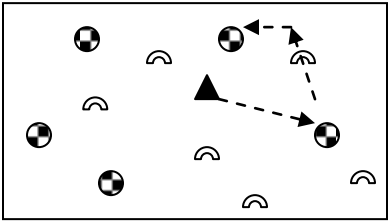
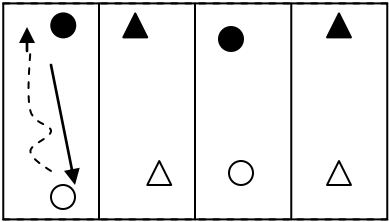
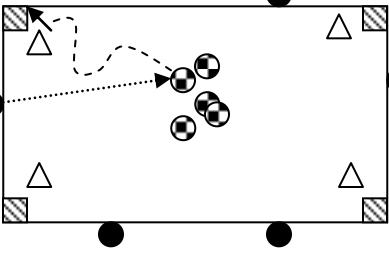
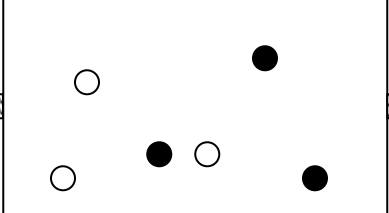




**U10 – U14 Practice Plan      Topic: Defending as an Individual**

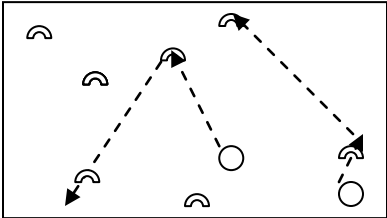
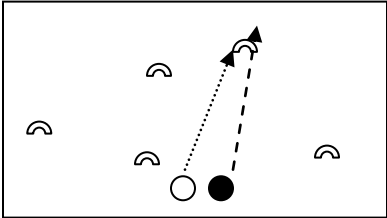
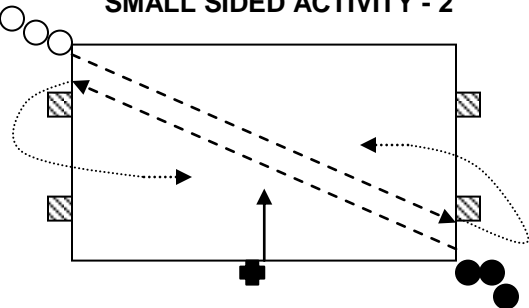
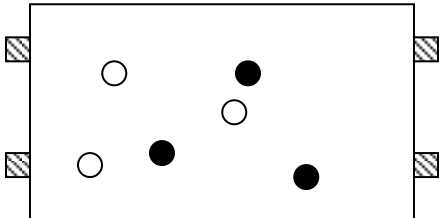
<p style="text-align: center;"><b>TECHNICAL WARM UP</b></p> 	<p style="text-align: center;"><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up 5-6 gates &amp; 5-6 soccer balls on cones randomly in a large playing area.</li> <li>▪ Without a ball players run to a ball &amp; perform 10 toe taps, then back pedal through an open gate. Repeat sequence for a 1 min time period.</li> <li>▪ Make it a race, see who can go through most gates.</li> </ul> <p><b>Progression:</b> Various quick footwork moves at ball that simulate defending e.g. Right foot forward/left back Left foot forward/right back.</p>	<p style="text-align: center;"><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Pressure the ball quickly, but slow down on final approach to ball.</li> <li>▪ Good defensive stance at ball:               <ul style="list-style-type: none"> <li>- angled stance (1 foot closer to ball than other)</li> <li>- weight on toes, not heels</li> <li>- eyes on the ball - low stance (bent knees)</li> </ul> </li> <li>▪ Good defensive back pedal:               <ul style="list-style-type: none"> <li>- sideways stance with head &amp; front foot facing ball</li> <li>- Quick glances over shoulder</li> <li>- Quick movement of feet</li> <li>- Low balanced stance (head upright, knees bent)</li> </ul> </li> </ul>
<p style="text-align: center;"><b>SMALL SIDED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play multiple games of 1 vs 1 in adjacent 20x12 yd lanes.</li> <li>▪ Top player starts play by passing ball to opponent. Receiving opponent becomes attacker, to score they must beat def and settle ball in oppositions end lane.</li> <li>▪ Have between 2-4 players in each lane and switch roles frequently.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pressure the ball quickly, but slow down on final approach to ball.</li> <li>▪ Good defensive stance at ball (see above)</li> <li>▪ Good defensive back pedal (see above)</li> <li>▪ Angled approach to limit options.</li> <li>▪ Use fake steps to make the attacker commit.</li> <li>▪ Timing of challenge (wait for mistake or heavy touch)</li> </ul>
<p style="text-align: center;"><b>SMALL SIDED ACTIVITY - 2</b></p> 	<ul style="list-style-type: none"> <li>▪ In a 30x20 yd grid set up a small goal in each corner, and have multiple soccer balls in the middle of grid.</li> <li>▪ Have 1 player defend each goal. On coaches command all remaining players run into grid and try to score as many goals as possible in any goal.</li> <li>▪ Defender that allows the least goals in is the winner.</li> <li>▪ Switch defenders regularly.</li> </ul> <p><b>Progression:</b> Make it 2vs2 at each end (have 2 groups of 2 run in, taking 1 ball per pair)</p>	<ul style="list-style-type: none"> <li>▪ Pressure the ball quickly, but slow down on final approach to ball.</li> <li>▪ Good defensive stance at ball (see above)</li> <li>▪ Good defensive back pedal (see above)</li> <li>▪ Angled approach to limit options.</li> <li>▪ Use fake steps to make the attacker commit.