

U10 --- Week Four

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)

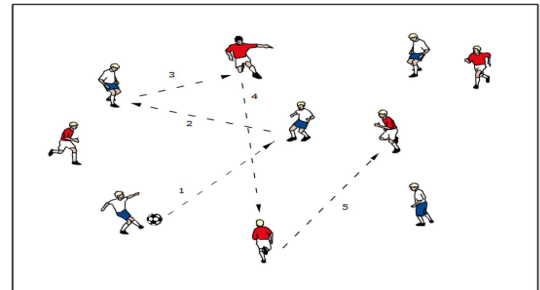
Free Dribble --- (10 minutes): Everyone with a ball, dribbling in a defined space using inside, outside, and sole of the foot. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; *Example:*

1. At your command players perform an inside/out move and accelerate 2-3 steps at the end of the move. **2.** After several reps the player performs same move with one foot than the other and finally accelerates 2-3 steps after second move. (*We must challenge our players to use both feet*). **3.** Again, after several reps build a pull-back after second move and again, accelerate, explode, move fast, anything similar. **4.** Build to a second pull-back with other foot.

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 done at game speed. If we are expecting players to play fast at games, than we have to prepare them for this at practices

Two Colors Passing --- (10 minutes): Same as Colors Passing, half of the players in red pennies, half in blue (or any distinguishing color). Teams playing together in the same space combine in the passing. Each team has ball and can only pass the ball to the same color (team). Ball can never stop, players can never stop moving, and ball cannot leave area of play. Both teams **MUST** use all the space you have set-up. Do **NOT** allow each team to separate into two different areas. We want to create traffic and make it into a game-like environment. Place responsibility to ball carrier: If pass is not on keep the balls moving until you find a good pass.



Coaching Points:

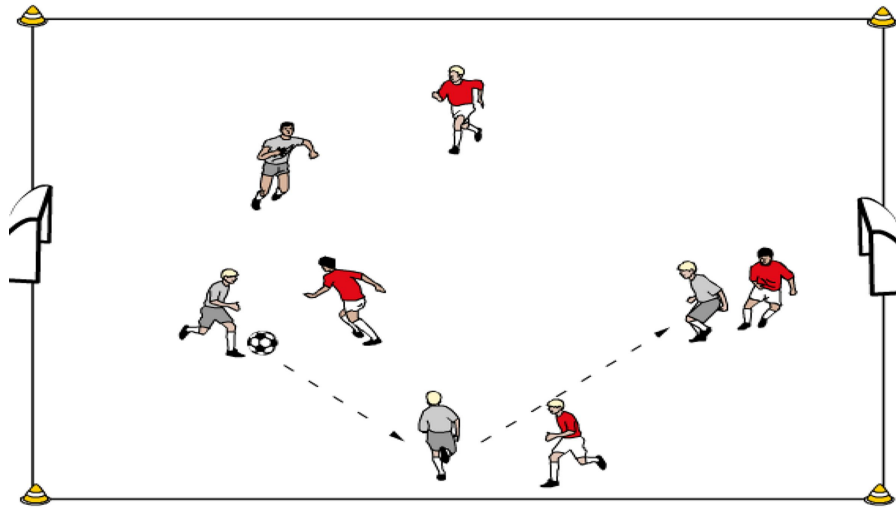
- Stress longer passes. Two to three feet away is NOT good enough
- For longer passes, use your laces by locking ankle with toe to the ground
- Point your toes sideways and up; locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down
- Placement non-kicking foot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

2) 4v4 to Four-Cross Goals (Dribble) --- (10 minutes): In a field approximately (25x30) yards (steps) each team of four defends one goal and attacks the other three. Points are scored by successfully dribbling the ball (under control) over the opponent's goal. *It's the same set-up as the 3v3 to Four-Cross Goals.*

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 Two Goals (Dribble-Pass-Shoot) --- (10 minutes): Same set-up as previous game but this time each team defends and attacks one goal, regular game, no GKs. *See diagram.*



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?"**