

Week 1 Session 1		
Duration	Activity	Notes
20 min	Warm-up introduction Dynamic stretches introduction Players meet you/ set expectation for season	
20 min	Passing Drills Two-touch passing - Near, Mid, Far 1 Touch Passing - Near, Mid, Far Technical Drills Juggle both feet 2 min	Give them some homework. Give them one technical skill to work on at home. Have them do 10 sprints on their own. Have them shoot.
20 min	7v7 - Explanation 3-2-1 Defending  Have them stand in their spot on the field. Put them where you believe it allows them to play to their strengths. Example would be someone who is less conditioned. I put them as a striker. I ask them to have a high work rate and if they get tired it is okay 😊. As this is grassroots soccer we teach to grow each practice with the goal of being our best by the end of the season.	Formation Link https://youthsoccer101.net/7v7-formations/ Inform them of the “WHY” it is important to learn all positions. Encourage them to be students of the game. Ask questions instead of doing all the talking. What is the role of a Right Back? etc.
30 min	Game Take opportunities during the game to encourage curiosity: What did you do well just right now? If you don't know, I'll tell you. Building confidence and a love for the game sets all the players up for success!	Play a game and see where the strengths and weaknesses are in your team. Take notes

Week 2 Session 2		
Time (4:30-6:00)	Activity	Video Clip Link
15 min	Warm-up introduction Dynamic stretches	 Basic Warm-Up ...
15 min	Passing Drills Two-touch passing - Near, Mid, Far 1 Touch Passing - Near, Mid, Far Technical Drills Juggle 2 min	Notes Give them some homework. Give them one technical skill to work on at home. Have them do 10 sprints on their own. Have them shoot.
30 min	7v7 - Explanation 3-2-1 Defending 	Formation https://youthsoccer101.net/7v7-formations/ - Have the players move the ball around in their formation. Move and down the field. - Have them try different positions - Ask questions about their positions - If the field space is limited, use cones to help you explain!
3 min	Water Break	
27 min	Game Take opportunities during the game to encourage curiosity: What did you do well just right now? If you don't know, I'll tell you. Building confidence and a love for the game sets all the players up for success!	

Game 1 Instructions		
Time Field Teams		
3-2-1 Defending 		Game Set-up • Have players show-up 1 hour before • Talk to them about obligations on the field • Dynamic Stretches • 📺 Basic Warm-Up f... Final Score
Time	Game Tactics/Activity	Player feedback/ Coaches Notes
	Players arrive Have them do the dynamic stretches you have practiced. GoalKeeper Remind him to yell "keeper". Defense Remind them to move up to the midfield line when the team is moved up. Midfield Remind them that they are running up and down the field. "If they slow down they are showing me they need a break and that's okay" If you can run straight to the goal and shoot. Forwards Pressure the defense of the other team. *Remind them that "Know one is going to yell at them to shoot". Tell them to have fun above all and to cheer each other on! Keep a smile on your face.	• Let them know where they are playing in the game. Show them the picture. • Ask them in the game to listen for your voice. • Celebrate their technical skills or tactical awareness. This reinforces positive choices made on the field. • Celebrate their effort! • Remind them before the game and after that this is grassroots soccer. You are here to make as many mistakes as possible because that is part of learning! • Take notes of each player ◦ Two things you did right, and one you can improve



RYSL U-10 Coaches Practice Plan

	<u>Starting Line up</u>	In-game feedback
	GK- • “Yell keeper” LB- • “Move up to the midfield line” CB- • “Stay central”, “Pass to Brody & Ryder” • “Move up to Midfield” RB- • “Move up to Midfield line”, “Pass to Right Wing Player”, “Pass to your CM” LW- • “Run to the ball”, “Cross the ball”, “Look for your CM or Forwards” CM- • “Stay Central”, “Get back on Defense”, “Look to pass the ball to LW or RW” RW- • “Run to the ball”, “Cross the ball”, “Look for Obi”, LF- • “Stay on the Last defender”, “Ask for the ball’, Run towards the ball and try to get it” RF- • “Stay on the Last defender”, “Ask for the ball’, Run towards the ball and try to get it”	• “If I see you slow down you are telling me you need a break and that's okay” • Tell the subs who they are going in for and to match their intensity. • If any of the players get tired switch them out early and then quickly put them back into the game. • Remind them they are playing a 15 min block Notes