</li> <li>▪ Timing of challenge (wait for mistake or heavy touch)</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 3v3</li> <li>▪ Players can score in either oppositions goals.</li> <li>▪ Goals only count if scored inside opponents half (eliminates long shots).</li> <li>▪ If you have 12 or more players use two fields.</li> <li>▪ If less than 12 switch players in and out frequently.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Allow the game to flow freely.</li> <li>▪ Observe to see if session has helped with defending in 1 vs 1 situations.</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Topic: Dribbling/ Running with the Ball

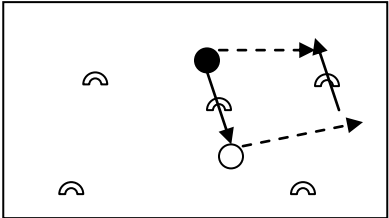
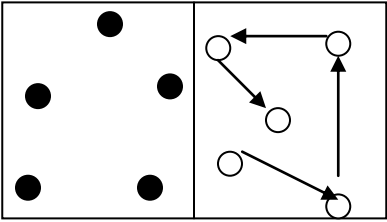
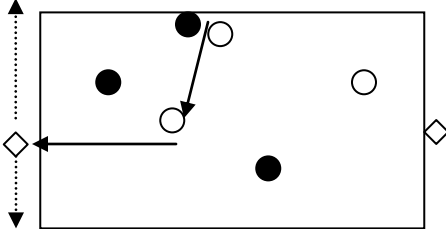
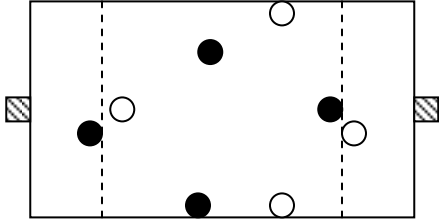
TECHNICAL WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Set up 6-8 small gates inside a large playing area.</li> <li>Players dribble a ball each through as many gates as they can in 1 min.</li> <li>If a player crashes into someone or dribbles outside grid they must do a time penalty (10 toe taps) before continuing.</li> </ul> <p><b>Progression:</b> In pairs one player dribbles whilst other runs without ball. After each gate ball is passed and roles are switched. Race for 1 min.</p>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Keep ball under close control</li> <li>Change of direction</li> <li>Change of speed</li> <li>Different foot surfaces (R/L inside/outside)</li> </ul>
	<ul style="list-style-type: none"> <li>Same set up as above, have multiple 1v1 battles going on at once.</li> <li>Score by dribbling through gate.</li> <li>Play continues after a goal but stops when ball goes out of bounds.</li> <li>Switch pairs every couple of minutes.</li> </ul> <p><b>Progression:</b> Reduce # of gates to 4.</p>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Keep ball under close control</li> <li>Change of direction</li> <li>Change of speed</li> <li>Different foot surfaces (R/L inside/outside)</li> <li>Attack space away from defender.</li> </ul>
	<ul style="list-style-type: none"> <li>25x15 yd grid with two small goals at each end.</li> <li>Two teams line up in opposite corners with one ball per team.</li> <li>On coaches command 1<sup>st</sup> two players dribble ball and stop it on opponents start line, then run around back of nearest goal and into field to compete for ball served in by coach.</li> <li>Score by dribbling through either of opponents goals.</li> </ul> <p><b>Progression:</b> Make it 2v2</p>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Keep ball under close control</li> <li>Change of direction</li> <li>Change of speed</li> <li>Different foot surfaces (R/L inside/outside)</li> <li>Positive attitude when attacking.</li> <li>Timing of move to beat opponent.</li> </ul>
	<ul style="list-style-type: none"> <li>Play 3v3</li> <li>Players can score in either oppositions goals.</li> <li>Goals only count if scored inside opponents half (eliminates long shots).</li> <li>If you have 12 or more players use two fields.</li> <li>If less than 12 switch players in and out frequently.</li> </ul>	<ul style="list-style-type: none"> <li>Allow the game to flow freely.</li> <li>Observe to see if session has helped with dribbling and running with the ball</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Topic: Passing and Receiving

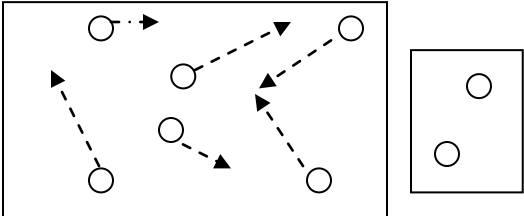
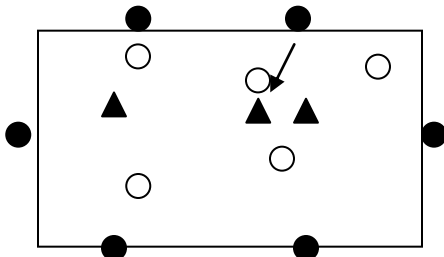
