

YMCA Soccer Ages 10U

Session 1

Coach:

Team:

Practice Goals: For the first practice of the season, look to establish a spirit of positivity and togetherness. The goal of this session is for players to have fun, practice the different aspects of soccer, improve at each, and end looking forward to the next session and the rest of the season. The lesson plan provided here focuses on a bit of everything, so players can rehearse the large variety of skills that the season will involve, as well as be reminded of the rules of the game.

Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Dribbling	Use this dribbling warmup for players to warm their bodies and muscles at the start of practice, while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video, such as dribbling using various parts of the foot but primarily the area on the tops of the toes, and not the front of the toes.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3xM3xWE</p>
5 Min	Fitness: General	<p>Gather the team into a group between two cones about 20 feet apart. "Do you think there's a difference between physical activity and physical fitness?" Listen to their responses.</p> <p>"Physical activity is any body movement you use while performing a skill or task. Physical fitness is a condition of the body. The more fit your body is, the better you can perform some skills and tasks. I will give you some activities. Run to this cone if you think it is regular physical activity. Run to the other cone if you think it is an activity done for fitness."</p> <p>Examples of physical activity are walking to school and walking stairs to bed. Examples of activity done for fitness are walking to school for exercise, jogging to improve sport performance, or walking stairs to strengthen leg muscles. "All season we will talk and learn about the different areas of</p>	<p>YMCA Tutorial: Page 130</p>

		fitness during our fitness circles. We'll also work on improving your body's fitness for soccer."	
15 min	Two-Touch Receiving & Passing	<p>First, demonstrate how to properly receive the ball with one touch, and pass with the second. The reference video breaks down the proper technique of passing, so you know which aspects to focus on in your demonstration.</p> <p>Next, follow the activity shown in the video. Divide the players into groups of 3-4, and each group will stand in 2 lines about 5-10 yards apart (1-2 players per line). One line (with 2 players) starts with the ball. Players will pass to the opposite line, and jog around to the back of that opposite line. The first player in the other line will control the ball with their first touch, and pass it to the opposite line with their second touch, and then jog around to the back of that opposite line. Check the reference video for a more detailed and visual explanation.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3suG0Zm</p>
25 min	4v4 Play: Passing & Rules Focus	<p>Next, create 4v4 games. Make mini-fields for each group using cones. Each team of 4 should try to pass often during the game. Emphasize and encourage passing and moving in the game. Freeze the game occasionally to show them where to move to be in the best position to receive a pass.</p> <p>Through playing a game, players will review (or learn) game rules, including start and restart rules, throw-ins, and corner kicks.</p> <p>Coach: What happens at the start of a game? Players: Kick off.</p> <p>Coach: What happens after a goal is scored? Players: Kick off.</p> <p>Coach: What's the call when you kick the ball out of bounds beyond your own goal line? Players: A corner kick for the opposing team.</p>	<p>YMCA Tutorial: Page 131</p> <p>A separate video drill to teach the throw-in:</p>  <p>https://sportsedtv.co/3skpR8y</p>

		<p>Coach: What's the call when you kick the ball out of bounds along the touchline? Players: A throw-in is given to the other team. Watch the reference video to know what aspects of a throw-in to teach.</p> <p>Coach: What happens when you kick the ball out of bounds beyond the opponents' goal line? Players: A goal kick is given to the other team.</p>	
3 min	Team Circle	<p>Set up four cones about five feet apart. Gather the team into a group. "We're going to talk about four main values or qualities that good players include in their games and practices. What are the four?"</p> <p>Have players stand at a cone when they provide a value. The values are caring, honesty, respect, and responsibility. Have another player provide an example of the value, then have that player join the other player at the cone. Assist players if they cannot think of all four.</p> <p>"We'll work to improve our soccer skills and physical fitness, but these four values are just as important to learn and practice to help you become good players. We'll learn more about these values during our team circles."</p>	
	Total Time	58 minutes	

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Session 2

Coach:

Team:

