U10 --- Week Three

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.

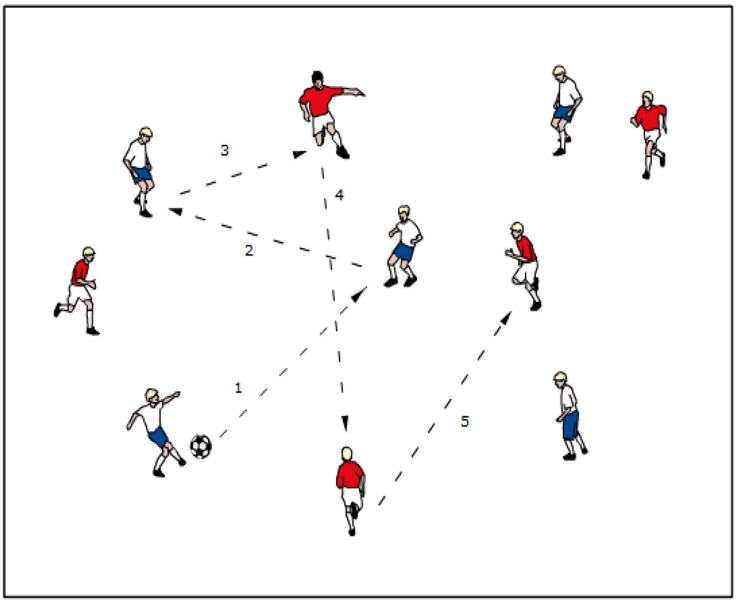
1) Warm-up: (20 minutes)

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.** First one to perform 50 touches with their right foot and sits down rising their hand is the winner. **2.** Same as #1but now use the left foot. **3.** Same as #1 but now have to perform 50 touches with right foot and 50 touches with left foot. **4.** At your command players perform a single scissor move and accelerate 2-3 steps right after the move. Than slows down to regular dribbling speed. **5.** At your command players perform a double scissor move and accelerate 2-3 steps at the end of the move.

Coaching Points:

- Same as previous weeks
- Sell the move. 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

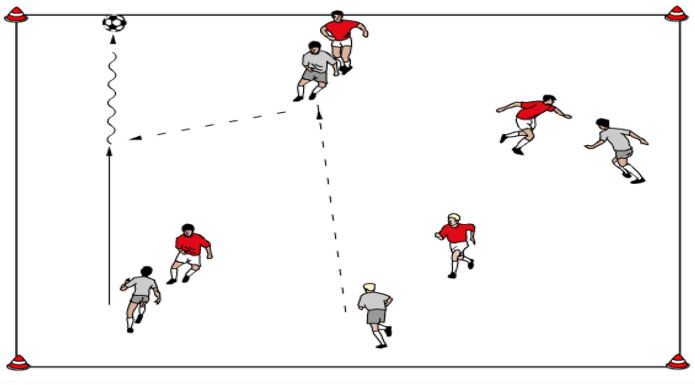
Colors Passing --- (10 minutes): Same as Numbers Passing but now half of the players in red pennies, half in blue (or any distinguishing color). Teams playing together in the same space combine in the passing sequence blue-blue-red-red-blue-blue-red-red etc. etc. Ball can never stop, players can never stop moving, and ball cannot leave area of play. *Version 2:* When players can do first sequence adequately and without frequent errors change the sequence to blue-blue-blue-red-red-red-blue-blue-blue etc. etc. *Version 3:* **Add a second ball for both versions.** Stress communication and technical passing points throughout. Make this activity competitive by counting errors and setting goals by lowering allowed errors.



Coaching Points: Same as previous weeks.

- For longer passes use the shoe laces

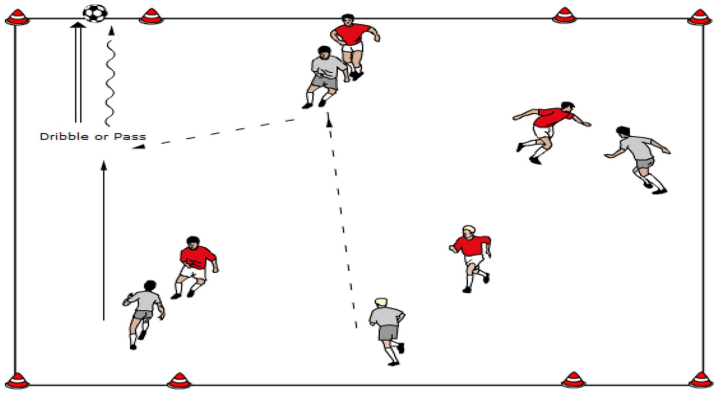
2) 4v4 to Lines (Dribble) --- (10 minutes): In a field approximately (17x25) or (20x30) yards (steps) each team of four defends one line and attacks the opposite line. Points are scored by successfully dribbling the ball (under control) over the opponent's line. *See diagram.*



Coaching Points:

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

3) 4v4 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.* 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?"**