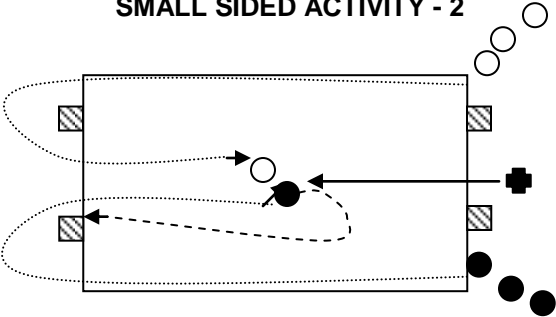
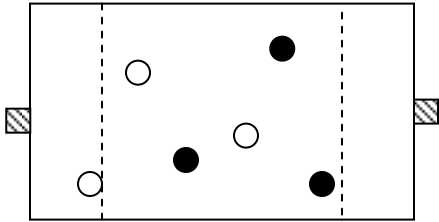
<p><b>TECHNICAL WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up 6-8 small gates inside a large playing area.</li> <li>▪ In pairs P1 passes through gate to P2 who then dribbles to next open gate and returns to P1.</li> <li>▪ 1<sup>st</sup> team to complete 8 gates wins. If ball hits or misses gate point doesn't count.</li> </ul> <p><b>Progressions:</b> 1. Make 5 passes at each gate. 2. 1 touch only; weak foot only.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Keep eye on the ball when striking it.</li> <li>▪ Step into pass and strike with sweeping action</li> <li>▪ Standing foot should be beside ball &amp; facing target.</li> <li>▪ Pass with correct surface (inside/outside)</li> <li>▪ Move to get body behind flight of ball when receiving.</li> <li>▪ Receive with correct surface (inside)</li> </ul>
<p><b>SMALL SIDED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Using 2 15x20 yd grids divide group into two teams, each player on team gets a # 1-5.</li> <li>▪ One ball per team, player's pass in # order &amp; must touch an outside cone after each pass.</li> <li>▪ 1<sup>st</sup> team to pass through the # order 4 times wins race.</li> </ul> <p><b>Progressions:</b> 1. 2 touch limit; 1 touch limit; outside foot passing. 2. Coach calls any #, that player crosses dividing line without ball &amp; tries to kick oppositions ball out (4vs1 keepaway). 3. Coach calls 2 #'s (3vs2 keepaway)</p>	<ul style="list-style-type: none"> <li>▪ Keep eye on the ball when striking it.</li> <li>▪ Step into pass and strike with sweeping action</li> <li>▪ Standing foot should be beside ball &amp; facing target.</li> <li>▪ Pass with correct surface (inside/outside)</li> <li>▪ Move to get body behind ball when receiving.</li> <li>▪ Receive with correct surface (inside of foot)</li> <li>▪ Move to space immediately after passing.</li> <li>▪ Receive ball into space/away from pressure.</li> <li>▪ Try to have a quick look up before receiving.</li> <li>▪ Communication</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Using a 35x20 yd field have 3vs3 in the field + 2 end line target players.</li> <li>▪ Targets can only move laterally along endline.</li> <li>▪ Game is directional, score by passing into your attacking target.</li> <li>▪ You can use your back support target as additional support player.</li> </ul> <p><b>Progression:</b> 2 touch limit.</p>	<ul style="list-style-type: none"> <li>▪ Keep eye on the ball when striking it.</li> <li>▪ Step into pass and strike with sweeping action</li> <li>▪ Standing foot should be beside ball &amp; facing target.</li> <li>▪ Pass with correct surface (inside/outside)</li> <li>▪ Move to get body behind ball when receiving.</li> <li>▪ Receive with correct surface (inside of foot)</li> <li>▪ Move to space immediately after passing.</li> <li>▪ Receive ball into space/away from pressure.</li> <li>▪ Try to have a quick look up before receiving.</li> <li>▪ Communication</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ Goals only count if scored from inside oppositions end zone (eliminates long shots).</li> <li>▪ If you have 12 or more players use two fields.</li> <li>▪ If less than 12 switch players in and out frequently.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Allow the game to flow freely.</li> <li>▪ Observe to see if session has helped with passing and receiving.</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Topic: Shielding and Receiving