<p>Practice Goals: This session focuses on team play, passing, and the rules of the game. This will get players ready for the upcoming games. Remind players of the rules like offsides and throw-ins as needed. Encourage players to communicate, move off-the-ball to support their teammates, and look forward to starting off the season on a good note.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Passing	This exercise will get players warm, as well as rehearse passing and defending techniques. It is a great way to start any practice	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jXcrf8</p>
5 Min	Fitness: General	Gather the team into a group. "Who can tell me what 'warm up' means?" Listen to their responses. They might mention getting the body ready to do more strenuous activity, increasing blood circulation, and moving muscles so they are more flexible and will help prevent injuries. Discuss their responses and other possible responses. "Raise your hand if you think the muscles actually get warmer during warm-up activities?" Listen to their responses. "They do get warmer from the blood circulating and your moving. Give me some examples of good warm-up activities." Choose one for the team to try. "The warm-up is an important part of a good fitness program. We will do a warm-up activity every practice."	<p>YMCA Tutorial: 134</p>
15 min	4v4 Play: Team Play &	4 v 4 to cones or small goals. Team size can be adapted if needed. Place the cones or goals about 20 yards	<p>YMCA Tutorial: 144</p>

	<p>Movement</p>	<p>apart. "Play as a team."</p> <p>Teams get a point for scoring AND for 4 consecutive passes.</p> <p>Emphasize keeping possession of the ball by effective passing, ball control, and support play. Players will learn to provide support to their teammates with the ball during full game play.</p> <p>Coach: Other than good passing and receiving skills, what else does the passer of the ball need? Players: Someone to pass to—supporting teammates.</p> <p>Coach: Where should supporting teammates be? Players: In open space.</p> <p>Coach: Any open space? Players: A space in which the passer can get the ball to him or her.</p>	<p>A separate video drill to practice passing and first touch, in case players struggle with it in the game:</p>  <p>https://sportsedtv.co/2VSu2MN</p>
<p>20 min</p>	<p>6v6 Play: Restarts & Throw-Ins</p>	<p>6 v 6 Game.</p> <p>Remind the players of the offsides rule, and make sure it is followed in the game. This will prepare them for the rule during the seasons.</p> <p>Also have players follow the standard restart rules.</p> <p>If players struggle with throw-in form, stop the game for 5 minutes to practice them. (see reference video). You can do this quickly by having pairs of players do throw-ins to each other (one ball per pair). Make sure to teach the rules of throw-ins as described in the video.</p> <p>Set up and practice goal kicks and corner kicks during the game too.</p>	<p>YMCA Tutorial: 135</p> <p>Throw-In Video Tutorial:</p>  <p>https://sportsedtv.co/3skpR8y</p>
<p>3 min</p>	<p>Team Circle</p>	<p>Gather children into groups of two partners. "Everyone stand and balance on one foot." Wait while everyone gets his or her balance.</p> <p>"Now one of you offer your shoulder for your teammate to lean on. If you're leaning on your partner's shoulder, now try to balance on one foot again . . . Change</p>	

		<p>places.</p> <p>If you were leaning before, now let your partner lean on your shoulder and stand on one foot." Wait until everyone has balanced with the help of a partner.</p> <p>"Now come back here. Wasn't it easier to balance when you were leaning on your partner? It works that way in soccer, too. When you help each other during practices and games, we work better as a team; each of you can contribute. Your teammates count on you to contribute to the team. That is being responsible to your team."</p>	
	Total Time	53 minutes	

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Session 3

Coach:

Team:

