

## U9/U10 Practice Plan (6v6 W/Keepers)

### Warmup: (5-10min)

#1 –Passing and Moving (Free Play)

- Multiple Balls
- 1 touch/2 touch

### Passing activities/games:(20-25min)

#1 –Sequence order passing

- 1 or 2 groups are numbered off and pass in order (1, 2, 3, and back to 1)
- No standing and can add a second ball/3<sup>rd</sup> (Even number takes 1 touch/odd 2)(Take your number of touches)

#2 –Passing with Target Players (Targets are outside the field on one side opposite each other)

- Work the ball from one neutral player to neutral on the other side
- Change positions often

#3 –Ball Retrieval (Bring the ball back to the coach)

- Groups (foreheads, backs, touch limit, etc...)

### End Game:6v6(Something that looks like the game)(20-25min)

- Teach rules
- Let them play

### Cool Down:Pass Through the Arcs-Gate(5-10min)

Two teams first to a set number through the gate wins. Increase distance and size of gate as needed.