

# **TUSC - U10/12 – Practice plan 2**

## **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: 10minutes**

**Gates Passing** - Randomly place many pairs of cones making small goals (1 yard wide) in a large space (30 x 20 yards). Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot.

## **Coaching Points →**

### **Kicker**

- Stress passing techniques
- Point your toe side-ways and with up locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down...eyes on ball at moment of contact
- Placement foot pointed to target and parallel to ball; pay attention to proper weight and angle

### **Receiver**

- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate...call for the ball
- Head up
- Move toward pass (check to ball)

## **Drill 2 : 10-20 minutes**

**3 vs. 1 keep away** - In a grid 10x15 yards, play 3 vs. 1 continuous keep away. Three attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attackers he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in. **Version 2:** Add another defender and play 3v2 keep away.

### **Coaching Points:**

- Stress coaching points from above
- Read the situation

### **Receiver**

- Support – position

## **Drill 3: 20minutes**

### **Shooting Through the Cones**

Set up a line of cones about 6 yards apart, representing goals for the players to shoot through. Position two players about 10-15 yards away from and on opposite sides of the line of cones. Players opposite each other proceed to kick (shoot) the ball through their cone goal, back and forth, working on correct shooting technique. It is important that the players work to perfect their preparation touch and that they strike a moving ball. The players should be using both feet to shoot.

### **Coaching Points:**

- Keep ankle of shooting foot locked with toe down
- Non-kicking foot is placed parallel to ball (not behind it or ahead of it)
  - and far enough away that it is comfortable to hit ball
  - both ball and non-kicking foot are underneath your hips
- Non-kicking foot should be pointing towards your target
- Your weight should be on the ball of your non-kicking foot
- Both knees bent
- Strike through the middle of the ball
- Follow through to your target
- Land on your kicking foot
- Keep head down and at the ball while making contact/striking ball
- Lean over ball as you kick, do not stand upright
- Strike ball with laces so that ball strikes hard bone on top of foot
- Encourage players to strike through the ball
- Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground.

**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 previous drills to stop and start practice at according moments.

**Cool-down and Stretch: 5 – 10 mins**