


# HFC Fall IM U10: PRACTICE PLAN #1 (September 16, 2022)

**\*\* 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.

<b>Activity One: Circle Passing</b> <b>9:00 – 9:15 AM</b>		
<p><b>Equipment:</b> 1 Ball, Cones to make a circle</p> <p><b>Setup:</b> 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><b>Procedures:</b></p> <p><b>Task One (Passing/Learning Names):</b></p> <ol style="list-style-type: none"> <li>1. Players stand around the circle (in front of the cones).</li> <li>2. One Player begins with a soccer ball and passes to a player (not an adjacent player).</li> <li>3. Receiving player says his/her name (loud enough for the team to hear).</li> <li>4. Repeat until all players have gone at least twice sharing their name.</li> <li>5. Repeat Additional Times where players answer various questions: if they've played soccer before (and how long); favorite soccer position (offense/defense/goalie)</li> </ol> <p><b>Task Two (Teammates passing to an intended player):</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. As he/she passes, he/she moves to the player's spot.</li> <li>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).</li> </ol> <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><b>Task Three (Passing under pressure)</b></p> <ol style="list-style-type: none"> <li>1. Same as above</li> <li>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.</li> </ol>	<p><b>Goals/Focus Skills –</b></p> <ul style="list-style-type: none"> <li>• Learn Teammates' Names</li> <li>• Accuracy of passing</li> <li>• passing under pressure</li> <li>• movement after passing</li> </ul>

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

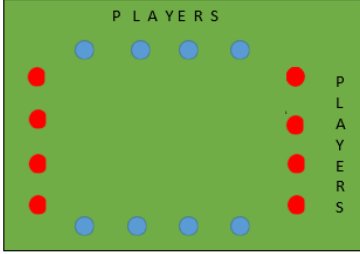
**\*\* Coaches Set Up Cones while players take a quick drink & take care of their jerseys \*\***

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**\*\* Coaches Set Up Cones while players take a quick drink \*\***

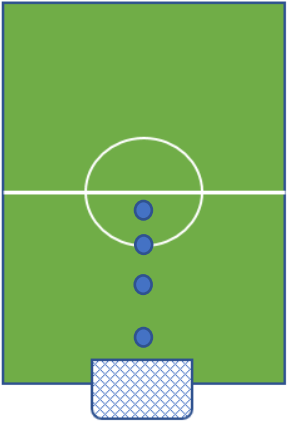
## Activity Two: Dribble Across a Square/Dribbling in Traffic

9:20 – 9:30 AM

	<b>Time Required:</b> 10 minutes	
	<b>Equipment:</b> Every Player with a soccer ball, dome cones to create the square	
	<b>Organization/Procedure:</b> <ol style="list-style-type: none"> <li>1. Create a square with dome cones of two different colors (if available).</li> <li>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).</li> <li>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.</li> <li>4. Players should dribble to the opposite side, and stop their ball when they get across.</li> </ol> <p><b>Additional Challenges:</b></p> <ul style="list-style-type: none"> <li>• Players dribble across and back to starting point.</li> <li>• Give players a certain # of times to go across, players should count out loud as they reach each end point. (You can do this a few times (i.e. 5x; 8 x, etc.)</li> <li>• Have players count how many times across in one minute's time.</li> <li>• Divide players across all sides of the square (3-4 players per side)</li> </ul> <p><b>Stop after each round and ask guiding questions – How can you avoid bumping into teammates? What happens if your ball gets too far ahead?</b></p>	<b>Coaching Points:</b> <ul style="list-style-type: none"> <li>• Coaching points – Eyes up, ball close, stopping the ball without letting the ball go too far past the cone (foot break),</li> <li>• pull-back and turn to go to the other side.</li> <li>• Discuss/demonstrate pull-back.</li> </ul>
<p>Link: <a href="https://www.soccerhelp.com/soccer_drills/Dribble.shtml">https://www.soccerhelp.com/soccer_drills/Dribble.shtml</a>            Video Demonstration: <a href="https://www.youtube.com/watch?time_continue=4&amp;v=SbdgdBqhG5Q">https://www.youtube.com/watch?time_continue=4&amp;v=SbdgdBqhG5Q</a></p>		

## Activity Three: Number Passing

9:30 – 9:40 AM

<b>Equipment:</b> 4-6 Soccer Balls Dome Cones to divide field 	<b>Set-Up:</b> <ul style="list-style-type: none"> <li>• Divide your half of the field in half as shown.</li> <li>• Half of your players on each side with 2-3 soccer balls.</li> <li>• Players on each side are numbered 1 – 7, Players must remember their number.</li> </ul>	<b>Goals/Focus Skills</b> <ul style="list-style-type: none"> <li>–</li> <li>• Eyes up</li> <li>• accuracy of passing</li> <li>• Communication</li> <li>• Looking for your teammate the ball is coming from.</li> <li>• Finding the teammate to pas to.</li> </ul>
	<b>Procedures:</b> <ol style="list-style-type: none"> <li>1. Inform the players we are completing a PASSING Game. The ball will start with Player One. Players should pass to the next highest number upon receiving the ball. So #1 passes to #2; #2 passes to #3; #3 passes to #4, etc. The LAST person passes back to #1.</li> <li>2. Players must be in constant motion during the activity – pass and move. Move within passing distance of the player you will receive the pass from.</li> <li>3. As players become more comfortable, group can add an additional soccer ball (start balls with Players with #'s one and three) <b>SAVE FOR WEEK #2</b></li> <li>4. Important to communicate and find your teammate.</li> </ol>	

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Numbered Passing: <a href="#">Numbers Passing Video</a>	*** <i>Players need to be aware of who they are PASSING TO and who they are RECEIVING FROM!</i> ***	
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***Have Players Collect cones and bring to the coaches & Take a quick drink.***

## **Dribble/Score with a Partner**

**9:40 – 9:45 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.***

## **Review of Rules of the Game!**

**9:45 – 9:50 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?

FORM GAME TEAMS (distribute pinnies) & Make LINE-UP

## **SHORTENED Game & Wrap-Up**

**9:50 – 10:30 (2-fifteen-minute halves)**

- First Half: 9:40 – 10:00 AM
- Half Time: 10:00 – 10:05 AM
- Second Half: 10:05 – 10:25
- Wrap-Up – Team Meeting: 10:25 – 10:30 AM
  - Offer positive feedback about what they did well
  - ask players: ***What did we learn today? Did everyone have a fun time? Etc.***

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