



U9– U10 PRACTICE PLANS





PARENT MEETING

Example Agenda

1. Behavior expectations
2. Parent assistances (helping at games and practices)
3. Team goals– what your child will be working on this season, and great things to cheer for during games!
4. SNACKS!
5. Changing the Game TED Talk (link below)
6. Coach's contact information, with appropriate times to call/text and talk.
7. Game schedule, and how to communicate when your child can not make it.

Let's have a great season!

SIDE LINE ETIQUETTE (US Youth Soccer)

1. Avoid "coaching" your child from the sideline while watching your child's game.
2. Do not criticize the referee.
3. Focus on the benefits of the game rather than the score.
4. Think when interacting with the opposing fans.
5. Don't stress out over the game.
6. 24 hour rule; Save issues with the coach for the next day, and communicate with him/her through his/her preferred method of communication.

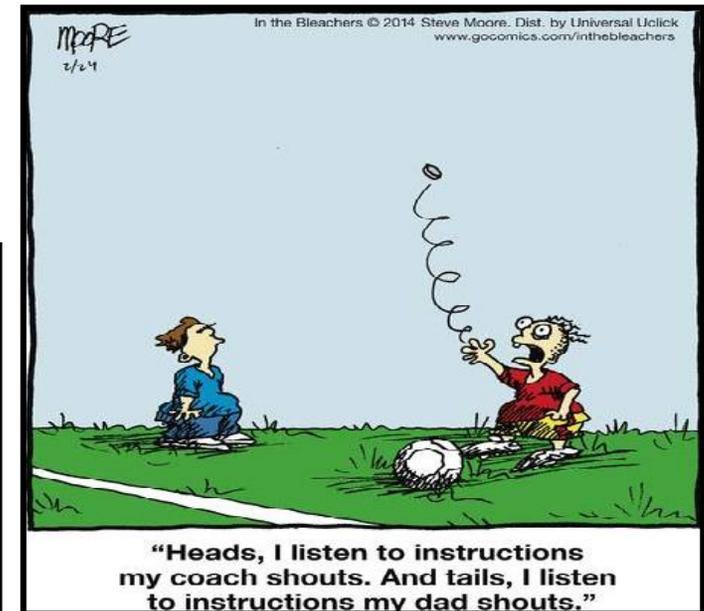
(www.usyouthsoccer.org/sideline_etiquette_6_tips_to_make_youth_soccer_better_for_parents_and_players/)

Additional links to watch yourself, or share with your team's parents-

Time to be a better sports parent- <http://www.elpasotimes.com/story/life/columnists/2016/01/07/victor-r-martinez-time-better-sports-parents/78279440/>

The power of yet- Carol Dweck - <https://www.youtube.com/watch?v=J-swZaKN2lc&feature=youtu.be>

Changing the Game TED Talk- (<http://changingthegameproject.com/changing-the-game-in-youth-sports/>)





STREET SOCCER



STREET SOCCER– WARM UP ACTIVITY

SET UP

- Create a field 40x30yards, with goals on the end line
- Put out two piles of pinnies.
- As players arrive to practice, tell them to “Grab a pinnie and jump into the game!”
- Try not to coach at all during this warm up activity, rather let your team demonstrate what they have learned.
- **This activity starts as soon as the first two players arrive to your practice.** Once your team members learn they get to play “real soccer” as soon as they arrive, you may find players arriving on time or early to practice.

NOTES:



FAST FEET!

SET UP

- Create a 20X25 yard space.
- Each player has a ball at their feet; the first 5 minutes of every practice should go as follows:

METHOD

1. Practice the “FAST FEET Skill of the WEEK” for 30 seconds in one spot.
 2. Allow players to dribble around the grid or space.
 3. Every 20-30 seconds, call out the skill by name and players should perform the skill as if they were in a game.
 - ◆ Fun Tip! Play music while players are dribbling, when the music stops perform the skill. Restart the music to return to dribbling.
 4. Return to dribbling, and repeat step #3.
 5. Starting Week #3, use this time to review the previous week’s skill.
- ⇒ Practice at home! All of these moves can be done in a yard, driveway, basement, get creative! Join the “MKSC Fast Feet Challenge” on Facebook and Instagram– parents take a quick (10-20 second) video of their player practicing, upload and tag Milwaukee Kickers Soccer Club!

