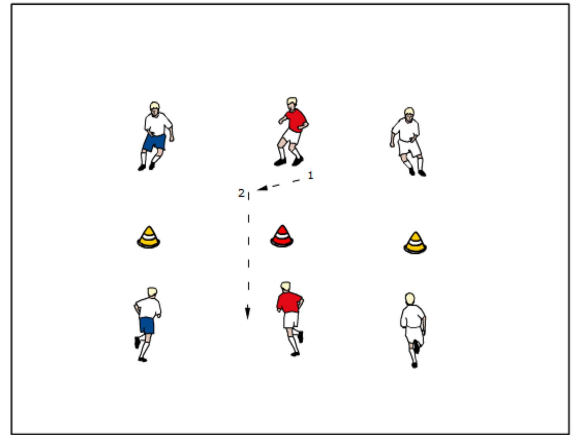


U10 --- Week Seven

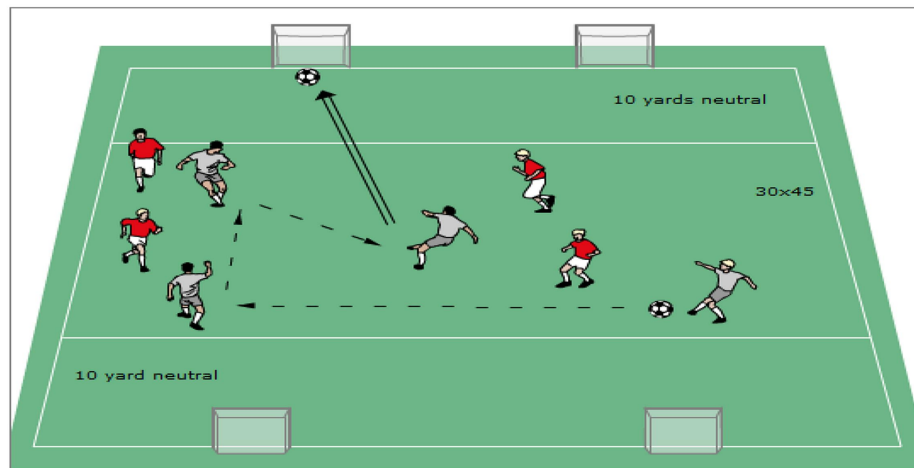
OBJECTIVE: To continue building on the most fundamental skill in soccer; *the individual mastery of the ball and the creativity that comes with it*. This should be a priority in training and games. As this skill is mastered, the rest of the game becomes easier - both to teach and to learn. Practices 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)

Piggy in the Middle---In this game, two players are working together by playing two touches around a ball or cone that is placed between them. Each player should be at least 5 yards away from the object in between them. The goal is to have a positive first touch so that the passer can see past the object in the middle and make a pass to their team mate without hitting the ball/cone in the middle. Their team mate then returns the ball in the same fashion with two touches and not hitting the object. The ball can go around either side of the object. Pairs count the number of passes without a mistake to compare to the other pairs. The pair with the highest number of consecutive passes gets to take on the coaches in front of the whole group.
Version 2: Have players use their laces to get the ball back to the partner. *Version 3:* Switch partners and play again.



2) 4v4 to Four Goals 3 Zone Game --- (15 minutes): A 4v4 game in a field of 30x45 yards (steps). Each team attacks two goals at the end of a 10 yard neutral zone. *See diagram.* Players can score from anywhere inside their field but if they break through into the neutral zone they must shot with their first touch and a defender can enter the neutral zone to defend the two goals.



Coaching Points:

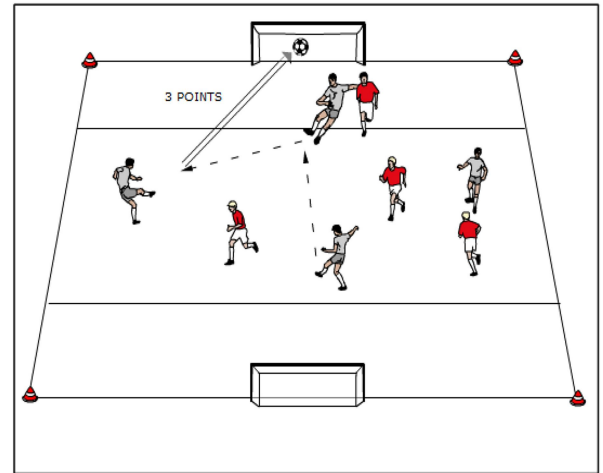
- Direction of the shot - non-kicking foot: knee slightly bent with foot next to the ball and toe pointing at target

- 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?”**