<p>Practice Goals: This practice introduces crossing and scoring as part of the warmup, a very practical pattern that can be applied in games. From there, we focus on defending and marking, as well as dribbling while on offense. All of these skills can be applied in matches.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Crossing & Scoring	<p>Make sure to watch the video tutorial to get a visual of how to set up and run this exercise.</p> <p>One player dribbles down the side of the field, and crosses the ball to a player running into the box, who will shoot on goal.</p> <p>This activity will help players learn to dribble and cross, as well as make a run into the box and to score off a cross.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3xQ8fCH</p>
5 Min	Fitness: Cardio-Respiratory	<p>Fitness Gather the team into a group. "Who can tell me what cardiorespiratory fitness is? When you have good cardiorespiratory fitness, your heart picks up oxygen from your lungs and takes it all through your body."</p> <p>Ask three players to demonstrate. Have one ball ready. The players should be spread out in a zigzag pattern "down" the field. The ball is passed across to each player, one side then the other side, in the line. "Let's set up our own blood vessels to carry oxygen to the muscles." Set up and perform activity, with player 1 being the heart, player 2 the lungs, player 3 the legs, and then back to player 1. "We need to run more to improve our body's ability to get oxygen to our muscles. That is improving our cardiorespiratory fitness."</p>	<p>YMCA Tutorial: Page 136</p>

15 min	1v1: Defending & Dribbling	<p>First, introduce and teach how to defend a dribble. Players should approach the dribbler and stay low to the ground and on their toes, ready to move in either direction. They should not go to kick the ball too soon, but wait for the right moment to try to steal it. Remind players of the aspects mentioned in the video.</p> <p>Then to practice, follow the activity shown in the video.</p> <p>Two players stand across from each other in a small field of cones. One player will be the defender and one will be the attacker to start. The defender starts with the ball, and both have a goal (2 cones) behind them. The defender passes to the attacker, then the attacker will try to dribble by them and through the goal, while the defender will try to stop them. After the pass, the defender should run to get close to the attacker quickly. From there, they should slow down and pressure the dribbler by getting close to them, and waiting for an opening to kick the ball away. If the defender steals the ball, they can try to score on the opposing goal.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3CV5HXw</p>
20 min	4v4: Defending & Marking	<p>Play 4 v 4 games. The focus is on marking. The defense earns a point when a defender stays between the ball handler and the goal. The offense earns a point when the ball handler slips past the defender.</p> <p>Coach: Where is the best place for the defender to be to mark an opponent? Players: Between the opponent and the goal.</p> <ul style="list-style-type: none"> • “Mark your opponent!” 	<p>YMCA Tutorial: Page 156</p> <p>A separate video drill on 1v1 defending:</p>  <p>https://sportsedtv.co/3iOSs2B</p>
3 min	Team Circle	<p>Gather the team into a group near two cones about 10 feet apart. “What are some of the official’s duties during a game?” Discuss their responses. “Who makes the calls during the game? Can you disagree if you think an official’s call is not right, or do you accept the official’s call even if you think it’s wrong? If you think you can discuss the call with the official, stand at</p>	

		<p>this cone. If you think the official makes the call and you accept it, stand at this cone." All players should vote.</p> <p>"You need to have respect for the officials at all times. They are in charge on the field during a game. Don't argue with them; accept their calls and decisions. But if you have a question, ask the official or me during a break."</p>	
	Total Time	53 minutes	