Check the weekly Coach’s bulletin, MKSC Facebook Page, and MKSC YouTube for the Skill of the Week.

Facebook: www.facebook.com/Milwaukee-Kickers-Soccer-Club-Uihlein-Soccer-Park

YouTube: www.youtube.com/user/Milwaukeekickers

Instagram: www.instagram.com/milwaukeekickers



SCRIMMAGE



SCRIMMAGE– LAST ACTIVITY of PRACTICE

SET UP

- Create a 40X30 yard field, with a goal on each end line.
- Divide your team into two teams, consider ability.

METHOD

- Like “Street Soccer” let your players play, and keep coaching to a minimum.
- Watch/evaluate if they are using skills you talked about during practice, and throughout the season.

COACHING POINTS

- If your team is struggling with space; encourage them to “Stay Big” (children often don’t understand “spread out”).
- Introduce shape formations– 7v7 recommendations might be 3-2-1 (three defenders, two midfielders, and one forward). Teams play with one goalie.

NOTES:



TEAM TIME

We encourage you to spend the last 3-5 minutes of your practice session in a “TEAM HUDDLE”.

During this time ask your players the following questions and let them lead the conversation.

1. “What is one thing you did today that was better than last week?”
2. “Tell me something that made you feel proud during practice?”
3. STRONG FINISHER- Coach, recognize one player who started the practice struggling (behavior or skill-wise) and finished the practice strong. (example- “Jimmy, I notice you had a hard time following directions at the beginning of practice. Thanks for turning on your listening ears and working hard after our water break and until the end. Let’s have a great practice next week!”)
4. TEAM CHEER! Encourage your players to finish practice with a team cheer!



MKSC U9-U10: Week #1

FOCUS/ BENCHMARK: DRIBBLING

Dribble ball in straight line, change directions and speed when dribbling, recognize open space

BEFORE YOUR TEAM ARRIVES

1. Create a space 30X40 yards using disc cones and/or lines if you have them. You will use this space for activities #1-4.
2. Divide pinnies up into colors for street soccer and activities #2-4.
3. You will need additional disc cones for activities #2 and #3.
4. As players arrive to the field, give them a pinnie and allow them to start playing street soccer (see page 6 for more information).
5. After the first 5 minutes of "Street Soccer" call your team together, and talk through the questions below.

LET'S GET STARTED!

1. Call your team together. Introduce yourself and any new players.
2. Ask the team, "Does anyone know what it means to be on a team?"
3. "How should we treat our teammates?"
4. "What are you going to do during practice to be a good teammate?"

COACHING POINTS WEEK #1

1. Keep toe pointing down and ball close to your foot when dribbling.
2. Head is up to scan field and desired path when dribbling.
3. Weight of touch matches players stride (too large of touch means it's too far away from player).
4. Players begin to recognize free space and understand the meaning of it.



U9-U10 WEEK #1

FOCUS/ BENCHMARK: DRIBBLING

Dribble ball in straight line, change directions and speed, recognize open space

STREET SOCCER (Warm Up)
SET UP on PAGE 3

FAST FEET Skill of the WEEK! "BIG TOE BIG TOE (with turns)"



DRIBBLING PRIMER (8-10 Minutes)

SET UP

- Create three groups. Each group has one ball.
- Set up three cones (one per group). 10 yards away from those, place one tall cone and three more yards place another. (see image)

METHOD

- First player dribbles forward using either instep towards the first cone, performs a figure eight through the cones and returns to start cone. Next player in group repeats. Each player goes three times.
- Repeat but players can only use their right instep. Each player goes three times. Then repeat with left instep.

ACTIVITY #2

DRIBBLING GAME THROUGH GATES 1V1 (8-10 Minutes)

SET UP

- Create two teams.
- Create gates (two cones approximately 5 yards apart) all over the field. Enough gates for half the teams' players. (12 players on team= 6 gates)

METHOD

- Choose which team will defend gates. Place one player from that team at each gate.
- Each player on the other team has a ball at their feet. Players must dribble through the gate to score a point.
- Players who have the ball try and dribble through the gate using instep, changing directions with different surfaces of their foot. Defenders defend their gate. If they win the ball, they softly pass it away and go back to the gate they were defending.
- After one minute of play, calculate score, and switch roles.

