

## YMCA Soccer Warm-Up Activities for 10-11-Year-Olds

<b>Warm Up Description</b>	<b>Page<sup>1</sup></b>
<ol style="list-style-type: none"> <li>1. Players dribble in space (one ball per player; see pages 239–240).</li> <li>2. Players dribble and turn on signal.</li> </ol>	130
Players in pairs pass and move.	134
Players in pairs pass the ball hand to hand. Passes should be made so that players' hands must move to catch the ball.	136
Players play a 1 v 1 game, using a full goal; they dive to save shots. Attacking player can try to score by throwing or shooting.	140
Pass and move in pairs.	144
Players play a 6 v 2 game (without a goalkeeper) in which their goal is to make six passes. Instruct players to move to support positions so that the passer can split (i.e., pass between) two defenders. Any pass that splits the defenders counts double.	147
Players pass and move in pairs. Increase distances and encourage players to get the ball off the ground.	151
Play 2 v 2 games (without GKs), marking off 20- x 20-yard playing areas.	155
Play 1 v 1 games in about a 20-yard-long area in which the defender pressures the opponent, trying to channel him or her toward the weak foot.	159
Players in pairs, 5 to 10 yards apart, practice quick passing, alternating passes with two touches and one touch.	162

<sup>1</sup> This page number refers to pages in the "Plans for 10- to 11-Year-Olds" document found on the "Season and Practice Plans" page in the YMCA's **Coaching Soccer** online course.

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Players free dribble, changing pace and direction. They try to beat the coach when he or she gets in the way.	165
GK1 distributes the ball to A1, who dribbles down field and crosses to A2. A2 dribbles and shoots toward cones guarded by GK2. GK2 then distributes to A2, who dribbles and crosses to A1, who shoots on GK1. Then A3 and A4 take A1 and A2's places.	169
1 v 1—Players dribble and shoot into goal under pressure. Place a defender behind the attacker; the defender cannot move until the attacker begins the run to goal. The defender, slightly behind the attacker, chases the attacker to the goal as the attacker dribbles and shoots.	173
Play 1 v 1 in 20- x 10-yard area. Review individual marking.	176