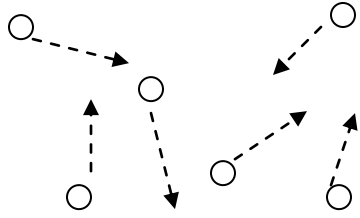
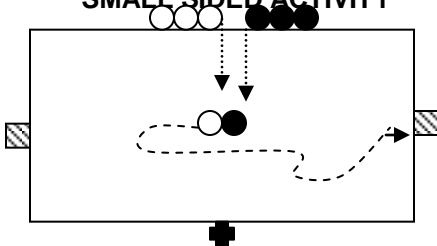
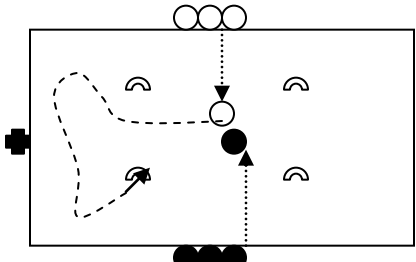
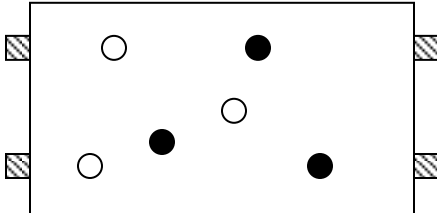
TECHNICAL WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>• <b>King of the Ring.</b> Each player protects their own ball whilst trying to kick others balls out. Once your ball is out you must do a juggling challenge in small square to get back in game e.g. 3 juggles.</li> <li>• <b>Progression:</b> Passing and receiving in pairs. When coach says “go get em!”, player without ball must attempt to get ball from partner, who shields to protect ball. See who can shield for longest.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Keep ball under close control.</li> <li>▪ Dribble/shield with head up.</li> <li>▪ Body positioned in between ball and defender.</li> <li>▪ Arms out for balance/protection.</li> <li>▪ Receive gently with inside of foot.</li> </ul>
	<ul style="list-style-type: none"> <li>▪ In a 35x25 grid have a few servers stand around outside without ball. Remaining players are inside grid, 5 have ball, 2 or 3 do not and are defenders.</li> <li>▪ Players play give and go's with any server who's open. They must protect the return pass and not allow any def to get 1<sup>st</sup> or 2<sup>nd</sup> touch on ball.</li> <li>▪ If a def gets touch they get the ball, and two players switch roles.</li> <li>▪ Switch outside players often.</li> <li>• <b>Progression:</b> Aerial serves back into middle.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Keep ball under close control</li> <li>▪ Dribble/shield with head up</li> <li>▪ Body positioned in between ball and defender</li> <li>▪ Body positioned sideways for maximum distance between ball and def</li> <li>▪ Arms out for balance/protection</li> <li>▪ Receive gently with inside of foot</li> <li>▪ 1<sup>st</sup> touch directed away from pressure</li> <li>▪ Stand your ground physically</li> </ul>
	<ul style="list-style-type: none"> <li>▪ 25x15 yd grid with two small goals at each end.</li> <li>▪ Two teams line up at same end on the outsides of the goals.</li> <li>▪ On coaches command 1<sup>st</sup> two players race around opposite end goal and into field to compete for ball served by coach.</li> <li>▪ 1<sup>st</sup> player to ball must attack the end they have their back to, &amp; score by dribbling through goal.</li> <li>▪ Each 1v1 has a 20 sec time limit.</li> <li>▪ For larger groups set up two grids.</li> <li>• <b>Progression:</b> Aerial serves from coach.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Keep ball under close control</li> <li>▪ Dribble/shield with head up</li> <li>▪ Body positioned in between ball and defender</li> <li>▪ Body positioned sideways for maximum distance between ball and def</li> <li>▪ Arms out for balance/protection</li> <li>▪ Receive gently with inside of foot</li> <li>▪ 1<sup>st</sup> touch directed away from pressure</li> <li>▪ Stand your ground physically.</li> <li>▪ Create space to attack whilst shielding.</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Play 3v3</li> <li>▪ Goals only count if scored from inside oppositions end zone (eliminates long shots).</li> <li>▪ If you have 12 or more players use two fields.</li> <li>▪ If less than 12 switch players in and out frequently.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Allow the game to flow freely.</li> <li>▪ Observe to see is session has helped with shielding and receiving the ball</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Topic: Dribbling and Turning

