



United States Youth Soccer Association

Practice Plan

Name: Jeff Hopkins	
Age Group: U10	Theme: Defending

Activity	Coaching Points
<p>1st Activity (warm-up) Partner Passing</p> <p>2 players are passing 10 yards apart, on coach's signal whoever has ball tries and keeps it and partner now tries to take it away. After approx. 30-45 seconds stop and start passing ball again. Can give a trick/skill for group that doesn't have a ball.</p> <p>Progressions: Have players move around and pass. Make groups of 4 who are passing but have two teams (2 blue, 2 red). On signal they play 2v2. Cooperative/Competitive. 3v3? 4v4?</p>	<ul style="list-style-type: none"> ▪ Good passing/receiving technique. ▪ Transition on signal. ▪ Defending partners instant pressure on the ball ▪ Are partners working together? ▪ Can they close and use sideline as 3rd defender? ▪ Have endlines behind players to try and attack as another progression
<p>2nd Activity 1v1 Duels</p> <p>Set-up: 2 players stand with ball between them, other 2 players are about 20-25 yards apart with a ball in their hands and have legs about shoulder width apart. On signal "draw", X and Y play a 1v1 game. To score X must kick ball between opposing goalies legs. 3 points if ball goes through cleanly, 2 if ball goes through but hits a part of goalies leg, and 1 point if ball hits leg. If shot is wide, goalie gives extra ball to their player and retrieves missed shot.</p>	<ul style="list-style-type: none"> ▪ Players start with "draw" standing across from ball. On coach's signal "draw" players pullback ball and play ▪ Game should last about 1 minute. Then have players switch with goalies. Can switch opponents-tourney <div style="text-align: center; margin-top: 10px;"> <p>▪ X A.D X</p> </div>
<p>3rd Activity Ball to Coach</p> <p>Make 2 teams. Players stand in a line with coach between. When coach plays ball out, call a number. If 1 is called, the first player on each team goes out and attempts to kick ball back to coach. If 2 is called, first 2 players, 3, etc... Keep it going and fast paced.</p> <p>Progression: Coach move around to see if players have vision.</p>	<ul style="list-style-type: none"> ▪ Players must pressure and deny attacker to turn ▪ Cut off passing lane <div style="text-align: center; margin-top: 10px;"> <p>XXXXX</p> <p style="margin-left: 100px;">O</p> <p>Coach X</p> <p>OOOOO</p> </div>
<p>4th Activity Fox versus Chickens</p> <p>Split into two groups. One group starts in the goal without balls (foxes). Other group spreads out in 30x 40 yard grid (chickens). On coach's signal foxes run out and try to take away chickens egg (ball) and shoot into the goal. If chicken loses ball they can help teammate by passing. Play until all balls are out of grid. Switch roles.</p> <p>Progression: Chickens can have one hen to play as a goalie.</p>	<ul style="list-style-type: none"> ▪ Can the players (foxes) pressure and win the ball (egg)? Can they help support their teammates? ▪ Are the foxes organized? <div style="text-align: center; margin-top: 10px;"> </div>
<p>5th Activity (the game) Game 4v4-6v6</p> <p>Play a regular game and allow players to play. Observe and correct as needed.</p>	<ul style="list-style-type: none"> ▪ Defending principles ▪ Pressure, cover, and balance ▪ What do you do once ball is won? <div style="text-align: center; margin-top: 10px;"> </div>