RYSL U-10 Coaches Practice Plan

Week 2 - Session 3		
Duration 90 min	Activity	Notes/Resources
15 min	Dynamic stretches ▶ Basic Warm-Up for all ages - Dynamic S...	Notes
21 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min) Introduction of technical skills (3 min) Pick one from the Technical Drills Link below ▶ Soccer Moves For Kids That Always Wo...	Notes With the two touch passing and one touch passing, each one is 1 min.
24 min	9v9 walk through positionally Finishing drill using wall pass	• Have them stay in their positions for this time block • Have them pass the ball back side to side and gradually speed it up to game speed!
30 min	1 v 1 → 2 v 2 → 3 v 3 → 4 v 4 → Game • 9 players vs Remaining players • Rotate the 9 player team	Remind them that we are not going to yell "shoot" or teammates' names when shooting. Remind players not to yell shoot



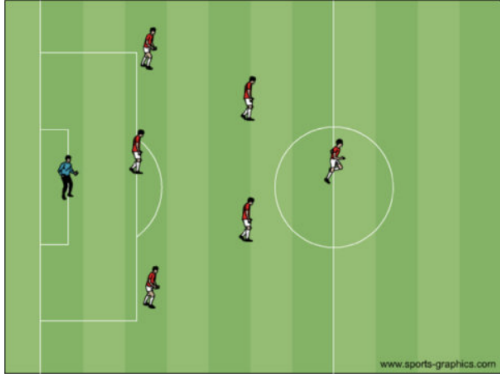
RYSL U-10 Coaches Practice Plan

Week 2 - Session 4		
Duration 90 min	Activity	Notes/Resources
15 min	Dynamic stretches ▶ Basic Warm-Up for all ages - Dynamic S...	Notes
21 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min) Shielding the ball (3 min) Introduction to wall pass (3 min)	Notes With the two touch passing and one touch passing, each one is 1 min.
24 min	9v9 walk through positionally Finishing drill using wall pass	• Have them stay in their positions for this time block • Have them pass the ball back side to side and gradually speed it up to game speed!
3 min	Water Break	
27 min	Game	Remind them that we are not going to yell "shoot" or teammates' names when shooting. Remind players not to yell shoot

Game 2 Instructions

Time
Field:
Teams-

3-2-1 Defending



Game Set-up

- Have players show-up 1 hour before
- Talk to them about obligations on the field
- Dynamic Stretches
-  Basic Warm-Up for all a...

Final Score

Time	Game Tactics/Activity	Player feedback/ Coaches Notes
	Have them do the dynamic stretches we practiced. Allow your captain to lead the group Defense Remind them to move up to the midfield line when the team is moved up. Midfield Remind them that they are running up and down the field. "If they slow down they are showing me they need a break and that's okay" If you can run straight to the goal and shoot. Forwards Pressure the defense of the other team. "Remind them that no one is going to yell at them to shoot". Tell them to have fun above all and to cheer each other on!	Let them know where they are playing the game. Ask them to explain to you what is required of them in their position (show them the picture if necessary). Take notes



RYSL U-10 Coaches Practice Plan

First Half	Starting Line up	
	GK- "Yell keeper" LB- "Move up to the midfield line" CB- • "Stay central", "Pass to Look to connect with Wingers" • "Move up to Midfield" RB- • "Move up to Midfield line", "Pass to Ryder" • "Pass to Obi" LW- • "Run to the ball", "Cross the ball", "Look for Obi" CM- • "Stay Central", "Get back on Defense" RW- "Run to the ball", "Cross the ball", "Look for Obi", LF- • "Stay on the Last defender", RF- • "Stay on the Last defender"	• "If I see you slow down you are telling me you need a break and thats okay" • Tell the subs who they are going in for and to match the intensity. • If any of the players get tired switch them out early and then quickly put them back into the game. • Remind them they are playing a 15 min block



