

Introductory Practice Schedule (U10-U12)

This youth practice schedule is designed for relatively inexperienced players and those that may need a variety of exercises during an hour-long training session. You may find the need to drop an activity because of a lack of time.

These sessions are designed to **maximize player touches and create familiarity with the ball relatively quickly**, but coaching is more than implementing drills. Be sure to remind players about the session's focus throughout your practice and have the confidence to add your own variations. In addition to the 5th, 6th and 7th sessions, tactical topics, such as spreading out, may be visited during the various activities or scrimmages. Refer to www.MoJoeSoccer.com's drill page for specific drill explanations.

Practice #1 - Dribbling

- Warm-up Activity
- Free Dribble
- Four Corners Dribbling Skills
- Free For All
- Get Out!
- Scrimmage

Practice #2 – Passing

- Warm-up Activity
- Fitness Fun
- Aggression Drill
- Teammates 2v2 With One Center Goal
- Get Out! (Be sure to use partners)
- Scrimmage

Practice #3 – Juggling

- Warm-up Activity
- Partner skills backward/forward
- Juggle while sitting
- Tricks

- Tennis Soccer (create a small tournament)
- Scrimmage (begin with restrictions on goals from crosses etc.)

Practice #4 – Shooting/Finishing

- Warm-up Activity
- Juggle while sitting
- Power & Finesse
- Free For All
- Two Goals to One Goal
- Scrimmage

Practice #5 – Defending Principles

- Warm-up Activity
- Diamond Drills
- Bank
- Teammates 2v2 With One Center Goal
- Free For All or Get Out!
- Scrimmage

Practice #6 – Attacking Principles

- Warm-up Activity
- Passing Letters/Numbers
- Diamond Drills
- Monkey In The Middle
- Touchdown Soccer
- Scrimmage

Practice #7 – Possession Soccer

- Warm-up Activity
- Passing Letters/Numbers
- Bank
- Monkey In The Middle
- Two Goals to One Goal
- Scrimmage