

**U10 Age  
Group  
Practice  
Plan**

# Activities for U10 age division

## Week 1 - Practice 1

### Warm up

#### Up to a 3v3 Game

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a "goal" at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### Breakaway Game - 3v2 , 3v3 and 4v4

**Time: 21 minutes**

In a half field with a regular goal and two (cones) counter goals on the mid line. Line all players up and count off 1-however many players you have at practice. Focus Players Team Pinnies: Odd #'s -- Defending team non pinnies: Even #'s -- Attackers try to score in the regular goal and the defenders in either counter goal.

**Interval 1: 3v2 -- Interval 2: 3v3 -- Interval 3: 4v4**

#### 7v7 Scrimmage

**Time: 25 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 1 - Practice 2**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### **4v5 to a Goals and Counter Goals**

**Time: 18 Minutes total, 7 minute intervals, 2 minutes of rest in between**

Area: Using half the field with a regular goal and 2 cone goals on the opposite side, have one team (4 players) with pinnies that scores in the regular goal and a non pinnie team (5 players) scores in either of the 2 cone goals.

#### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 2 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **3v3 to Small Goals**

**Time: 21 Minutes, 6 minutes playing for 3 intervals, 1 min rest in between**

Make two grids 20Wx30L with small goals (cones) on each end line. Line all players up and count off 1-however many players you have at practice. Focus Team (Non Pinnies): Even #'s - Defending Team (Pinnies): Odd #'s. **Scoring: Any goal that has 3 or more consecutive passes is worth 10 points. -- Interval 1 & 2: 3v3 game -- Interval 3: 6v6 to 4 goals game**

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 2 - Practice 2**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### **2v2 to Small Goals**

**Time: 24 Minutes, 2 minutes each for 6 intervals, 2 minute rest**

Make two 15Wx20L grids with small goals at each end. Line all players up and count off 1-however many players you have at practice. Focus Team (Pinnies): Odd #'s - Attacking Team (Non pinnies): Even #'s. Scoring: Both teams score in the opponent's small goal.

#### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 3 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### **5v4 to Regular and Small Goals**

**Time: 21 Minutes, 5 minutes of playing, 3 intervals, 2 minute rest**

In a half field with a regular goal and a small goal. Line all players up and count off 1-however many players you have at practice. Focus Team (Pinnies): Even #'s - Attacking Team (Non pinnies): Odd #'s. Scoring: Pinnie Team scores in the small goal, the Non Pinnies Team scores in the regular goal.

#### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 3 - Practice 2**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **5v3 Build Up**

**Time: 21 Minutes, 6 minutes playing, 3 intervals, 1 minute rest**

In a half field with a regular goal and two small goals. Line all players up and count off 1-however many players you have at practice. Focus Team (Pinnies): Even #'s - Attacking Team (Non pinnies): Odd #'s. The goalkeeper passes to a pinnie player and the non pinnie players enter the field. Pinnies scores in the small goals and non pinnies in the regular goal.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 4 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Defensive Build Up**

**Time: 21 Minutes, 6 minutes playing, 3 intervals, 1 minute rest**

In a half field with a regular goal and two small goals. Line all players up and count off 1-however many players you have at practice. Focus Team (Pinnies): Even #'s - Attacking Team (Non pinnies): Odd #'s. **6v2:** The GK makes a pass to a pinnie player and the 2 non pinnie players enter the field. Pinnies scores in the small goals and non pinnies in the regular goal. **6v3 Build up:** Add one more player to the non pinnie side. **More Challenging: 7v4 Build up:** In a 3/4 field with a regular goal and two small goals. The GK or Def. makes a pass to a pinnie player and the non pinnie players enter the field. Pinnies scores in the small goals and non pinnies in the regular goal.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**



## **Week 4 - Practice 2**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Midfield Build up**

**Time: 21 Minutes, 6 minutes playing, 3 intervals, 1 minute rest**

**3v2 and 2v2 Midfield Build up:** Divide the middle of the field into two 20Wx30L fields and play 3v2's or 2v2's. Play to score in the opponent's goal. **5v4 Midfield**

**Build up:** In the middle third (45Wx30L) with 2 small goals on each of the build-up lines. Play to score in either of the opponent's goals. **More Challenging 6v6**

**Midfield Build up:** In a 3/4 field with a regular goal and two small goals. pinnies team scores in the regular goal and the non pinnies team in either of the small goals.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 5 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Activity**

**Time: 21 Minutes, 6 minutes playing, 3 intervals, 1 minute rest**

**3v3 Midfield Build up:** Divide the middle into two 20Wx30L fields and play 3v3.

Play to score in the opponent's goal. **5v3 Midfield Build up:** In the middle third (45Wx30L) with 3 small goals lined up half way between the penalty box and center line. Play to score in either of the opponent's goals.