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Session 4

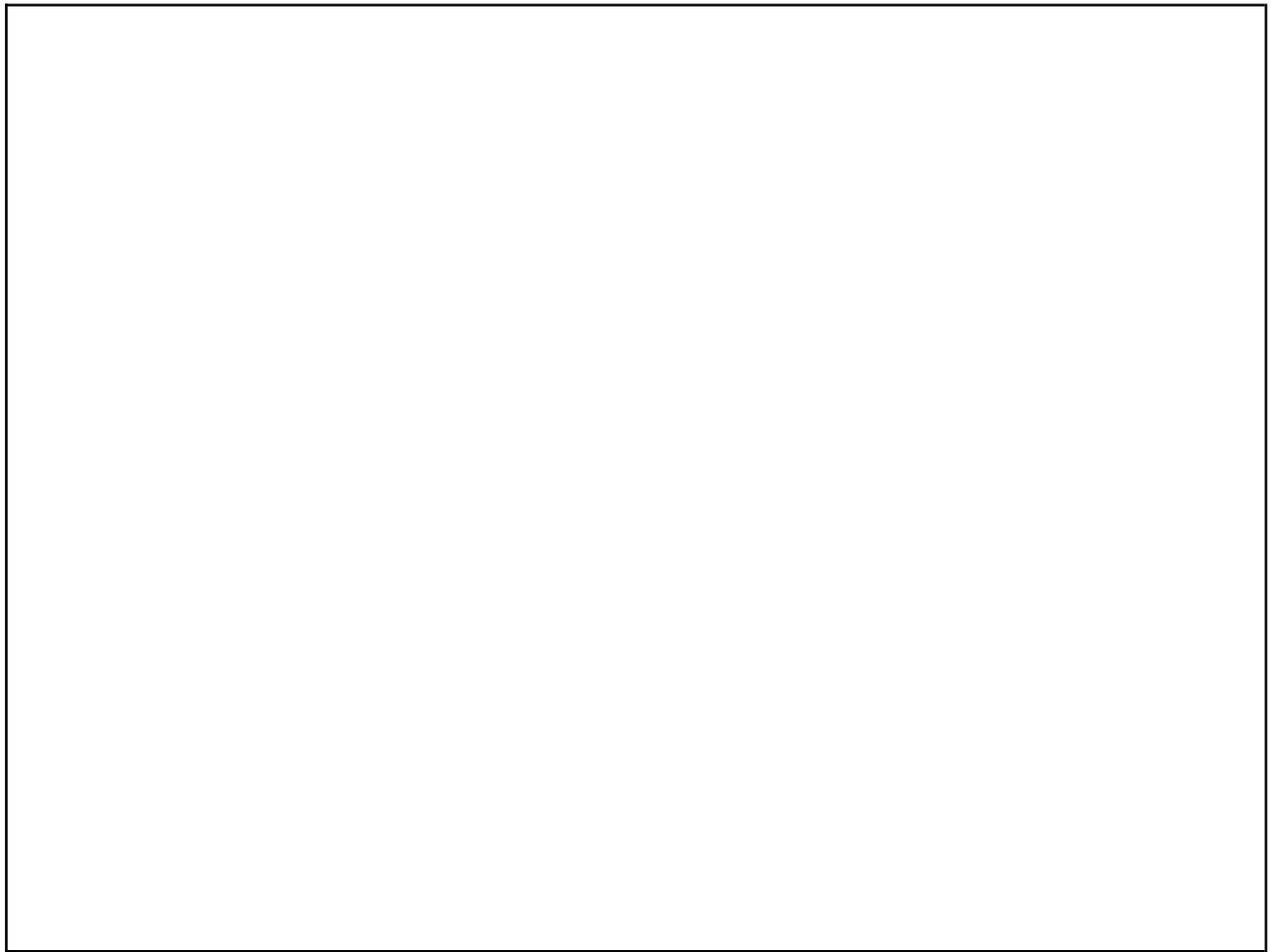
Coach:

Team:

<p>Practice Goals: This session rehearses a turning technique as part of the warmup, and then continues into a two-touch passing drill, and finally a game focused on scoring off of corner kicks.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: The V Turn	Each player with a ball, they practice and learn the V Turn as shown in the video. Make sure to demonstrate the technique first to the players, emphasizing the key points from the video. From there, players will each practice in their own space. This will both get them moving, as well as improve their ball control and dribbling ability.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3iMRBQ5</p>
5 Min	Fitness: Cardio-Respiratory	<p>Gather the team into a circle. "What fitness area improves when we run more and strengthen our heart and lungs? Cardiorespiratory fitness. When we run more during practice to improve our cardiorespiratory fitness, what will start to happen?"</p> <p>Listen to their responses. Discuss getting fatigued if they run too fast early in the practice.</p> <p>"If you don't want to tire early in the practice, we can use a special test to help you judge how fast to run. It's called a talk test. A talk test can tell you if you're running too fast for your body and need to slow down. Everyone jog to the goal and back with your partner saying 'soccer.' You should not be out of breath while you're talking; if you are, slow down!"</p>	<p>YMCA Tutorial: 141</p>
17 min	Passing: Triangle	This triangle passing activity is a great way for players to learn two-touch passing and improve their first touch. Make sure to watch the reference video to have a	<p>Video Tutorial:</p>