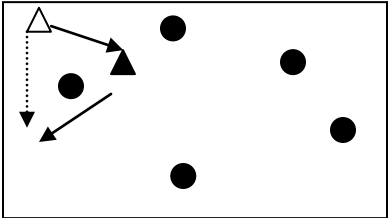
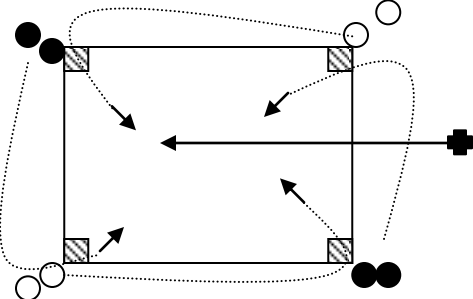
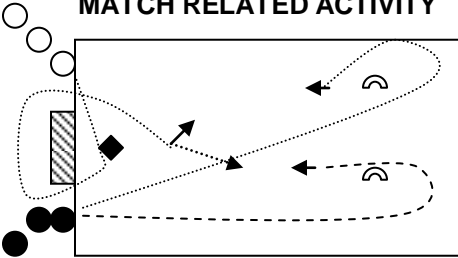
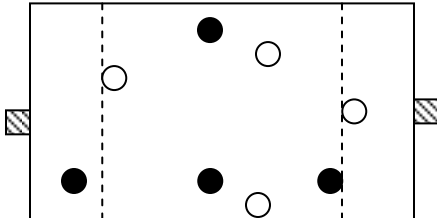
<p><b>TECHNICAL WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Players dribble freely in 30x20 yd grid. On coaches commands they perform move/turn.</li> <li>- raining = 10 toe taps - hurricane = speed dribble</li> <li>- thunder = dragback turn - lightning = inside/outside turn</li> </ul> <p><b>Progressions:</b> Turns with weak foot only Thunder &amp; lightning = turn combinations Tornado = Coach tries to kick balls out, once out you help coach. Last player with ball is winner.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Move on toes, not heels</li> <li>Keep ball under close control when turning</li> <li>Change of direction</li> <li>Slow into the turn, accelerate out of turn</li> <li>Turn with different foot surfaces (R/L inside/outside/sole of foot)</li> </ul>
<p><b>SMALL SIDED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>25x15 yd grid with two small goals.</li> <li>Two teams line up on same sideline, each team lying face down next to each other.</li> <li>On coaches command 1<sup>st</sup> two get up and race to get ball served in by coach.</li> <li>Player's play 1v1 to two side goals.</li> <li>Score by dribbling through either side goal.</li> <li>20 sec time limit for each 1v1.</li> <li>Use two grids if you have large numbers.</li> </ul> <p><b>Progression:</b> aerial serves from coach</p>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Move on toes, not heels</li> <li>Keep ball under close control when turning</li> <li>Change of direction</li> <li>Slow into the turn, accelerate out of turn</li> <li>Turn with different foot surfaces (R/L inside/outside/sole of foot)</li> <li>Combination of turns to unbalance defender</li> <li>Turn away from pressure</li> </ul>
<p><b>SMALL SIDED ACTIVITY - 2</b></p> 	<ul style="list-style-type: none"> <li>25x15 yd grid with four outwards facing small goals in middle.</li> <li>Two teams line up on opposite sidelines.</li> <li>On coaches command 1<sup>st</sup> two race to get to ball served by coach.</li> <li>Players play 1v1 to 4 small goals, goals can ONLY be scored by dribbling through gate from outside to in.</li> <li>20 sec time limit for each 1v1</li> <li>Use two grids if you have large numbers.</li> </ul> <p><b>Progression:</b> 2v2</p>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Move on toes, not heels</li> <li>Keep ball under close control when turning</li> <li>Change of direction</li> <li>Slow into the turn, accelerate out of turn</li> <li>Turn with different foot surfaces (R/L inside/outside/sole of foot)</li> <li>Combination of turns to unbalance defender</li> <li>Turn away from pressure</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 3v3</li> <li>Players can score in either oppositions goals.</li> <li>Goals only count if scored inside opponents half (eliminates long shots).</li> <li>If you have 12 or more players use two fields.</li> <li>If less than 12 switch players in and out frequently.</li> </ul>	<ul style="list-style-type: none"> <li>Allow the game to flow freely.</li> <li>Observe to see is session has helped with dribbling and turning with the ball</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Topic: Combination Play (Give & Go's)