RYSL U-10 Coaches Practice Plan

Week 3 Session 5		
Duration 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min) Shielding the ball (3 min) Introduction to wall pass (3 min)	
30 min	Tactical Drills Combination play (Wall pass) Break away towards goal (Finishing) Pick one of the 3 variations	Combination play Video ▶ Beat The Defender by Dribb... Finishing Drill Video ▶ Football/Soccer Finishing Dr...
3 min	Water Break	
22 min	Possession Game → Game	Possession game- • Ask players to try to hold onto the ball as long as possible. • Keep your head up Game • Make sure that it's 9 against the remaining players. Then rotate them every 2 minutes.



Week 3 Session 6		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min	Break away towards goal (Finishing) Pick one of the 3 variations	Question time about formation: • Ask different players to describe roles and responsibilities of their position. • Ask them what they have learned so far this season Crossing the ball Link 3 Crossing and Shooting Dri... Finishing Drills Link Football/Soccer Finishing Dr...
3 min	Water Break	
22 min	Possession Game → Game	Possession game- • Ask players to try to hold onto the ball as long as possible. • Keep your head up Game • Make sure that it's 9 against the remaining players. Then rotate them every 2 minutes.

Game 3 Instructions

Time:

Field:

Teams

3-2-1 Defending



Game Info
2- 30 min halves

10 min halftime

Final Score

Time

Game Tactics/Activity

**Player feedback/
Coaches Notes**

Players arrive
Have them do the dynamic stretches we practiced.

Defense

Remind them to move up to the midfield line when the team is moved up.

Midfield

Remind them that they are running up and down the field. "If they slow down they are showing me they need a break and thats okay" If you can run straight to the goal and shoot.

Forwards

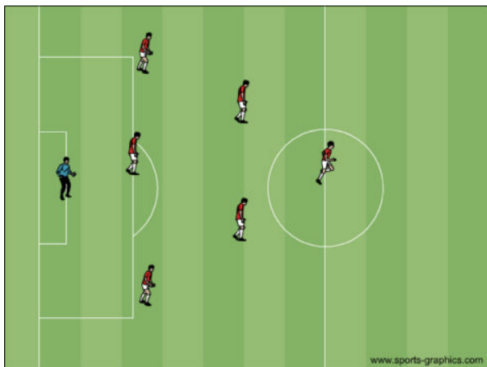
Pressure the defense of the other team.
"Remind them that no one is going to yell at them to shoot".

Tell them to have fun above all and to cheer each other on!



RYSL U-10 Coaches Practice Plan

<u>First Half</u>	<u>Starting Line up</u> GK- • “Yell keeper”, play the ball to the side with no pressure” LB- • “Move up to the midfield line” CB- • “Stay central”, “Pass to Brody & Ryder” • “Move up to Midfield” RB- “Move up to Midfield line”, “Pass to Ryder” • “Pass to Obi” LW- • “Run to the ball”, “Cross the ball”, “Look for CM” CM- • “Stay Central”, “Get back on Defense” RW- • “Run to the ball”, “Cross the ball”, “Look for Obi”, LF- • “Stay on the Last defender”, Pressure the ball RF- • “Stay on the Last defender”	
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Week 4 Session 7		
Duration : 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) - Near - Mid - Far 1 touch passing (Right Foot → Left Foot) - Near - Mid - Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min	3-2-1 Defending  Break away towards goal (Finishing) Pick one of the 3 variations	Question time about formation: - Ask different players to describe roles and responsibilities of their position. - Ask them what they have learned so far this season Crossing the ball Link 3 Crossing and Shooting Dri... Finishing Drills Link Football/Soccer Finishing Dr...
3 min	Water Break	
22 min	Possession Game → Game	



