



U9 & U10 Practice Outline

SSA Recreational Soccer

Introductions: As players come, invite them to come out and play. Around 6:05 call all players in, get down to their level (kneel down) and to say hello and briefly talk.

1. Tag: Pick a favorite version

2. Dribbling Practice (10-15 minutes)

A. Dribbling in Open Space: Each player has a ball and dribbles on the field. Start simple (just dribbling) and then add one instruction at a time. Review previous weeks and then introduce a fakes, see below for options. Go for short periods of time, add instructions, and eventually play 2B.

Shoulder Fake: fake one way, go the other

Step-Over: fake one way by stepping in-front of and around the ball, go the other way

B. Week 3: Get it to the Ground- players pick the ball up with their hands, throw the ball up to themselves, and bring down to the ground. This activity works on controlling the ball out of the air. Encourage players to time the bounce, run through it (just as it is coming up), and get it the ground as quick as they can.

Week 4: Get it to the Ground Combinations- add in dribbling after controlling the ball to the ground. Now add a turn to the combination. Next, add a fake. Build in different moves to do after getting it to the ground.

C. I Can Do this, Can You?: Coach demonstrates a skill with the ball and players then try it. Various skills can be done, be creative and have fun!

Example Ideas: Figure 8's around legs with hands, juggling-thigh and catch, Step ups on ball, Ball Taps in between feet, Pull backs, balance the ball on your foot, balance the ball on the back of your neck

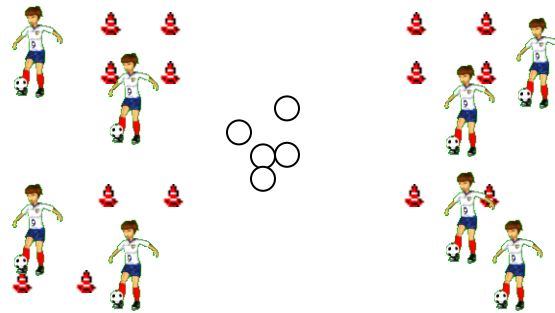
D. Predator/Prey: Someone chases the group (predator) and tries to kick their ball out of the area (the prey). Players try not to get their ball kicked out. If they do, have them get it and join back into the game.



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Eagles Nest: Split players into four groups, one at each corner of the field. All the soccer balls should be in the middle of the field. On your call each team rushes to the middle to bring back as many soccer balls (eggs) to their corner (nests) as possible. Once all the balls are gone in the middle, players will probably stop (thinking the game is over), but this is where all the fun begins. From here, now they go to other nests and try to steal eggs to bring back to their nest. Game continues for a certain amount of time as players attack nests and defend their own.



2 vs. 2 Get Out of There

<p>X & O = players</p> <p>C = coach</p> <p>. = ball</p>	<ol style="list-style-type: none"> coach as boss of the balls coach passes ball onto field to start play two players from each team play until a goal is scored or the ball goes out of bounds out of bounds, coach yells "get outta there," and two new players from each team go on with the next ball goal is scored, two players who scored stay on and two new players from the other team play against them 	<p>X X</p> <p>X X</p> <p>. . .</p> <p>C</p> <p>O O</p> <p>O O</p>	<ol style="list-style-type: none"> see ball through bottom of eyes keep ball rolling first try to solve game by dribbling player w/o ball find big, easy spot to receive a pass
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5. 3v3 or 4v4 Scrimmage (5-10 minutes): Divide the group in half and play a game to finish the practice.



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