

U10 --- Week Two

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 stop their ball and perform 5 toe taps and continue dribbling. **2.** After several reps build; 5 toe taps and 5 'gorillas'. **3.** Several reps later build; 5 toe taps, 5 'gorillas', one pull-back with sole of the foot. **4.** Several reps later build to; 5 toe taps, 5 'gorillas', a pull-back with one foot and now a second pull-back with the other foot.

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

Numbered Passing--- (10 minutes): Number the players on your team and have them move around and pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. *Version 1:* Add balls to add challenge to the activity. The diagram shows 7 players with 2 balls. Avoid 1 ball if you have more than 4 players. *Version 2:* You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. *Version 3:* As players get comfortable, you can limit their touches to 2 or 3 touches.

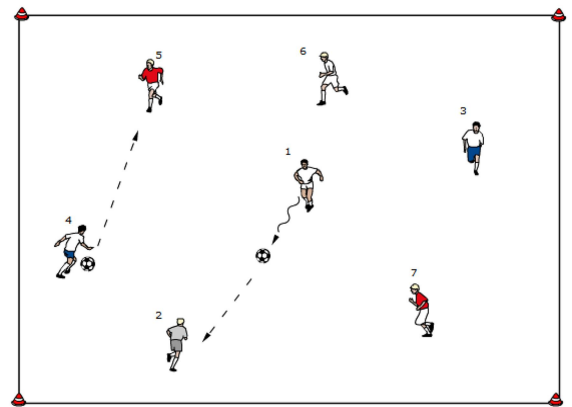
Coaching Points:

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 Six Goals (Dribble) --- (10 minutes): In a field approximately 20x25 yards (steps) each team of three defends three goals and attacks the other three. Points are scored by successfully dribbling the ball (under control) over the opponent's goal. See diagram.

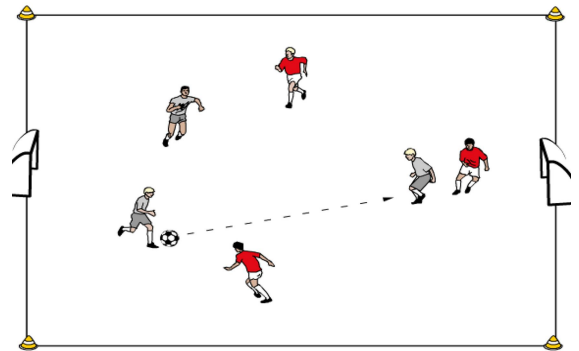
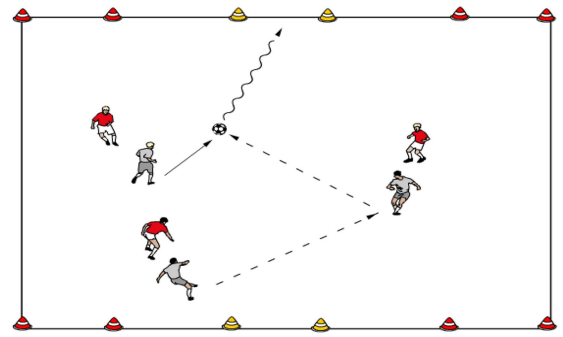
Coaching Points:

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

3) 3v3 to Two Goals --- (10 minutes): Same set-up as previous game but this time each team defends and attacks one goal. Points are scored by dribbling or passing through the goal. See diagram.

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.

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?"