		<p>complete picture and to know what to emphasize.</p> <p>Reinforce accurate passes, and players correctly receive the ball on the back foot across their cone.</p> <p>The activity should be kept to two touches. Halfway through, reverse the direction of the passes.</p>	 <p>https://sportsedtv.co/2VСу2MN</p>
20 min	6v6 Game: Corner Kicks	<p>Play 6 v 6 games. Begin each play with a corner kick. Scores off a corner kick are worth two points.</p> <p>Review corner kick rules.</p> <p>Enforce offsides rules, throw-ins, etc.</p> <p>Team size can be adapted as needed, larger teams for more comfortable players.</p>	<p>YMCA Tutorial: 173</p> <p>Video tutorial on shooting, which explains the most important aspects for you to highlight and communicate to your players:</p>  <p>https://sportsedtv.co/3ALcUYI</p>
3 min	Team Circle	<p>Gather the team into a group. "Give me some examples of being dishonest in practices and games." Listen to their responses. After each response, have the players change the examples into acts of honesty. Take three examples.</p> <p>"Honesty is an important value that all players should be practicing every practice and game, especially if a coach isn't there to help you make the right decision or if an official doesn't see the play."</p>	
	Total Time	55 minutes	

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Session 5

Coach:

Team:

<p>Practice Goals: This session works on crossing and finishing, dribbling, and passing. Encourage players based on what you've seen in games so far in the season. Remind them to communicate if needed, or move to support one another, spread out on offense, mark up on defense, etc. depending on where they need the reminder most.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: GK to Cross & Finish	<p>On a small field, GK1 distributes the ball to A1, who dribbles downfield and crosses to A2. A2 dribbles and shoots toward cones guarded by GK2. GK2 then distributes to A2, who dribbles outside and crosses to A1, who shoots on GK1. Then A3 and A4 take A1 and A2's places.</p> <p>GK1 restarts the pattern by distributing to A3, who takes the ball down and crosses to A4.</p>	<p>YMCA Tutorial: Page 169</p> <p>A Separate Shooting Technique Tutorial, in case players struggle with shooting technique:</p>  <p>https://sportsedtv.co/3ALcUYI</p>
5 Min	Fitness: General	<p>Gather the team into a group. "If you participate in soccer practice every week, do you think that's enough to keep your body fit to play soccer? Do you think you'll improve your body's fitness in different areas?" Listen to their responses. "You need to be active outside soccer practice to keep your overall fitness at a level that helps your soccer. What are some activities you could do outside of practice?" Listen to their responses. Discuss practicing skills such as catching the ball off the chest and "killing the bounce" alone or with a partner.</p>	<p>YMCA Tutorial: Page 144</p>

		Ask one player to demonstrate using one ball. Have all players try.	
12 min	Dribbling:	<p>Shown in the video, this activity helps players improve at dribbling, and introduces the difference between keeping the ball close while dribbling slower, and dribbling faster with longer touches.</p> <p>Coach the players to keep the ball close to them during the first 4 cones and under control using many small touches, and use a stronger touch to accelerate towards the final cone.</p> <p>The reference video describes the correct technique.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3xRnjQG</p>
25 min	4v4: Passing & Support	<p>Play 4 v 4 games (without GKs). Play with the target player in the attacking half. The offense scores a point when they successfully get the ball to the target player.</p> <p>Coach: When the target player has the ball, what should teammates do to continue an attack?</p> <p>Players: Provide support and prepare for a return pass.</p> <p>To use as a Game 2: Teams are 4 v 2 or 4 v 3 depending on their skill proficiency.</p> <p>Goals from the target player feed count double.</p>	<p>YMCA Tutorial: Page 148</p> <p>A separate activity for players to work on passing technique and moving:</p>  <p>https://sportsedtv.co/3k1jQd7</p>
3 min	Team Circle	<p>Gather the team into a group. "What are some examples of showing you care about your teammates?" Listen to their responses. After each response, ask for an example of the same sign of caring that players could do outside of practice.</p> <p>Discuss the on-field and off-field examples at the same time—then ask for another response (example). "Those were all great ideas to show caring to your teammates. Have you seen someone else show an "act of kindness" toward another teammate?"</p>	

