



TUSC - U10/12 – Practice plan 1

Warm-up : 10 – 15 minutes

- team jogs 2 laps of whole field together in 2 lines and staying in pairs.
- Players then circle around coach who leads players through stretch routine.

Drill 1 : 5mins

Island Tag → Organize in pairs “Islands” standing or lying on the ground.

- Island Tag. Coach breaks one pair apart and designates one to be “it” who chases and tries to tag the other player.
- The player being chased may join another island before being tagged, but only two are allowed on the island, so the one on the end must leave.
- Add more chasers and/or add a ball.

Drill 2 : 5 minutes

Knockout → Knock Out (define an area). All players with a ball. Try to knock the other player’s ball out of the area. Each player attempts to knock other players balls out of the area. Continue until all balls are out. Repeat.

Drill 3 : 10 - 15 minutes

3 v 3 keep-away → Organize three teams of three or four (three 20 x15 yard areas or as needed).

- Objective is for one team to pass the ball through the center zone to the team on the opposite side. If successful, award a point.
 - If the center team wins the ball, they switch roles with the team they won the ball from.
- Limit touches on the ball if necessary.

Coaching points :

- Passes to feet versus passes to space.
- Visual and verbal cues to split defenders.
- Quality of passing and receiving.
- Keep ball moving to create space between defenders to split.

Drill 4 : 10 mins

Small sided game → 3v3 games with small goals.

- **Finish** practice using remainder of time for a full field game if enough players. If players are limited adjust field and numbers accordingly but utilize all players. Use coaching points from drill 3 to stop and start practice at according moments.

Cool-down and Stretch: 5 – 10 mins