ACTIVITY #3



DRIBBLING TO END ZONES (8-10 Minutes)

ACTIVITY #4

SET UP

- Play on street soccer field, adding a 5 yard end zone on each touch line.
- Create two teams.

METHOD

- Players on each team try to dribble into the end zone to score a point.
- Play with more than one soccer ball to keep all players engaged.
- Round 1– players score point by dribbling into end zone with R-foot.
- Round 2– players score point by dribbling into end zone with L-foot.
- Round 3– players score point by performing a move (step over, pull back, etc) then dribbling into end zone.

HALF WAY THROUGH! WATER BREAK!

SCRIMMAGE (SET UP on Page 5)
15-20 Minutes

TEAM TIME

1. "This season, is there something you want to learn or get better doing?"
2. "Tell me something that made you feel proud during practice?"
3. **STRONG FINISHER!**

2-5 Minutes



MKSC U9-U10: Week #2

FOCUS/ BENCHMARK: PASSING

Eye contact when striking the ball, appropriate speed of pass, pass ready body positioning

BEFORE YOUR TEAM ARRIVES

1. Create a space 30X40 yards using disc cones and/or lines if you have them. You will use this space for activities all activities.
2. Divide pinnies up into colors for street soccer and activities #2-4.
3. You will need additional disc cones for activities #2- #4.
4. As players arrive to the field, give them a pinnie and allow them to start playing street soccer (see page 6 for more information).
5. After the first 5 minutes of “Street Soccer” call your team together, and talk through the questions below.

LET’S GET STARTED!

1. Call your team together.
2. Ask the team, “Does anyone know what it means to be on a team?”
3. “How should we treat our teammates?”
4. “What are you going to do during practice to be a good teammate?”

COACHING POINTS WEEK #2

1. Proper passing technique: non-passing foot is placed next to ball with toe pointing towards target, passing foot ankle is locked with toe angled upwards to hit ball with inside of the foot, follow through of passing foot should swing forward towards target, eyes are on ball when contact is made with ball.
2. Discuss proper speed of pass: when teammate is close less force is needed behind pass (smaller leg swing), when teammate is further away more force is needed (bigger leg swing).



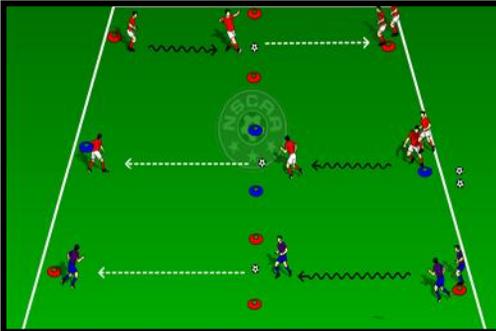
U9-U10 WEEK #2

FOCUS/ BENCHMARK: PASSING

Eye contact when striking the ball, appropriate speed of pass, pass ready body positioning

STREET SOCCER (Warm Up)
SET UP on PAGE 3

FAST FEET Skill of the WEEK! ""



DRIBBLE & PASS

ACTIVITY #2

SET UP

- Use the width of the street soccer field
- Create three groups (three to four players in each group). See image for set up of cones.

METHOD

- First player dribbles until they are in between the middle two cones. Player passes ball to the next player in line and joins the back of the line. Next player performs same task as first player. Designate which foot players should use to complete their pass (RF or LF).
- Stop activity to discuss proper passing technique (see page 9 for more detail).
- Designate which foot players should use to complete their pass (RF or LF).
-

SOCCER DODGEBALL

ACTIVITY #3

SET UP

- Use 3/4 of the street soccer field. Set up a new line of cones ten yards from on end line.
- Create two teams (one team wearing pinnies).

METHOD

- Team One begins with soccer balls at their feet. Team tries to tag players on the other team with their ball. Each player on Team One counts how many players they tag with their soccer ball using proper passing technique.
- After one minute switch roles. Designate which foot to use when passing.