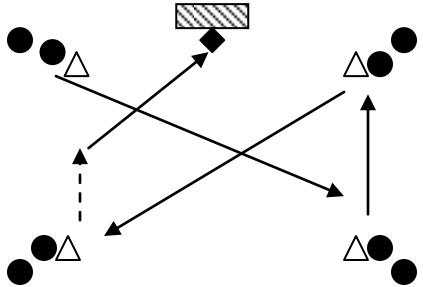
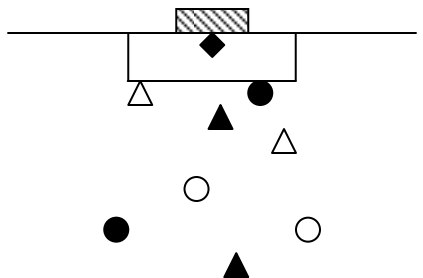
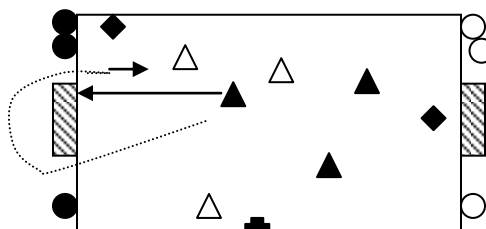
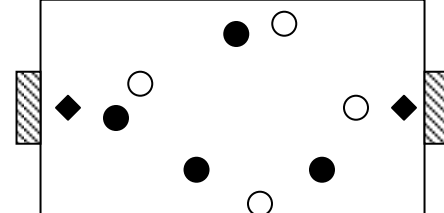
<p><b>TECHNICAL WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Using a 20x30 yd grid have 4 or 5 players stand in grid as statues.</li> <li>Remaining players pair up and move around grid passing around statues. Give &amp; go is when P1 passes sideways to P2, then runs around other side of statue to receive the return pass.</li> <li>Switch players roles often.</li> </ul> <p><b>Progressions:</b> 1. Make it a race; 1<sup>st</sup> team to get 10 G &amp; G's. 2. Statues can move &amp; become defenders (walking pace only)</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Pass with correct surface (inside/outside)</li> <li>1st pass played at pace to feet. Return pass weighted to space into the path of runner.</li> <li>Pass and move quickly around def to receive return pass.</li> <li>Correct timing of 1<sup>st</sup> pass (close distance from defender)</li> <li>Correct angle and distance of support (square to defender)</li> <li>Disguising the pass</li> </ul>
<p><b>SMALL SIDED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>In a 20x20 yd grid with 4 small corner gates, have 2 teams of 4 (2 from each team in opposite corners).</li> <li>On coaches command 1<sup>st</sup> player from each corner run counter clockwise and enter grid through next gate. Coach serves in ball &amp; teams play 2 vs 2.</li> <li>Score by dribbling through any of the 4 gates.</li> </ul> <p><b>Progression:</b> 1 pt for regular goal; 1 pt for a give &amp; go; 3 pts for give &amp; go + goal in same play.</p>	<ul style="list-style-type: none"> <li>Pass with correct surface (inside/outside)</li> <li>Draw pressure to the ball before making give &amp; go.</li> <li>Movement off the ball.</li> <li>Angle and timing of pass.</li> <li>Angle and timing of support.</li> <li>Correct choice of pass (soft/hard; to feet/space)</li> <li>Visual and verbal communication.</li> <li>Disguising the pass.</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Using a 35x20 yd field have 3vs3 in the field + 2 end line target players.</li> <li>Targets can only move laterally along endline.</li> <li>Game is directional, score by passing into your attacking target.</li> <li>You can use your back support target as additional support player.</li> </ul> <p><b>Progression:</b> 2 touch limit.</p>	<ul style="list-style-type: none"> <li>Pass with correct surface (inside/outside)</li> <li>Draw pressure to the ball before making give &amp; go.</li> <li>Movement off the ball.</li> <li>Angle and timing of pass.</li> <li>Angle and timing of support.</li> <li>Correct choice of pass (soft/hard; to feet/space)</li> <li>Visual and verbal communication.</li> <li>Disguising the pass.</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>Goals only count if scored from inside oppositions end zone (eliminates long shots).</li> <li>If you have 12 or more players use two fields.</li> <li>If less than 12 switch players in and out frequently.</li> </ul>	<ul style="list-style-type: none"> <li>Allow the game to flow freely.</li> <li>Observe to see if session has helped with combination play.</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Attacking Play & Finishing

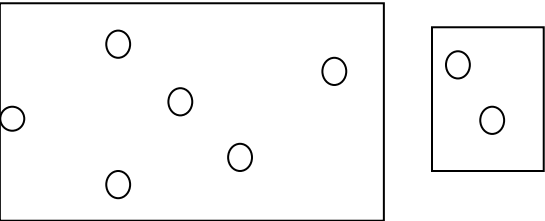
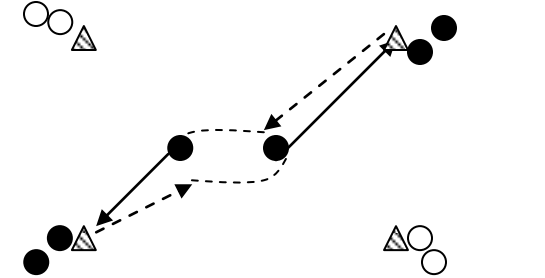
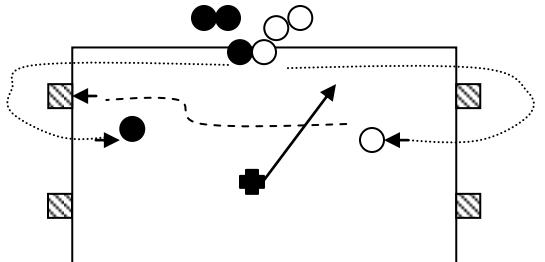
