

U10 Components

Technical Concerns

- Dribbling / Passing with all surfaces -> Both feet -> Introduce Moves (Penetrate / Possess)?
- Shielding -> Individual Possession -> Play with Purpose / Composure
- Instep Progression -> Long Passes -> Shooting
- Receiving -> From ground with various surfaces -> Get ball out of your feet -> Keep ball moving
- Change of pace
- Combination Play?
- Deception?
- Vision

Tactical Concerns

- Always play with a purpose / Composure – Even when under pressure (Psychological)
- Play in 360° -> Keep ball moving -> Simple decisions early (Know best “Escape Route” for the ball). *Always try to play forward first, etc.
- Sometimes go back (or sideways) to go forward.
- Individual Jobs in creating team shape (Height / Width / Depth -> Compactness / Balance)
- Deception

Psychological Concerns

- Sportsmanship / Ethics
- Appropriately Competitive Attitude

Fitness / Physical Concerns

- Economical Training should take care of “fitness”
- May include stretching

U10 Activity Ideas

1. 4 Goal Games (Different Goal Arrangements)

Variations:

- 1 Defender Retreats
- Steal the Bacon Style

2. 4 Goal Games (Different Goal Arrangements)

3. 1 vs. 1 to 4 Neutral Targets

4. Receive from One and Pass to Another (Initial Activity)

5. Big Square / Little Square

6. Knock It Off

Variations:

- Individual
- Team

7. Pairs Passing – 1 Touch

8. 3 vs. 1 Keep Away -> Bermuda Triangle

9. Steal the Bacon

10. 1 vs. 1 Through Any Goal

11. 1 vs. 1 Keep Away

12. 2 Zone Games

13. End Zone Games

14. Bases Game

Play in a 6 vs. 6 Environment

- Simple thoughts on a couple different systems and what they look like. (2-1-2, 2-2-1)