PASSING TO END ZONES

ACTIVITY #4

SET UP

- Create end zones (10 yards) at each end line. (see image)
- Create two teams (one team wearing pinnies).

METHOD

- Teams score a point by passing to another teammate that's running into an end zone.
- Designate which foot needs to be used to complete pass into end zone.
- Periodically stop play to discuss proper passing technique.

SCRIMMAGE (SET UP on Page 5)
15-20 Minutes

TEAM TIME

1. "This season, is there something you want to learn or get better doing?"
2. "Tell me something that made you feel proud during practice?"
3. STRONG FINISHER!

2-5 Minutes

HALF WAY THROUGH! WATER BREAK!



MKSC U9-U10: Week #3

FOCUS/ BENCHMARK: DRIBBLING

DRIBBLING FORWARD: Players perform moves without losing control of ball, change direction and speed

BEFORE YOUR TEAM ARRIVES

1. Create a space 30X40 yards using disc cones and/or lines if you have them. You will use this space for activities #1-4.
2. Divide pinnies up into colors for street soccer and activities #3 and #4
3. You will need additional disc cones for activities #1-#3.
4. As players arrive to the field, give them a pinnie and allow them to start playing street soccer (see page 6 for more information).
5. After the first 5 minutes of “Street Soccer” call your team together, and talk through the questions below.

LET’S GET STARTED!

1. Call your team together. Introduce yourself and any new players.
2. Ask the team, “Does anyone know what it means to be on a team?”
3. “How should we treat our teammates?”
4. “What are you going to do during practice to be a good teammate?”

COACHING POINTS WEEK #3

1. Keep toe pointing down and ball close to your foot when dribbling.
2. Head is up to scan field and desired path when dribbling.
3. Weight of touch matches players stride (too large of touch means it’s too far away from player).
4. Players begin to recognize free space and understand the meaning of it.
5. Description of moves: fake and take— *player steps to the side of the ball (shifts weight and dips shoulders) and then pushes ball the other way with the outside of the other foot, sole roll— player rolls ball across their body with the sole of one foot and takes it with the outside of the their other foot.*



U9 & U10 WEEK #3

FOCUS/ BENCHMARK:

DRIBBLING FORWARD: Players perform moves without losing control of ball, change direction and speed

**STREET SOCCER
(Warm Up)**
SET UP on PAGE 6

**FAST FEET
"Toe Taps"**



DRIBBLING PRIMER- PHASE 2

SET UP

- See image for set up.
- Create three groups with your team.
- Center cone should be 10 yards away from starting cone. Small disc cones should be three yards away from each other.

METHOD

- One at a time, players dribble in straight line towards center cone. Once they reach the center cone they perform a move (fake and take, sole roll, etc.— see pg. 12 for move details).
- After they perform the move, they dribble towards two disc cones, performing a figure 8 then dribble back to starting point.
- Next person in line performs same task.
- Coach designates which foot players need to use to dribble and perform move.

ACTIVITY #2

DRIBBLING 1V1 TO GATES

SET UP

- See image for set up. Use your street soccer field for this activity.
- Create six 5 yard gates , just like the image.
- Divide players up into two teams.

METHOD

- Coach plays ball to either player. Player receives ball and tries to dribble to one of the side gates (ignoring the gates in the corners of the field for now).
- Player with ball tries to dribble through one of the side gates. Player without the ball defends. If defensive player wins ball the play is done. (Next round allow the defensive player to score by dribbling through either gate— like a true 1v1 game).
- Next round, players need to score by dribbling through the corner gates. Remind players to practice moves to get by defenders, accelerate once they perform move.

ACTIVITY #3



DRIBBLE GAME TO GOAL

ACTIVITY #4

SET UP

- See image for set up. Use your street soccer field for this activity.
- End zone lines should be 10 yards away from end line.
- Divide team into two equal (in number and ability) and give one team pinnies.

METHOD

- Coach starts with ball and plays it in to one of the teams
- Teams score by dribbling into the end zone, taking the goalie on 1v1, and scoring a goal.
- Game can be played with multiple balls for more touches.

HALF WAY THROUGH WATER BREAK!