**More Challenging 5v4**

**Midfield Build up:** In the middle third (45Wx30L) with 3 small goals lined up half way between the penalty box and center line. Play to score in either of the opponent's goals.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## Week 5 - Practice 2

### Warm up

#### Up to a 3v3 Game

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### Activity

**Time: 21 Minutes, 6 minutes playing, 3 intervals, 1 minute rest**

**2v2 Defending:** Two grids of 15Wx20L grids with a small goal at each end.

Defenders pass the ball to the non pinnie team to start the game. Play to score in the opponent's small goal. Rules: pinnies team play for 2 balls or one goal. **4v3**

**Defending:** In a 30Wx30L field with a regular goal and a small goal. pinnies scores in the regular goal, the non pinnies team in the small goal. **More Challenging 4v4**

**Defending:** In a half field with a regular goal and a small goal on the midline. Play to score in the opponent's goal.

### 7v7 Scrimmage

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 6 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a "goal" at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Activity**

**Time: 21 Minutes, 6 minutes playing, 3 intervals, 1 minute rest**

**3v3 Defending:** Make two 15Wx20L grids with small goals at each end. Have the defenders serve the ball to the pinnie team to start the game. Play to score in the small goals. **4v5 Defending:** In a 30Wx30L field with a regular goal and a small goal. pinnies scores in the regular goal, the non pinnies team in the small goal.

**More Challenging 5v5 Defending:** In a half field with a regular goal and a small goal on the sideline. pinnies team scores in the small goal and the non pinnies team scores in the regular goal.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## Week 6 - Practice 2

### Warm up

#### Up to a 3v3 Game

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### Activity

**Time: 24 Minutes, 4 minutes playing, 4 intervals, 2 minute rest**

**2v2 Scoring:** In a 24Wx24L grid play 2v2. The attacking player with the ball dribbles in or passes to his partner. The defender, starting at the PK point will try to regain the ball to score in the small goal. **Rules:** pinnie team gets two opportunities to score. **3v3 Scoring:** In a 24Wx30L grid with a regular goal and small goal play 3v3. The attacking player with the ball dribbles in or passes to his partner to score in the regular goal. The defenders, starting from the PK point will try to regain the ball to score in the small goal. **More Challenging 4v4 Scoring:** In a half field with a regular goal and a small goal. Defenders start from the PK point. pinnies team scores in the regular goal and the non pinnies team in the small goal.

### 7v7 Scrimmage

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 7 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a "goal" at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Activity**

**Time: 24 Minutes, 4 minutes playing, 4 intervals, 2 minute rest**

**3v4 Scoring:** In a 24Wx30L grid with a regular goal and a two small goals. pinnies team plays to score in the regular goal and the non pinnies team in either of the two small goals. **Rules:** When a goal is scored the pinnies teams starts with the ball. **4v5 Scoring:** In a 24Wx30L grid with a regular goal and two small goals.

Pinnies team plays to score in the regular goal and the non pinnies team in either of the two small goals. After a goal the pinnies team starts with the ball from the midline. **More Challenging 5v6 Scoring:** In a 24Wx30L grid with a regular goal and a two small goals. Pinnies team plays to score in the regular goal and the non pinnies team in either of the two small goals.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 7 - Practice 2**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **Activity**

**Time: 24 Minutes, 4 minutes playing, 4 intervals, 2 minute rest**

**3v3 Scoring:** In a half field with a regular goal and 2 small goals on the midline. pinnies team scores in the regular goals and the non pinnies team scores in either of the 2 small goals. **4v4 Scoring:** In a half field with a regular goal and two small goals on the midline. Pinnies team scores in the regular goal and the non pinnies team in either of the two small goals. **More Challenging 4v5 Scoring:** In a half field with a regular goal and 2 small goals on the midline. Pinnies team scores in the regular goal and the non pinnies teams scores in either of the two small goals.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**

## **Week 8 - Practice 1**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

### **5v5 to Goal**

**Time: 18 Minutes, 7 minutes playing, 2 intervals, 2 minute rest**

**Area:** In a 30Wx40L yard field with 15 yard central zone (marked with cones on the sidelines) and goals at each end line. Play to score in the opponent's goal. Goals scored from distance (between the cones) are worth 10 points.

### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**



## **Week 8 - Practice 2**

### **Warm up**

#### **Up to a 3v3 Game**

**Time: 10 Minutes**

Split the field in half so you end up with two fields, with a “goal” at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field. **This activity should replace LAPS!!**

**5 minutes or so water break in between each activity**

#### **4v4 - 60 Seconds Game**

**Time: 15 Minutes, 4 minutes playing, 3 intervals, 1 minute rest**

**Area:** In a 20Wx30L yard field with a goal on each end line. Both teams are trying to score in the opponent's goal. **Scoring:** After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

#### **7v7 Scrimmage**

**Time: 30 Minutes**

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals.

**Have all players at the end help pick up cones, balls, and return pinnies**

**End session**