

U10 --- Week Five

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: (20 minutes)

Free Dribble --- (10 minutes): Everyone with a ball, dribbling in a defined space using inside, outside, and sole of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; *Example:* **1.** every 2-3 steps change direction. **2.** Don't get stuck in traffic, always find the open space. **3.** If that space closes down, find another space. **4.** On your command, players stop their ball and find another player's ball and accelerate 2-3 steps. **5.** After several reps, build on...get the other player's ball perform your (player's) favorite move and explode 2-3 steps.

Coaching Points:

- Same as previous weeks
- Sell the moves. As you get comfortable, do it faster
- Accelerate after move. You beat your opponent with the move, now you need to get away from him/her
- Be demanding. No walking. Practices have to be done at game speed. If we are expecting players to play fast at games, then we have to prepare them for this at practices

Passing --- (10 minutes): In a defined space half the players have a ball and the other half do not. Players with the ball dribble around and find someone without a ball and give them firm passes to the foot. Ball can never stop, players can never stop moving, and ball cannot leave area of play.

Coaching Points:

Kicker

- Point your toes sideways and up; locked ankle (for shorter passes)
- Stress longer passes. Two to three feet away is NOT good enough
- For longer passes, use your laces by locking ankle with toe to the ground
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down
- Placement non-kicking foot pointed to target and parallel to ball, pay attention to proper weight and angle
- Communicate; eye contact, body language

Receiver

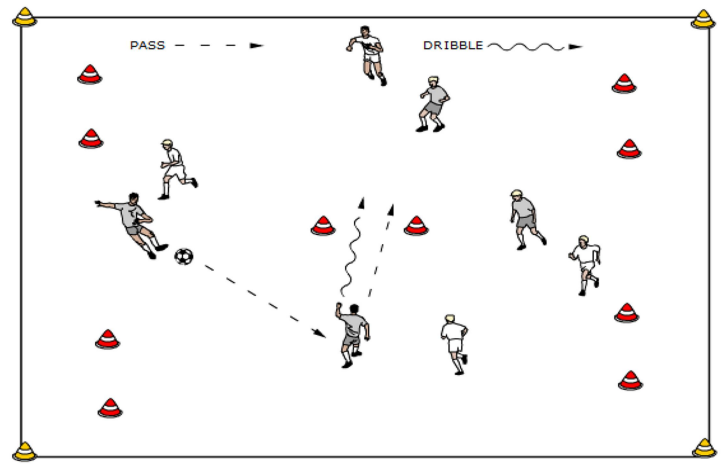
- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate; eye contact, body language-point where you want the ball
- Move toward pass (check to ball); don't wait for the ball to come to you.

2) 4v4 to Five Goals (Dribble or Pass) --- (10 minutes): Each team of four defends and attacks the 5 goals. Points are scored by dribbling or passing through in any of the 5 goals from either direction. Field size is approximately 30x45 yards (steps).

Option: Add a neutral player that always plays on the team with the ball. *See diagram.*

Coaching Points:

- Build as many fields as needed to have all players playing.
- Stress recognition when to pass to score a goal



3) 4v4 to Five Goals (Passing to teammate and keeping it) --- (10 minutes): Same as above but this time after passing to teammate through the gates they maintain possession and try to score again either in the same gate or a different one. *Option:* Add a neutral player that always plays on the team with the ball.

Coaching Points:

- Always thinking and re-adjusting positions
- What are going to do with ball before it arrives?
- Stay connected to the game

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.

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, “How do you control the ball better, pushing it or kicking it?” “What part of your foot you use for a short pass?” “**What do we do after making a dribbling move?**” “**What part of the foot we use for long passes?**” “**How does your teammate knows that you want the ball?**”