



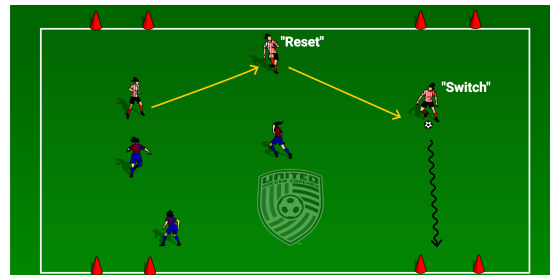
U10 Practice Plan

Play (Gathering activity or simple small-sided game)

3v3 – 4 goal game

Divide group into threes. Set up 20-yd x 30-yd field with four small goals at each end. Rotate positions and partners frequently.

- When to play forward? (Dribble, Pass or Shoot)
- When to use wide or rear support?



Practice (Developing a theme)

3+Ball – Pass & Move

Set-up an age-appropriate diamond:

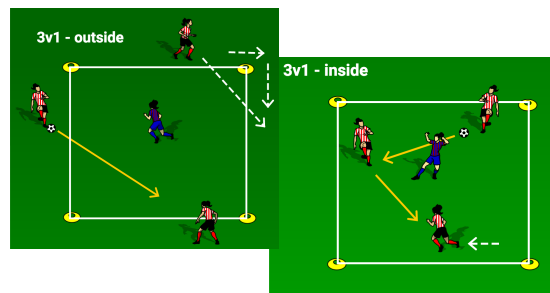
- Player with ball – pass to next player, run to open cone
- Players without ball – open up (away) from cone to create a passing channel
- Receiving – redirect ball towards third player
- Increase size of diamond as players get proficient



Rondo – inside & outside (4-5 players)

Set up an age-appropriate grid (Larger area favors attackers). Play 3v1 or 4v1. Three attackers attempt to possess the ball against one defender.

- Attackers outside a square (ball must pass through square) – keep ball moving and play with limited touches
- Attackers inside a square



Play (Observe players in action)

5v5

Play a 4v4 or 5v5 game (including goalkeepers) in a 50x30-yd area with a 6-yd wide goal at each end
 Set-up players as a diamond (Back-Left-Right-Fwd) or as a box (L/R Back, L/R Forward)
 Play appropriate restarts (use halfway line as build-out)
 Help players within the flow of the game
 Praise effort and engagement

