

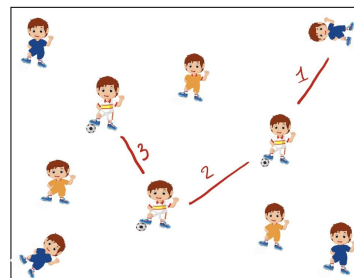
U10 Week 2 Practice #1

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
Warm Up (5 minutes)			
Ball Stealing	<ol style="list-style-type: none"> 1. Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. 2. Those players try to dribble inside the area without losing possession of their ball to the other team. 3. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession. 4. Progressions: Rotate who starts with the balls. 	No image.	<p>Some question to ask your players during this warm up game is:</p> <ol style="list-style-type: none"> 1. When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? 2. If you are going to lose your ball can you find a teammate to give your ball to? <p>This will be a slower activity. Use it as an opportunity to answer questions about how to keep possession.</p>

Activity Name (15 minutes)

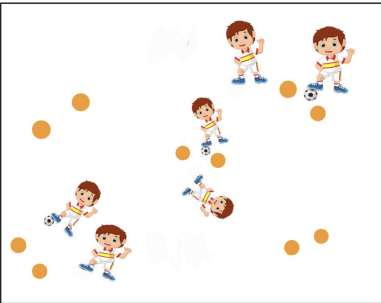
Keep Away

1. Assemble three teams.
2. The three teams will be playing keep away (three teams, two teams against one defending team).
3. There will be no goals or a certain direction players will be going toward.
4. Start with 4 extra players in square format, with one team combining with the outside target players to keep the ball away from the other team. Award a point for every three passes in a row. If the defending team steals the ball, then they combine with the target players to play keep away from the inside team that lost the ball.
5. When an offensive team loses the ball they become the defending team.
6. Rotate the teams that are on the outside and inside.



Technique: Drills used in this age group are now match related. This specific drill will involve opponents which will make the drill a high pressure. This drill will also help players with spacial awareness and help them recognize where they should move and where their first touch should take them.

Activity Name (15 minutes)

<p>Everyone vs Everyone</p>	<p>1. Set up several small gates in the playing area using cones. Give 7 players a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p>	 An illustration of a soccer game. There are seven cartoon players on a white field. Some players are holding soccer balls. Several orange cones are placed on the field to form a path or 'gates' through which players can dribble. The scene is dynamic, showing players in various positions and actions like dribbling and shooting.	<p>Technique: This will help develop a player's quick thinking and will help them learn to see open spaces. The more rounds of the game they do the more creative they will get as they will start to learn how to move away from pressure quicker.</p>
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Activity Name (15 minutes)

<p>5v5 with Goalies and Rule Explanation</p>	<ol style="list-style-type: none">1. Divide players into two teams.2. Make sure to give constructive criticism to the players during the scrimmage. (You can use cones as goals if there are no goals available)		<p>Technique and Psychology: Giving the players the chance to scrimmage at the end of practice will allow them to experiment with the skills they learned from the earlier drills.</p>
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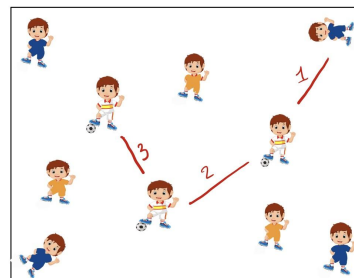
U10 Week 2 Practice #2

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
Warm Up (5 minutes)			
Edge of the World	<ol style="list-style-type: none"> 1. Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. 2. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. 3. Progressions: Players play ball with laces, inside of foot, etc 	No image.	This warm up game will help players learn how to give a good accurate weighted pass. A weighted pass refers to how hard a pass is made.

Activity Name (15 minutes)

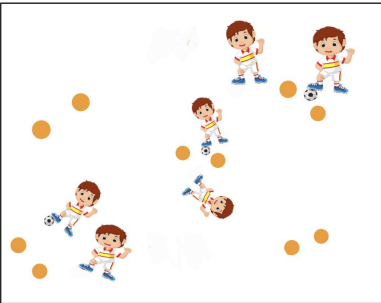
Keep Away

1. Assemble three teams.
2. The three teams will be playing keep away (three teams, two teams against one defending team).
3. There will be no goals or a certain direction players will be going toward.
4. Start with 4 extra players in square format, with one team combining with the outside target players to keep the ball away from the other team. Award a point for every three passes in a row. If the defending team steals the ball, then they combine with the target players to play keep away from the inside team that lost the ball.
5. When an offensive team loses the ball they become the defending team.
6. Rotate the teams that are on the outside and inside.



Technique: Drills used in this age group are now match related. This specific drill will involve opponents which will make the drill a high pressure. This drill will also help players with spacial awareness and help them recognize where they should move and where their first touch should take them.

Activity Name (15 minutes)

<p>Everyone vs Everyone</p>	<p>1. Set up several small gates in the playing area using cones. Give 7 players a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p>	 An illustration of a soccer game. There are seven cartoon players on a white field. Some players are holding soccer balls. There are several orange cones scattered across the field, representing 'gates'. The players are in various positions, some appearing to be in motion, dribbling or passing the ball.	<p>Technique: This will help develop a player's quick thinking and will help them learn to see open spaces. The more rounds of the game they do the more creative they will get as they will start to learn how to move away from pressure quicker.</p>
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Activity Name (15 minutes)

<p>Learning about Positions and Space</p>	<p>1. For this last activity take the time to show players where defenders, midfielders and forwards play. Explain to players that they should all not chase a ball, instead they should stay in their directed area. Example: If a player is playing defender they should not chase the ball up where the forwards are, instead they should make sure to stay in their defensive zone.</p>	<p>No image.</p>	<p>Use this time to explain the rules of the game to players and help them understand spacing and positioning.</p> <p>Rules to learn are: Kick off rules, the offside rule, Goalkeeper rules, throw ins, and goal kicks.</p>
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