SCRIMMAGE (SET UP on Page 5)
15-20 Minutes

TEAM TIME

1. "This season, is there something you want to learn or get better doing?"
2. "Tell me something that made you feel proud during practice?"
3. **STRONG FINISHER!**

2-5 Minutes



MKSC U9-U10: Week #4

FOCUS/BENCHMARK: PASSING

Eye contact when striking the ball, appropriate speed of pass, pass ready body positioning, knowing when to pass

BEFORE YOUR TEAM ARRIVES

1. Create a space 30X40 yards using disc cones and/or lines if you have them.
2. Divide pinnies up into colors for street soccer and activities #1- #4.
3. You will need additional disc cones for activities #1-#3.
4. As players arrive to the field, give them a pinnie and allow them to start playing street soccer (see page 6 for more information).
5. After the first 5 minutes of “Street Soccer” call your team together, and talk through the questions below.

LET’S GET STARTED!

1. Tell me something good that happened at our last game... (try to avoid talking about wins or goals scored)
2. “How should we treat our teammates?”
3. “What are you going to do during practice to be a good teammate?”

COACHING POINTS WEEK #4

1. Keep toe pointing up and ankle locked when passing the ball.
2. Head is up to scan field to find open teammates and passing lanes. Communication is key! Teammates need to use each other’s names to help connect passes.
3. Weight of pass depends on distance of pass. The closer the teammate, less force behind pass. The farther away the teammate, more force behind pass.
4. Players begin to recognize when to pass and when to dribble.



U9 & U10 WEEK #4

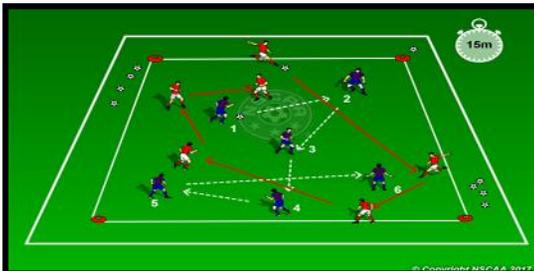
FOCUS/BENCHMARK: PASSING

Eye contact when striking the ball, appropriate speed of pass, pass ready body positioning, knowing when to pass

STREET SOCCER (Warm Up)

SET UP on PAGE 6

FAST FEET Skill of the WEEK!



PASSING BY NUMBERS

SET UP

- Use 3/4 of the street soccer field.
- Divide your team up in to groups of 3 or 4 players. Give each team a different color pinnie.
- Set a timer for 60-90 seconds.

METHOD

- Players move around field space passing the ball in consecutive numbers and descending number patterns.

ACTIVITY #2

2v1 PASSING GAME

SET UP

- Create a 20X30 field space (goals at each end).
- Divide your group into two teams.

METHOD

- This is a 2v1 activity. Choose which team will start with the ball. Offensive team begins with two players attacking. Other team has two players as well, one in goal as the goalkeeper and one on the field as a defender.
- Offensive team tries to score. Play is live. If the defensive team wins the ball, both players attack other team and the other team needs to drop one player back in goal while one stays on the field as a defender. Play continues until ball goes out of bounds. Switch players once ball is out of bounds.

ACTIVITY #3



PASSING TO END LINE OR TO A GOAL SOCCER

ACTIVITY #4

SET UP

- Split street soccer field in half from one sideline to another, creating two smaller field spaces. (see image) One field has end zones five yards away from sideline and other field uses goals (ie. PUGG goals, cones, etc.)
- Divide players into four equal teams. Distribute pinnies.

METHOD

- On the field with the end zones, players score goal by passing to a teammate and stopping the ball in the end zone.
- On the field with the goals, players score by passing the ball into the goal.
- Have teams count their goals. Designate the foot players need to score with to make it more challenging. Switch fields and opponents as necessary.
- Play for 2-3 minutes and switch fields and opponents.



HALF WAY THROUGH! WATER BREAK!

SCRIMMAGE (Activity #5)

SET UP on PAGE 8

TEAM TIME

1. "Tell me something that made you feel proud during practice?"
2. Did you improve this practice?"
3. STRONG FINISHER!

2-5 Minutes