praise effort and engagement