		Discuss their responses. "It's important to show caring on and off the field—that means both during practice and outside of practice. Teams that show they care about each other play better together."	
	Total Time	55 minutes	

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Session 6

Coach:

Team:

Practice Goals: This session works on dribbling, defending, and corner kicks. It introduces a new technique of making a tackle from behind. While this activity is taught in a staged activity where the attacker allows room for the tackle, remind players to look for opportunities to use this technique in the following games. It won't always be an option, but players should stay aware and look for ways to poke the ball away when the attacker on the ball has their back to the defender.

Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Dribbling	This dribbling activity, shown in the video, will warm players up while giving them more dribbling experience. It also includes turning on the ball.	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3xM3xWE</p>
5 Min	Fitness: Muscular Strength & Endurance	Gather players into a group in a small area. "I want everyone to find a partner and balance back to back while sitting like a chair. I'll time you for one minute." Model action for the group. "What muscles did you use to hold yourselves up?" Touch the different areas with your hand to show players the muscle groups of their legs, front and back. "You use different muscles to perform different activities. Practicing using specific muscles improves your muscular strength and endurance—that is, how hard you can kick the ball and how long you can keep going before your muscles get tired."	<p>YMCA Tutorial: Page 147</p>
10 min	Defending: Tackling From Behind	The purpose of this activity, explained in the video, is to get defenders comfortable with making a tackle from behind, when the opportunity is there. Explain to them that when they pressure from behind, if	<p>Video Tutorial:</p>

		<p>they see an opening in the dribbler’s legs they can tap the ball away. They don’t always have to wait for the dribbler to turn around. If the attacker’s legs are closed, they should wait for the opportunity to tackle.</p>	 <p>https://sportsedtv.co/3q85x5C</p>
15 min	6v6: Corner Kicks (Defense)	<p>Play 6 v 6. Use half the field, and begin each play with a corner kick. The defense scores a point each time the offense fails to score on the play.</p> <p>Coach: How can you prevent opposition from scoring at corner kicks? Players: Mark them tightly.</p>	<p>YMCA Tutorial: 177</p>
15 min	6v6: Marking	<p>Players play 6v6 games. The defense earns a point if it wins the ball.</p> <p>Make the focus close marking by midfielders and defenders.</p> <p>Coach: What do defenders need to do when their opponent gets the ball?</p> <p>Players: Tackle the opponent.</p>	<p>YMCA Tutorial: Page</p> <p>A separate video teaching defending 1v1 technique:</p>  <p>https://sportsedtv.co/3iOSs2B</p>
3 min	Team Circle	<p>Gather the team into a circle. “I want everyone to think of one thing that you, personally, can improve in your soccer play that can make you a better player. I’ll go around the circle, and when it’s your turn, tell everyone what you think you can work on.”</p> <p>Go to each player one at a time (assist them, if necessary). Allow them the option to pass their turn.</p> <p>“It’s important to look at your own game to</p>	

		see where you can improve.”	
	Total Time	58 minutes	

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YMCA Soccer Ages 10U

Session 7

Coach: _____

Team: _____

<p>Practice Goals: This session focuses on dribbling and passing. Emphasise movement off-the-ball and getting open to support a teammate with the ball. Players should communicate and actively try to get on the ball. Encourage players to not be afraid but to try to get open, show for a pass, and call for the ball.</p>			
Time	Activity Type	Activity Description	Reference
12 Min	Warm-Up: Passing	This exercise will get players warm, as well as rehearse passing and defending techniques. It is a great way to start any practice	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3jXcrf8</p>
5 Min	Fitness: Flexibility	<p>Gather the team into a circle. "Is there such a thing as stretching your muscles too far, or should you stretch as far as you can to improve your flexibility?" Listen to their responses.</p> <p>"Muscles should stretch only until you feel a slight pulling. You should never feel pain stretching. If you do, you're stretching too far."</p> <p>Choose a stretch for the team to try. "I want you to stretch until you feel the slight pulling. Everyone will have different levels of flexibility, but all of you need to stretch properly to stay flexible and prevent injuries." Remind players to avoid bouncing when stretching.</p>	<p>YMCA Tutorial: Page 151</p>
15 min	Group of 3: Passing &	Introduce, demonstrate, and explain how to use a first-touch pass (give and go) to beat a defender.	<p>YMCA Tutorial 163</p>

