

# U10 --- Week Eight

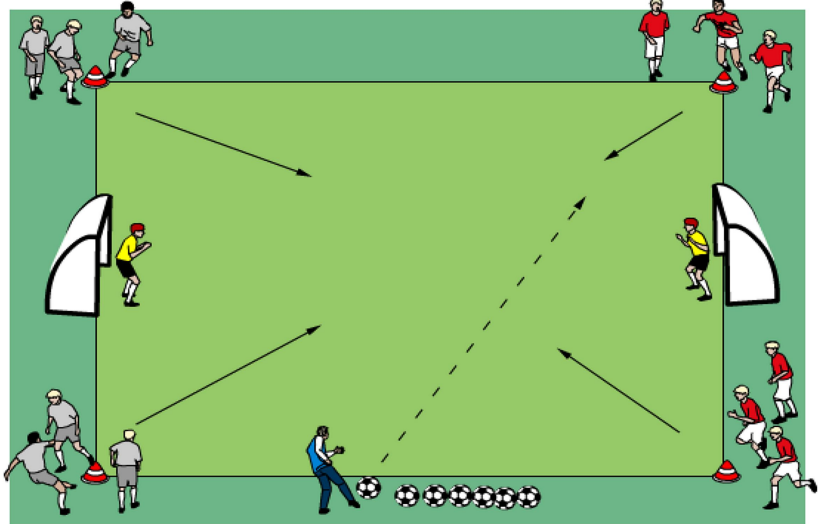
**OBJECTIVE:** To continue building on the most fundamental skill in soccer; *the individual mastery of the ball and the creativity that comes with it*. This should be a priority in training and games. As this skill is mastered, the rest of the game becomes easier - both to teach and to learn. Practices should be built around facilitating the development of the skills necessary to move and control the ball well. As these individual skills and the creativity to make them come alive in the game are developed to a level of competence, the finer points, first of passing skill and later of team organization can be taught. Therefore, in every practice we shall include ball control and passing/receiving as part of the warm-up. We'll keep building on the player's muscle memory.

## **1) Warm-up: (10 minutes)**

**Free Dribble with shooting moves---** Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction ("spin in" with inside of foot and "spin out" with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; Coaches, as you get more comfortable as the manipulator you can use any of the previous free dribble sessions and/or any combination. The key is the player touching the ball, have a good rhythm in their movement and continuous challenges. **1.** At the coaches command the player simulates (fakes) a shot using proper technique and explodes in a burst of speed for 2-3 steps. **2.** Same as #1 but now the player takes a (half) shot; ball should travel about 10 steps away. Player runs to his ball and takes it with again a burst of speed. *We are trying to create good habits in muscle memory.*

## **2) Get Out of Here (Shooting) (2v2, 4v4) --**

--On a field 25 yards wide x 30 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a



2v2, 4v4 + keepers activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the coach kicks the next ball in for the next players. The coach should serve the ball toward one of the corner lines (risk/safety management). When all the balls have been served, the players can retrieve them and dribble them back to the coach for another round of games. **Rules: Regular goal=1 point, Goal from 1 touch=5points.**

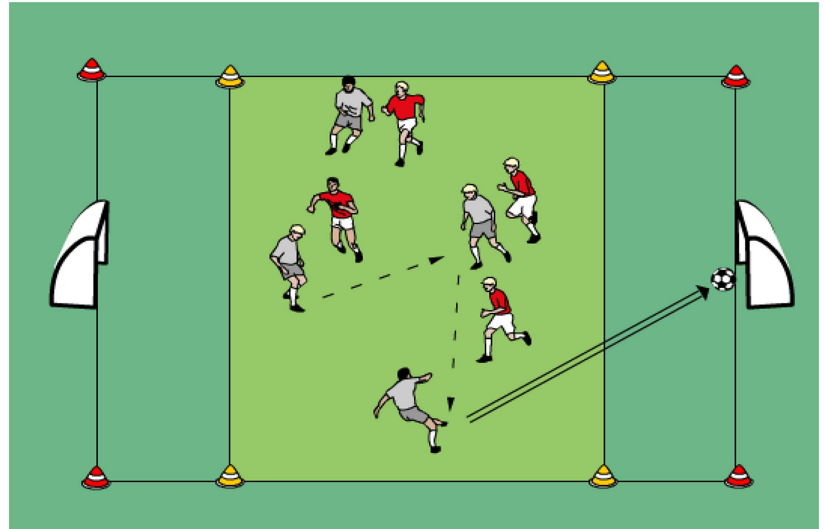
## **Coaching Points:**

- Direction of the shot - non-kicking foot: knee slightly bent with foot next to the ball and toe pointing at target
- Kicking foot - ankle locked (stiff) with toe pointing to the ground, strike the upper middle part of the ball with the laces
- Approach the ball using quick short steps
- Attack the ball by following through and landing on kicking foot. This will help in keeping ball low
- Shot at every half attempt
- The rest of your players play a keep away game and are rotated into this game every 6-7 minutes

**3) 4v4 to Two Goals 3 Zone Game --- (15 minutes):** Same set-up as previous game but this time each team defends **one goal** and attacks the **other goal** at the end of each neutral zone. It's a regular game with the following additional rules: A goal is worth 3 points if scored from the middle zone.

**Coaching Points:**

- Same as above



**4) Game to two goals with GKs--- (30-35 minutes):**

Play – 5v5 + GKPR's. We always try to finish with a free scrimmage as close to the numbers per team that we play in our league games.

**Coaching Points:**

- Playing field should be about (35-40) x (50-55) yards (steps)
- Less talk more playing.
- Encourage playing hard and NOT just going through the motions.
- Allow room for trial and error, experimentation, creativity and mistakes.
- Shot every chance

**5) Cool-down and Review--- (5-10 minutes):** A low intensity activity to help players unwind mentally and physically, including static stretching of the large muscle groups. Example: Juggling; alone or in 2's and 3's. *Very briefly review two or three of the major points of the training.* Ask them, **“What surface of your foot you use to shot the ball?”**