


HFC Fall IM U10: PRACTICE PLAN #1 (September 16, 2023)

**** As players arrive, coaches should introduce themselves, and ask for players first/last name to be sure the player is on their team. If not, ask them to check with the other coaches ****

**Players should bring their water bottle to the TEAM Sideline
(Parents sit on the sideline across from their team)**

Players can start by dribbling their ball inside the circle while waiting for the players to arrive.

Activity One: Circle Passing 9:00 – 9:15 AM		
<p>Equipment: 1 Ball, Cones to make a circle</p> <p>Setup: Create a circle with several cones on your half of the practice field.</p> <p><i>(Practice team can use the center circle)</i></p> 	<p>Procedures:</p> <p>Task One (Passing/Learning Names):</p> <ol style="list-style-type: none"> 1. Players stand around the circle (in front of the cones). 2. One Player begins with a soccer ball and passes to a player (not an adjacent player). 3. Receiving player says his/her name (loud enough for the team to hear). 4. Repeat until all players have gone at least twice sharing their name. 5. Repeat Additional Times where players answer various questions: if they've played soccer before (and how long); favorite soccer position (offense/defense/goalie) <p>Task Two (Teammates passing to an intended player):</p> <ol style="list-style-type: none"> 1. Starting Player takes two dribbles into the circle and passes the ball to a teammate AND states the name of the player to whom they are passing the ball. 2. As he/she passes, he/she moves to the player's spot. 3. Receiving player should move toward the ball to receive the ball, take a couple dribbles, and pass the ball to a new player (stating their name). <p>*** Challenge players to pass to new people each time ***</p> <p>** Ask players to raise their hand if they haven't received a pass if it seems like players are not varying their passes **</p> <p>Task Three (Passing under pressure)</p> <ol style="list-style-type: none"> 1. Same as above 2. This time, one coach should stand in the center of the circle and approach the player with possession of the ball after they've received it to put fake/light pressure on the player so player uses decision making to determine where to pass the ball. 	<p>Goals/Focus Skills –</p> <ul style="list-style-type: none"> • Learn Teammates' Names • Accuracy of passing • passing under pressure • movement after passing

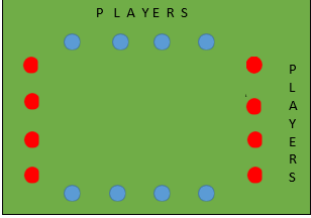
Uniform Distribution (9:15 – 9:20)
<ul style="list-style-type: none"> • See instructions for uniform distribution (attached to uniform bag) • Players take a Drink Break & have parents help them put their jersey on! • Players go to parents at the sideline to put their jersey on and give their Socks & shorts to their parents.

**** Coaches Set Up Cones while players take a quick drink & take care of their jerseys ****

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Warm-Up: Dribble Across a Square/Dribbling in Traffic

9:20 – 9:30 AM

	Time Required: 10 minutes	
	Equipment: Every Player with a soccer ball, dome cones to create the square	
	Organization/Procedure:	Coaching Points:
	<ol style="list-style-type: none"> 1. Create a square with dome cones of two different colors (if available). 2. Line Half of the kids up on one side and the other half on a perpendicular line (forming an L shape) with their soccer balls (See PLAYERS on Diagram). 3. Have the kids all dribble across at the same time. Kids must look up to avoid running into a teammate. Players at the blue cones dribble to the blue cones across from them, players at the red cones, dribble across to the red cones. 4. Players should dribble to the opposite side, and stop their ball when they get across. <p>Additional Challenges:</p> <ul style="list-style-type: none"> • Players dribble across and back to starting point. • Give players a certain # of times to go across. • Have players count how many times across in one minute's time. • Divide players across all sides of the square (3-4 players per side) 	<ul style="list-style-type: none"> • Coaching points – Eyes up, ball close, stopping the ball without letting the ball go too far past the cone (foot break), • pull-back and turn to go to the other side. • Discuss/demonstrate pull-back.
<p>Link: https://www.soccerhelp.com/soccer_drills/Dribble.shtml</p> <p>Video Demonstration: https://www.youtube.com/watch?time_continue=4&v=SbdgdBqhG5Q</p>		

Have Players Collect cones and bring to the coaches.

Dribble/Score with a Partner

9:30 – 9:35 AM

- Have players form TWO lines near the center line.
- Place all soccer balls in the center circle area (on your half of the practice field)
- On go the first player on the RIGHT side chooses a soccer ball and begins dribbling toward the net with the player who is first in the left side.
- Players should dribble and pass back and forth until they reach the small goal box, where they should shoot the ball.
- The next pair of players can begin their turn when the pair in front of them approaches the big goal box.
- Players can go to the outside and return to the line on the SAME side.
- Once all have gone once, continue play with the players on the LEFT side starting with the ball.

Players then Bring their ball to their parents and head back to the sideline for a quick drink.

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Review of Rules of the Game! & Line-Ups

9:35 – 9:40 AM

You can ask the players - "What are some important things to know for our new players?"

- No hands in soccer (only Goalkeeper and Throw-Ins)
- Offense – Attempts to Dribble/Pass/Shoot/Score
- Defense – Protects the Goalie – clears the ball to the players on offense
- Goalkeeper – Can use hands (inside the goal box) to keep the ball out of the net)
- When do we have Throw-Ins?
- **Assign Field Positions**

SHORTENED Game & Wrap-Up

9:40– 10:30 (2-twenty-minute halves)

- First Half: 9:40 – 10:00 AM
- Half Time: 10:00 – 10:05 AM
- Second Half: 10:05 – 10:25

Shake hands with the other team after the game.

- Wrap-Up – Team Meeting: 10:25 – 10:30 AM
 - Offer positive feedback about what went well
 - ask players: *What did we learn today? Did everyone have a fun time? Etc.*