

SAMPLE U5-U10 PRACTICE PLANS

Recreational League

U5/U6 | 45 MINUTES

THEME: Dribble and Find Space

2-3 min | Team Talk

- What was your favorite part of the game?
- What made you smile?

10 min | Red Light, Green Light

- Green: dribble; red: stop; yellow: slow
- Use small touches and both feet

10 min | Sharks and Minnows

- Dribble across without losing the ball
- Change direction and find open grass

10 min | Shooting Fun

- Use 2-3 small goals
- Dribble, shoot, and celebrate every try

12 min | 3v3 or 4v4 Scrimmage

- Coach very little
- Say: Find space! Great effort! Keep going!

Close: What was your favorite part of practice?

U8 | 60 MINUTES

THEME: Spread Out and Help Teammates

5 min | Team Talk

- What went well in our game?
- What was hard?
- Did we spread out or chase the ball?

10 min | Ball Mastery

- Inside/outside touches, toe taps, turns
- Lots of touches; look up when possible

15 min | 1v1 Challenge

- Beat one defender and score
- Be brave, change speed, attack space

10 min | Find the Space

- Dribble in a grid; turn on command
- Ask: Where is nobody standing?

10 min | 3v3 or 4v4

- Bonus point for a pass before scoring
- Spread out, communicate, help teammates

10 min | Scrimmage

- Coach effort, teamwork, and spacing

Close: Who saw a teammate do something awesome?

U10 | 75 MINUTES

THEME: Passing and Supporting

5 min | Team Talk

- What did we do well?
- What can we improve on?
- How can we create more scoring chances?

10 min | Passing Warm-Up

- Pairs: inside-foot passing and first touch
- Pass, move, and communicate

15 min | Passing Gates

- Pass through cone gates while moving
- Focus on accuracy and decisions

15 min | 3v1 or 4v1 Keep Away

- Create angles and support the ball carrier
- Move after every pass

15 min | Small-Sided Possession

- Complete 3 passes before scoring
- Spread out and look before passing

15 min | Scrimmage

- Remind: width, support, communication

Close: What improved today, and what will we try next game?

COACHING REMINDER: 80% encouragement • 20% instruction • Keep lines short • Keep it fun