	<p>Moving</p>	<p>Practice first-touch passing.</p> <p>Players in 2 v 1 games look to pass to a target player. Conditions of this game are the defender must go to the player with the ball, and two attackers must get the ball to the target player.</p> <p>“Give the pass.” “Go for the return.” “Return pass behind the defender.”</p>	<p>A different exercise to practice passing and moving, and get into the habit of getting open:</p>  <p>https://sportsedtv.co/3k1jQd7</p>
<p>20 min</p>	<p>6v6: Dribbling Focus</p>	<p>Play 6 v 6 games. Players attempt to beat their opponents with the dribble. Instruct players not to bunch up; there should be space behind the defenders. The offense earns a point when a dribbler beats an opponent.</p> <p>Coach: When should you try to beat a defender with the ball? (You might need to set this up: “Should you try it in this situation or that situation?”) Players: When there is space behind the defender.</p> <p>Coach: In what part of the field are you likely to find the most space? Players: Wide. (Along the sides of the field.)</p> <p>Coach: How can you beat the defender most easily? Players: Push the ball past the defender and run.</p>	<p>YMCA Tutorial: Page 165</p> <p>A separate video drill on dribbling:</p>  <p>https://sportsedtv.co/3iPD4mB</p>
<p>3 min</p>	<p>Team Circle</p>	<p>Gather the team into a circle. “I want you to think back to our last practice. Remember talking about improving our games? Each player said one thing they could improve on in their game. Tell me how many of you feel you have tried to improve your game from the last practice?”</p> <p>Call on players to tell what they did to try to improve.</p>	

		<p>“All good players look honestly at themselves and how they are playing to see where they can improve their game. It’s important to be honest with yourself about how you’re playing; you don’t need to feel bad about needing to improve your skills. The more you improve individually, the more you contribute to the team.”</p>	
	Total Time	55 minutes	

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Session 8

Coach:

Team:

<p>Practice Goals: This session includes crossing and finishing, dribbling, and a 6v6 game for players to utilize what they've learned over the season. Encourage them to utilize the crossing and scoring pattern in the game. Also, encourage them to dribble using both the inside and outside of their foot in the game, as is shown in the activity before it.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Crossing & Scoring	<p>Make sure to watch the video tutorial to get a visual of how to set up and run this exercise.</p> <p>One player dribbles down the side of the field, and crosses the ball to a player running into the box, who will shoot on goal.</p> <p>This activity will help players learn to dribble and cross, as well as make a run into the box and to score off a cross.</p> <p>Goalkeepers are not needed.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3xQ8fCH</p>
5 Min	Fitness: Safety	<p>Gather the team into a group. "Is everyone remembering to wear their shin guards?" Gently tap your head with your fist. "Is my head hard or soft? Right—it's hard because my skull is hard. It's made out of bone. Raise your hand if you think bones can break. Right—we all know that bones can break. If you tap your shin guards, they are hard just like bones. They give extra protection and keep you safe playing soccer."</p>	<p>YMCA Tutorial: Page 155</p>
10 min	Dribbling: Inside & Outside	<p>This activity, shown in the video, will help players improve their ball control, and reinforces the habits of using the inside and outside of both feet. Count how many they can do in a row without a mistake, encourage them to try for 5 or 10 in a row.</p>	<p>Video Tutorial:</p>

