

PRACTICE

It is important to understand that most players at this age do not register for soccer by their own choice. Parents are looking for **exercise, fun, social interaction, and role models as coaches**. Your challenge is to give them something to get excited about. **Soccer should be as fun, imaginative, and interactive as possible!**

TIPS

1. Use this card! Bring your practice plan to training. Don't come unprepared.
2. Focus on Dribbling Skill. This is important to build confidence in our younger players.
2. K.I.S.S. - Keep it simple stupid! They can only focus on one task at a time.
3. Have fun and play with the kids. They'll love it!
4. **NO LAPS, NO LINES, NO LECTURES!** Keep them moving... it's what they want.
5. Play 1v 1 Get Outta' Here in every practice

TYPICAL SESSION

1. Street Soccer (2 v 2 or 3 v 3) = 15 minutes
2. GAME! (pick from below)= 15 minutes
3. 1 v 1 Get Outta' Here! = 15 minutes
4. PLAY! 4 v 4 (Make it look just like the game)

Get parents involved! They can play goalie, play with the kids, or kids vs. parents games are always a blast!

GAMES FOR (U10-U14)

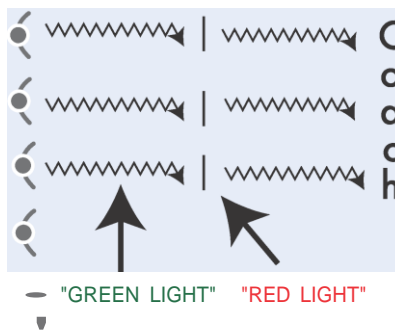
King/Queen of the Coconuts!

Make sure you count down the last 30 seconds!



1. 3-5 players in each line
2. 1st player attempts to pass ball (w/ inside of foot) and knock a ball off a cone
3. When ball is hit, the passer must replace the ball and kneel behind the cone/ball
4. The next player (and so on) continues to pass in the effort to knock the ball off of the cone.
5. The player that is kneeling after 3 min is the KING or QUEEN OF THE COCONUTS!

Red light, Green light!



1. Players start on line facing coach
2. Coach turns around and faces away = players dribble
3. Coach turns back around and faces the players = players stop!
4. If player cannot stop and control ball...
GO BACK TO START!
4. 1st player to coach WINS!

1 v 1 Get Outta' Here!

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1. Coach rolls out ball
2. 1st player from each line runs out to ball
3. Play 1v 1 to goals
4. When ball goes out, yell "Get Outta Here"

OOOO

5. Next ball goes into play
6. Do not vocalize "go," they should be focused on the ball instead!

Ships Across the Ocean!

1. Players start on line w/ ball
2. 1 player starts in the middle
3. Middle player, yells "ships sail" and players start dribbling
4. Objective is to get to the other side without ball getting kicked out of bounds.
5. Last player still in WINS!

Game 1: Players in middle act as crabs (all 4's on back side)
Game 2: Then crawling turtles
Game 3: Then regular running



----- =Run
 ----->-- = Pass or Throw
 =Dribble