

U-9/10 Centers of Excellence Practice
Tom Turner
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Logistics

Field 110 yards x 64 yards
32 Medina U-9/10 Travel Girls
3 U-9/12 Module Coaches + 2 parent assistants
120 minutes

Activity #1: Free Play

Games of 4v4, constructed as players arrive.
Players are divided into red and blue "teams" as they arrive.
Four 40 x 25 yard fields
Each team defends and attacks two small goals (3 yards wide) in the corners
Kick-ins. Balls are dribbled in from end lines. "Corners" worth half a goal.

Activity #2: Passing and Support Practice

Create 3v3+2 from Activity #1: one player from each team becomes neutral.
Three passes = 1 point; Goals = 3 points. Games are 5 minutes.
Limit players to three touches in round two.

Activity #3: Kicking Practice

Competitive volleying in pairs: 1) to partner 2) to partner below head height
Competitive two-touch passing and receiving in pairs. Ball must not stop.
Competitive passing game: two groups of two (four players total) facing each other with one ball.
Pass to the opposite line and follow pass. Everything is two-touch and ball should not stop.

Activity #4: Dribbling Activity

Eight players and six balls.
20x25 yard area.
Compete for possession for 60 seconds.
Eliminate one ball per round and end with four balls and eight players.

Activity #4: Juggling Practice

4a): Level 1 = Right foot and catch / left foot and catch. Level 2 = right foot and left foot and catch.
4b): Level 1 = Right thigh and catch / left thigh and catch. Level 2 = Right thigh and left thigh and catch
4c): Level 1 = Thigh and foot and catch. Level 2 = thigh and foot and thigh and foot (or foot and thigh and foot and thigh) and catch

Activity #5: Competitive 2v2 Ladder

Organize players into teams of two (red vs blue)
Fields are 25x20 yards.
Goals = 3 yards
Duration = 5 minutes
Rotate inside teams (blue) and leave outside teams (red)
Count number of blue vs red winners to determine outcome.