

SLSC U9/U10 Coaching Clinic 2011 (Fall Season)

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

Warm up: (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/3rd (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 (5-10 min)

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