**SAMPLE PRACTICE Plan - U10 GIRLS**

**GRIDS: Set up practice area with cones (#4 set up flat cones for all players)**

* **Set 1 cone far out for “discipline runs”**
1. Talk to girls about behavior and what is expected – Discipline run!
2. WARM UP **!**
* Toe Taps: Alternate feet, light hops
* Bells Drill: first in place, then move around
* Side to Side Jumps
* Juggling: bounce ball, kick toe up keeping close to body, repeat and control
1. Dynamic Stretches
* Knee to Chest Walk: 6x each side.
* High Knees:
* Karoke
* Buttkickers
* Heel Walk
* Ankle Rolls
1. Dribble Races : Set up # of flat cones at # of players on midline
2. Ball on cone, players at goal line. On whistle they sprint to ball, pull back and turn, dribble back
3. Dribble fast to cone, dribble around cone and back
4. Dribble to cone and listen for “stop” and “pull back” just before cone, dribble back
5. Remove ½ of cones and pair up with 1 ball. Dribble/pass to each other, around cone and back.

**\*WATER\* - Dribble ball to water, drink and dribble back QUICKLY!!**

1. 4 CORNERS: (set up 2 squares with tall cones – 4 players per square)
* Players pair up on each diagonal corner and dribble/pass back and forth to next corner using controlled accurate passing.
* Start with BOTH feet, then only use Right / LEFT to pass (use inside/outside of foot).
1. OPEN SPACE - TRIANGLE PASSING: set up 3 squares with tall cones – 3 players per square
* Explain pass to SIDE, not across and why – DEMO with and without defender (show the angles)
* Show how player moves to open spot (add defender) – TALK!!

**\*WATER\* - Dribble ball to water, drink and dribble back QUICKLY!!**

**Next Goalies: Players to play goale next game -**

1. 2 GROUPS (Throw Ins) - demo feet down, arms over head, full throw – no jumping
* Line up on white line spaced apart with. Players throw to coach one at a time, coach rolls back (fast pace)
* Continue until they have good throw ins
1. 2 GROUPS (goalie + shots) – Use cone goals. goalies practice for game: scoop, roll to coach
* Other players do 5 shot drill (right foot, left foot) – set up 3-5 balls and take fast consecutive shots on goal.
* 2nd – coach rolls ball to player, they take first shot to on goal (fast pace) – kicker shags balls quickly!
1. Spread Out Triangle w/ Goalie

**If time allows**

* 1-2 defender/3 offense (2 groups)
* Ball on center line, with 3 offense equally around ball, Coach yells “GO GO GO”, 1st to ball attacks, rest spread out for support/pass (NO BUNCHING, Do NOT steal from teammate)
* Moving triangle to goal/passing and shoot on goal
* Defense gets ball out of there – to sides
1. **Scrimmage**