

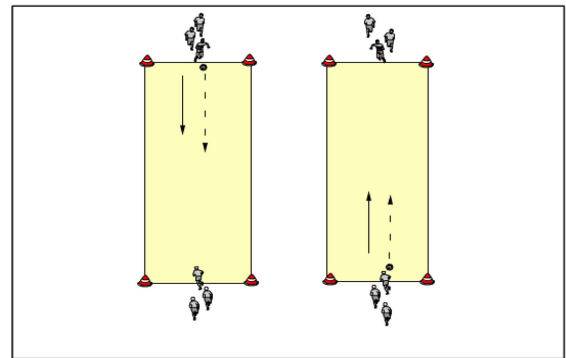
U10 --- Week Six

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; 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. *We are trying to create good habits in muscle memory.*

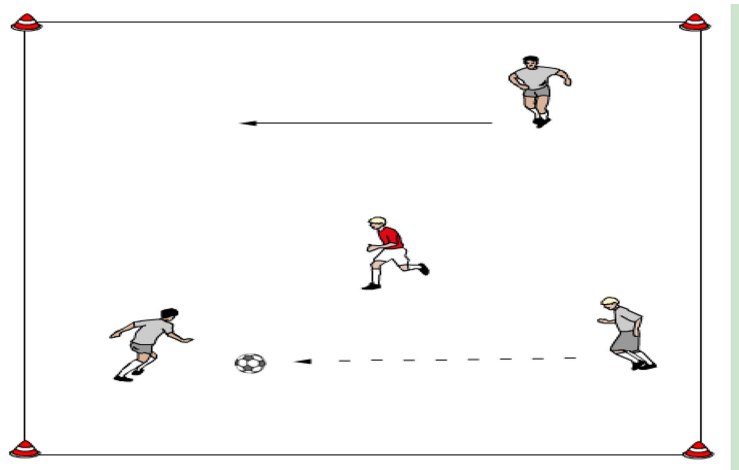
Passing --- (10 minutes): Split your group into two teams, with about 6 players on each team. Create two passing areas side by side that are about 7x7yards each. Both teams place three players outside the grid on opposite sides of the grid (one player behind the next.) The object of the game is to pass the ball using one touch with the inside of the foot only across both lines to a team mate. Then follow your pass, and join the back of your team mate's line. Each successful pass across the grid to a team mate is one point. Play for three minutes and see which team gets the most consecutive passes without a mistake. (10 minutes)



Coaching Points:

- Same as previous passing coaching points
- Also, think of your teammate; softer pass because he's got only one touch
- Be ready and alert; on your toes
- Run across; don't hang around the middle

2) 3v1 Keep away--- (10 minutes): In a field about 12x17 yards (steps) three players keep the ball away from one player. Every four-five continuous passes=1 point. Every interception from the defender=1 point. Play to three points and rotate players into the middle defending. *Version 2:* Every time defender steals the ball switches with player that last touched it.



Coaching Points:

- Same as previous passing/receiving techniques
- Stay connected to the game
- Always support player with the ball

3) 5v2 Keep Away--- (10 minutes): Same game #2, but this time in a field about 20x25 yards (steps) five players keeps the ball away from two players. The rules are the same as above.

Coaching Points:

- Same as previous passing/receiving techniques
- Stay connected to the game
- Always support player with the ball
- Don't get stuck in the corners

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?**"