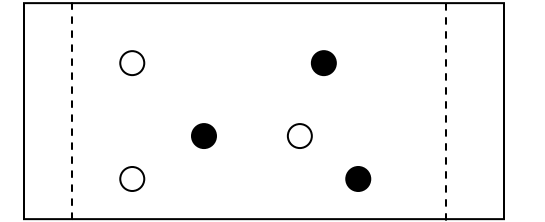
<p><b>TECHNICAL WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Players line up evenly by 4 corner cones of a 20x20 yd square.</li> <li>▪ Line adjacent right to the goal start with ball.</li> <li>▪ Ball is passed in fig 8 shape until 4<sup>th</sup> player receives it. P4 attacks &amp; shoots ball at goal, trying to beat GK.</li> <li>▪ Player's should always follow their pass to next line, shooter joins starting line after shot.</li> <li>▪ Change GK often; reverse direction of play often.</li> </ul> <p><b>Progressions:</b> 1 time shot; weak foot shot;</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Shoot with correct surface – laces/inside</li> <li>▪ Approach the ball at a slight angle.</li> <li>▪ Plant foot next to ball pointed in direction of target</li> <li>▪ Ankle locked</li> <li>▪ Body over ball – momentum forward</li> <li>▪ Follow through after shot.</li> <li>▪ Land on kicking foot</li> <li>▪ Keep eye on ball when striking it.</li> <li>▪ Placement versus power</li> </ul>
<p><b>SMALL SIDED ACTIVITY</b></p> 	<p><b>World Cup</b> – 4-6 pairs are all trying to score on one large goal. GK serves balls out randomly.</p> <ul style="list-style-type: none"> <li>▪ Players can only score in the 6 yd box if it's a one touch finish e.g. head/volley.</li> <li>▪ Team that scores 1<sup>st</sup> qualifies for 2<sup>nd</sup> round &amp; takes a rest whilst they wait for others to score.</li> <li>▪ The last team remaining who don't score are out &amp; must wait behind the goal.</li> <li>▪ A team who is out can regain entry to game if they catch a missed shot whilst behind the goal. Team who's shot was caught are then out instead.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Be instinctive around the goal &amp; shoot at the earliest opportunity.</li> <li>▪ Use appropriate surface for the situation e.g. head when ball is in the air.</li> <li>▪ Anticipate and react quickly to changes in ball movement.</li> <li>▪ Keep eye on ball when striking it.</li> <li>▪ Placement vs power</li> <li>▪ Follow in for rebounds.</li> <li>▪ Composure in front of goal</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Using a 40x30 yd grid with two large goals and GK's, have 4 teams of 3.</li> <li>▪ Play 3 vs 3 + GK's on the field whilst one team waits behind each goal.</li> <li>▪ Once a shot is taken at goal the team that shot become the defending team, team that allowed the shot are off, team waiting at end where shot was taken are new attacking team.</li> <li>▪ After a shot, the shooter must run around goal before helping out on defense, allowing new team to temporarily counter attack with 3 vs 2.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Be instinctive around the goal &amp; shoot at the earliest opportunity.</li> <li>▪ Use appropriate surface for the situation e.g. head when ball is in the air.</li> <li>▪ Anticipate and react quickly to changes in ball movement.</li> <li>▪ Keep eye on ball when striking it.</li> <li>▪ Placement vs power</li> <li>▪ Follow in for rebounds.</li> <li>▪ Composure in front of goal</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 + 2 GK's in a 50x30 yd field.</li> <li>▪ Regular game rules apply.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Allow the game to flow freely.</li> <li>▪ Observe to see if session has helped with attacking play &amp; finishing.</li> </ul>