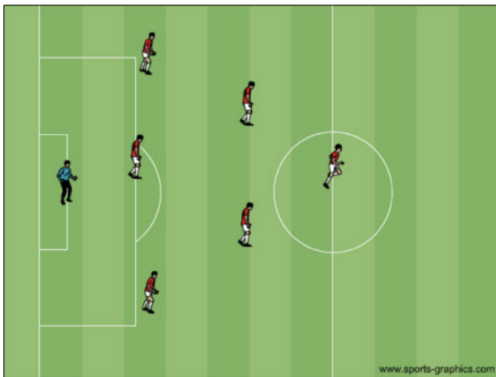
RYSL U-10 Coaches Practice Plan

Week 4 Session 8		
Duration : 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
25 min	Break away towards goal (Finishing) Pick one of the 3 variations	Question time about formation: • Ask different players to describe roles and responsibilities of their position. • Ask them what they have learned so far this season Crossing the ball Link ▶ 3 Crossing and Shooting Dri... Finishing Drills Link ▶ Football/Soccer Finishing Dr...
3 min	Water Break	
27 min	Possession Game → Game	

Game 4 Instructions

Sat
Time
Field:
Teams

3-2-1 Defending



Game Info
2- 30 min halves

10 min halftime

Keep Final Score

Time	Game Tactics/Activity	Player feedback/ Coaches Notes
10:30 AM	Players arrive Have them do the dynamic stretches we practiced. Defense Remind them to move up to the midfield line when the team is moved up. Midfield Remind them that they are running up and down the field. "If they slow down they are showing me they need a break and thats okay" If you can run straight to the goal and shoot. Forwards Pressure the defense of the other team. "Remind them that no one is going to yell at them to shoot". Tell them to have fun above all and to cheer each other on!	Sub every 15 minutes



RYSL U-10 Coaches Practice Plan

<u>First Half</u>	<u>Starting Line up</u> GK- • “Yell keeper” LB- • “Move up to the midfield line” CB- • “Stay central”, “Pass to Brody & Ryder” • “Move up to Midfield” RB- • “Move up to Midfield line”, “Pass to Ryder” • “Pass to Obi” LW- • “Run to the ball”, “Cross the ball”, “Look for Obi” CM- • “Stay Central”, “Get back on Defense” RW- • “Run to the ball”, “Cross the ball”, “Look for Obi” LF- • “Stay on the Last defender”, RF- • “Stay on the Last defender” <u>Substitutions (Sub at the 15 min mark)</u> _____—> _____ _____—> _____ _____—> _____	**** Tell the strikers to have a high work rate pressuring the defensive line. If they get tired, tell them to come out get a drink and get ready to go back in. Let them play as many minutes as possible within their playing.
<u>2nd Half</u>	<u>Starting Line up</u> GK- LB- CB- RB- LW- CM- RW- LF- RF- <u>Substitutions (Sub at the 15 min mark)</u> _____—> _____ _____—> _____ _____—> _____	**** Tell the strikers to have a high work rate pressuring the defensive line. If they get tired, tell them to come out get a drink and get ready to go back in. Let them play as many minutes as possible within their playing.



Week 5 Session 9		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min	Defending Introduction of new technique 1v1 Defensive technique 1v1 with goals (use cones if you do not have goals) Finishing Drills Cross → Shot Settle → Shot Volley → Shot	Question time about formation: • Ask different players to describe roles and responsibilities of their position. • Ask them what they have learned so far this season Crossing the ball Link ▶ 3 Crossing and Shooting Dri... Finishing Drills Link ▶ Football/Soccer Finishing Dr...
3 min	Water Break	
23 min	Possession Game → Game	



RYSL U-10 Coaches Practice Plan

Week 5 Session 10		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min	Play 30 min game	
5 min	Water Break	
20 min	Play 30 min game	Switch teams up