			 https://sportsedtv.co/3xMujy4
25 min	6v6	<p>An open 6v6 game. Include offsides rules and restarts.</p> <p>Encourage players to apply what they have learned over the course of the season. Passing and moving, staying spread out on offense, close marking on defense, dribbling when appropriate, and shooting when they have the opportunity.</p> <p>Encourage them to implement the cross & finish pattern from the warmup.</p>	<p>YMCA Tutorial: 135</p> <p>Separate video tutorial for an activity teaching how to dribble with inside and outside of foot:</p>  https://sportsedtv.co/3CUHq4b
3 min	Team Circle	<p>Gather the team into groups of four or five players. Give each group a scenario in which one player makes a mistake. Direct them to problem solve and decide as a group what would be a good response. Give them two minutes to discuss.</p> <p>Bring each group back as a team and discuss each group's decision. Have players agree or disagree with each group's response by raising their hands.</p> <p>"All of you have done a good job in problem solving. It's important to show you care about your teammates. You can do this by forgiving their mistakes."</p>	
	Total Time	53 minutes	

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YMCA Soccer Ages 10U

Session 9

Coach:

Team:

<p>Practice Goals: For the last practice of the season, we are primarily focused on game activities. A dribbling warm up is followed by some conditioning, and then two games to finish off and let the players continue to apply everything they've learned over the course of the season.</p>			
Time	Activity Type	Activity Description	Reference
10 Min	Warm-Up: Dribbling	<p>This activity, explained in the video, helps players get in the habit of using different parts of their feet to dribble, as well as how to switch back and forth from one foot to the other. This will get the players warm, while improving their ball control.</p>	<p>Video Tutorial:</p>  <p>https://sportsedtv.co/3CUHq4b</p>
5 Min	Fitness: Training & Conditioning	<p>Gather the team into a single-file line. Players will run two distances, one longer than the other. Have the team run the shorter distance first and come back to the starting spot.</p> <p>Then have the team run the longer distance. "Do your muscles feel tired? Running farther, especially if you're a little bit tired, is called overloading the muscles. Running a longer distance adds more for the muscles to do. It's training the muscles to make them stronger and able to move longer before getting tired the next time you play. You'll get stronger and have more endurance every time you overload the muscles."</p>	<p>YMCA Tutorial: Page 159</p>
10 min	4v4 Play: Passing Focus	<p>Play 4 v 4 games. Give teams an extra point for four consecutive passes.</p> <p>Keep possession of the ball by effective</p>	<p>YMCA Tutorial: Page 144</p> <p>A separate activity for</p>

		<p>passing, ball control, and support play. Players will learn to provide support to their teammates with the ball during full game play.</p> <p>Coach: Other than good passing and receiving skills, what else does the passer of the ball need? Players: Someone to pass to—supporting teammates.</p> <p>Coach: Where should supporting teammates be? Players: In open space.</p> <p>Coach: Any open space? Players: A space in which the passer can get the ball to him or her.</p>	<p>players to work on passing technique and moving, if needed:</p>  <p>https://sportsedtv.co/3k1jQd7</p>
<p>30 min</p>	<p>6v6: Fun!</p>	<p>After a short break, the players play 6v6. This time, tone down the coaching. Comment on any notable moments, give some positive reinforcement, but most importantly let the players relax and enjoy their last practice of the season.</p>	
<p>3 min</p>	<p>Team Circle</p>	<p>Gather the team into a group near two cones about 10 feet apart. “What’s one important thing you can do at the end of every game to show respect for your opponent?” Listen to their responses. Discuss shaking or slapping hands and saying “good game.”</p> <p>“Let’s say some kids on the other team start walking away following a game. What should you do? If you think you should let them walk away without saying anything or trying to shake hands, stand at this cone. If you think you should say “good game” and hold your hand out anyway, stand at this cone.”</p> <p>All players should vote. Ask why players voted the way they did.</p> <p>“You should shake hands and or say “good game” following every game; this shows respect for your opponent. If the other team turns away and doesn’t participate, you shouldn’t change your behavior.”</p>	

	Total Time	58 minutes	
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