# McHenry Area Soccer Federation

## Practice Plan U10 – U14

## Topic: Moves to Beat an Opponent

<p><b>TECHNICAL WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Players dribble freely in 30x20 yd grid listening for coaches command.</li> <li>When coach says "Coach says.....do a scissors move", all players do the move. If coach says "do an outside cut", players DO NOT do the move, they continue dribbling.</li> <li>Players who do the move mistakenly must go to jail (5x10 yd grid) and complete skills tasks before rejoining game.</li> </ul> <p><b>Progression:</b> fakes and feints (scissors, stepover, hop); combination moves (double moves)</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Move on toes, not heels</li> <li>Keep ball under close control when making move.</li> <li>Use fakes and feints to create space before moving ball</li> <li>Slow into the move, accelerate out of it.</li> <li>Move ball with different foot surfaces (R/L inside/outside/sole of foot)</li> <li>Balance</li> </ul>
<p><b>TECHNICAL ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Four target cones in a square 25x25 yds. Two teams, each team has players lined up at opposite cones.</li> <li>1<sup>st</sup> two players from team 1 dribble towards each other, just before they meet in middle they use a move to go around each other, then pass ball to knock over target cone.</li> <li>Team 2 then repeat,</li> <li>Score by knocking cone over. Team to knock over cone 3 times wins.</li> </ul> <p>Progression: Use fake and feint moves. Use combination moves.</p>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Move on toes, not heels</li> <li>Keep ball under close control when making move</li> <li>Use fakes and feints to create space before moving ball</li> <li>Slow into the move, accelerate out of it.</li> <li>Move ball with different foot surfaces (R/L inside/outside/sole of foot)</li> <li>Balance</li> <li>Timing of the move</li> </ul>
<p><b>SMALL SIDED ACTIVITY - 2</b></p> 	<ul style="list-style-type: none"> <li>30x15 yd grid with two small goals at each end.</li> <li>Two teams line up on same sideline.</li> <li>On coaches command 1<sup>st</sup> two race around the back of their goal &amp; into field. 1<sup>st</sup> player into field receives ball from coach</li> <li>Players play 1v1 and score by dribbling through either of oppositions goals.</li> <li>20 sec time limit for each 1v1</li> <li>Use two grids if you have large numbers.</li> <li><b>Progression:</b> 2v2</li> </ul>	<ul style="list-style-type: none"> <li>Dribble with head up</li> <li>Move on toes, not heels</li> <li>Attack defender with positive attitude</li> <li>Keep ball under close control when making move</li> <li>Use fakes and feints to create space before moving ball</li> <li>Slow into the move, accelerate out of it.</li> <li>Move ball with different foot surfaces (R/L inside/outside/sole of foot)</li> <li>Balance</li> <li>Timing of the move</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>30x20 yd field with two additional 5x20 yd end zones.</li> <li>Play 3v3</li> <li>Players can score by dribbling ball into opponents end zone.</li> <li>Goals only count if ball is controlled in end zone</li> <li>Use two grids if you have large numbers</li> </ul> <p>Progression: Exchange end zones for two small goals at each end.</p>	<ul style="list-style-type: none"> <li>Allow the game to flow freely.</li> <li>Observe to see is session has helped with players using moves to beat opponents.</li> </ul>