RYSL U-10 Coaches Practice Plan

Week 6 Session 11		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
30 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Juggle (3 min) Technical Drills Introduction to long ball Introduction to another technical skill	Long Ball Video ▶ How to Hit a Long Ball in So... Technical Skill Video ▶ Soccer Moves For Kids That...
5 min	Water Break	
20 min	Play possession game	• Ask them to pass with both feet • Ask to play the ball around quickly • Ask them to move to a different spot • Play 10 minutes 2 min break • Play 8 min second half



RYSL U-10 Coaches Practice Plan

Week 6 Session 12		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Juggle (3 min) Technical Drills Practice 2 technical skills	Check on their “hw”. Are they practicing juggling? Technical Skills Video ▶ Soccer Moves For Kids That ...
30 min	Play 30 min game	
5 min	Water Break	
20 min	Play 30 min game	



Week 7 Session 13		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min	Defending Introduction of new technique 1v1 Defensive stance 1v1 with goals (use cones if you do not have goals) Finishing Drills Cross → Shot Settle → Shot Volley → Shot	Question time about formation: • Ask different players to describe roles and responsibilities of their position. • Ask them what they have learned so far this season Defensive Stance Video ▶ How To Defend In 1v1 Like ... Crossing the ball Link ▶ 3 Crossing and Shooting Dri... Finishing Drills Link ▶ Football/Soccer Finishing Dr...
3 min	Water Break	
23 min	Possession Game → Game	• Ask them to pass with both feet • Ask to play the ball around quickly • Ask them to move to a different spot • Play 10 minutes 2 min break • Play 8 min second half



RYSL U-10 Coaches Practice Plan

Week 7 Session 14		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Juggle (3 min) Technical Drills Practice 2 technical skills	Check on their “hw”. Are they practicing juggling? Technical Skills Video ▶ Soccer Moves For Kids That ...
30 min	Play 30 min game	
5 min	Water Break	
20 min	Play 30 min game	Switch teams up



Week 8 Session 15		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min	Practice Long Ball Right Foot → Left Foot Practice Power shot Right Foot → Left Foot	Crossing the ball Link ▶ 3 Crossing and Shooting Dri... Finishing Drills Link ▶ Football/Soccer Finishing Dr... Power Shot ▶ THE CRAZY Shot Power Tu...
3 min	Water Break	
22 min	Possession Game → Game	• Ask them to pass with both feet • Ask to play the ball around quickly • Ask them to move to a different spot • Play 10 minutes 2 min break • Play 8 min second half



RYSL U-10 Coaches Practice Plan

Week 8 Session 16		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Juggle (3 min) Technical Drills Practice 2 technical skills	Check on their “hw”. Are they practicing juggling? Technical Skills Video ▶ Soccer Moves For Kids That ...
30 min	Play 30 min game	
5 min	Water Break	
20 min	Play 30 min game	



CREATE YOUR OWN PLAN THE LAST TWO WEEKS!

Week 9 Session 17		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Two-touch passing (Right Foot → Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	Check on their “hw”. Are they practicing juggling?
30 min		Crossing the ball Link ▶ 3 Crossing and Shooting Dri... Finishing Drills Link ▶ Football/Soccer Finishing Dr... Power Shot ▶ THE CRAZY Shot Power Tu...
3 min	Water Break	
22 min		

Week 9 Session 18		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	▶ Basic Warm-Up for all ages - ...
20 min	Passing Drills Technical Drills	Check on their “hw”. Are they practicing juggling? Technical Skills Video ▶ Soccer Moves For Kids That ...
30 min		
5 min	Water Break	
20 min		



RYSL U-10 Coaches Practice Plan

Week 10 Session 19		
Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	
20 min	Passing Drills Two-touch passing (Right Foot→ Left Foot) • Near • Mid • Far 1 touch passing (Right Foot → Left Foot) • Near • Mid • Far Technical Drills Juggle (3 min)	
30 min		
3 min	Water Break	
22 min		



RYSL U-10 Coaches Practice Plan

Week 10 Session 20

Duration: 90 min	Activity	Notes/Resources
15 min	Dynamic stretches	
20 min	Passing Drills Technical Drills	
30 min		
5 min	Water Break	
20 min		

Game

Time:
Field:

