

U10 --- Week One

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, 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; kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction.

Coaching Points:

- The space you use should create an environment that forces players to change direction and keep their heads up so they don't bump into each other
- Bend your knees and get down low
- Use your arms to keep balance
- Relax your foot and ankle and push the ball
- Keep your head up
- 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

Gates Passing --- (10 minutes): Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot. They cannot go back through the same gate twice in a row.

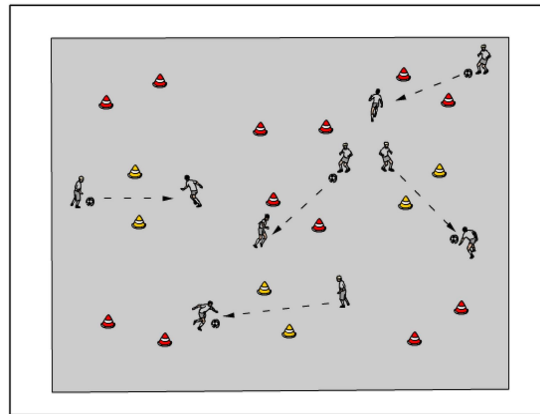
Coaching Points:

Kicker

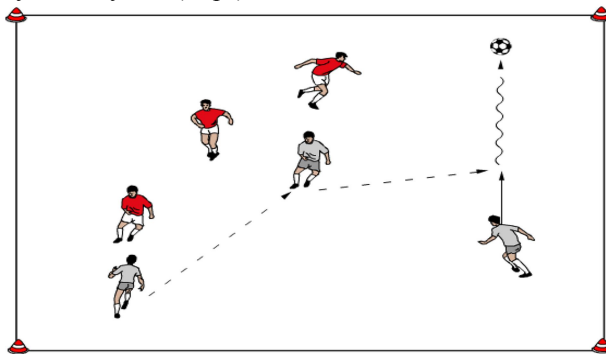
- Stress passing techniques
- Point your toes sideways and up; locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down
- Placement non-kicking foot pointed to target and parallel to ball, pay attention to proper weight and angle
- Communicate

Receiver

- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate
- Move toward pass (check to ball)



2) 3v3 to Lines (Dribble) --- (10 minutes): In a field approximately 12x17 yards (steps) each team of three defends one line and attacks the opposite line. Points are scored by successfully dribbling the ball (under control) over the opponent's line. *See diagram.*

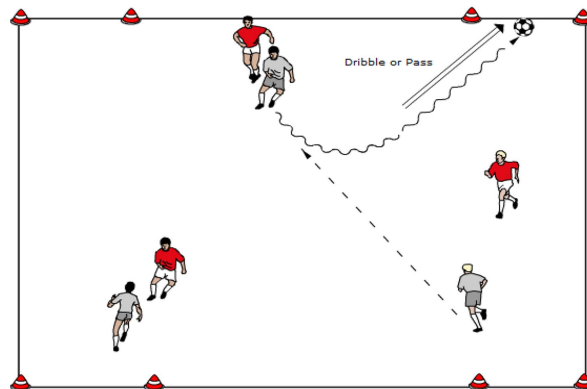


Coaching Points:

- Build as many fields as needed to have all players playing.
- Encourage attacking the line and scoring points.
- Stress taking players on.

3) 3v3 to Four Goals (Dribble or Pass) --- (10 minutes):

Same set-up as previous game but this time each team defends and attacks two goals. Points are scored by dribbling or passing through the goal. *See diagram.*



Coaching Points:

- Same as above.
- Stress recognition when to pass to score a goal.

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.*