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National Youth Certificate Course
Topic: Sample Practice Outline

Lesson Plan



Age: U-9/10

Activity Name		Description	Diagram	Purpose/Coaching Points
1				
Warm-up	Play games of up to 5v5 as players arrive at training. Max field size is 35 x 25 yards Players are assigned red or blue shirts			Adult-free play
2				
2v2 soccer ladder	Reds versus blues in 2v2 ladder. Reds “stay” and blues “rotate” after each 2-minute game. Field size is 20x16 yards			Reinforce creativity, individual techniques, and small-group tactics
3				
Technical Training	Striking and volleying techniques in pairs. Team competition (reds versus blues)			Reinforce good balance and kicking mechanics.
4				
4-goal soccer	Place two goals to each sideline (35x25 field) to encourage changes in the point of attack and changes in the rhythm of play. Games of 4v4. No GK’s Play two to three 5-minute games of red versus blue. Determine practice winner...			Attack the open goal, or pass/dribble the ball away from pressure.