

U10 Objectives

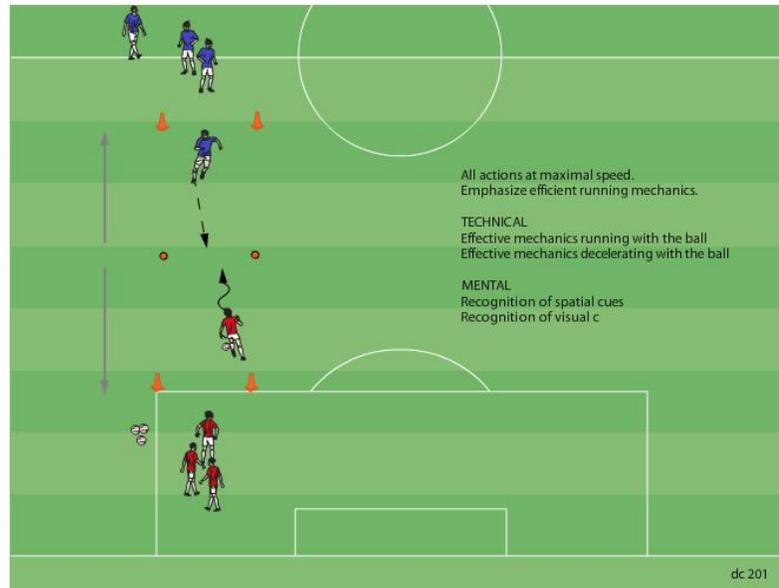
Coaches should be instructing players to achieve the following goals: range of motion flexibility, running with the ball, passing, instep drive, receiving ground balls with the instep and outside of foot, receiving bouncing balls with the instep (cushion) and sole or inside or outside of foot (wedge), and fakes in dribbling. 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization. These games should maximize touches on the ball while combining motor skills (speed, coordination, agility, etc).

The ideal formation for 7v7 games at this age would be 1 goalkeeper, 2 defenders, 3 midfielders, and one striker (also called a 2-3-1). This is diagrammed below.



Games/Activities

Ball Exchange



Ball Takeover

Set-up as shown in the diagram: 2 lines @ 4 players face one another from a distance of 20 yards. A single ball is placed at the front of 1 line. On the physical cue of the player with the ball, BOTH players run and try to time their respective runs in order to exchange the ball at the midpoint (10 yards). The player running at full speed with the ball must decelerate and leave the ball exactly at the midpoint. The player without the ball must time his/her run and collect that at the same moment. The ball is then carried at full pace and stopped on the line at its original starting point. The next two players immediately repeat the actions.

Coaching Points:

- Perform at maximum speed
- Use of proper mechanics

Small Sided Game to an End Zone



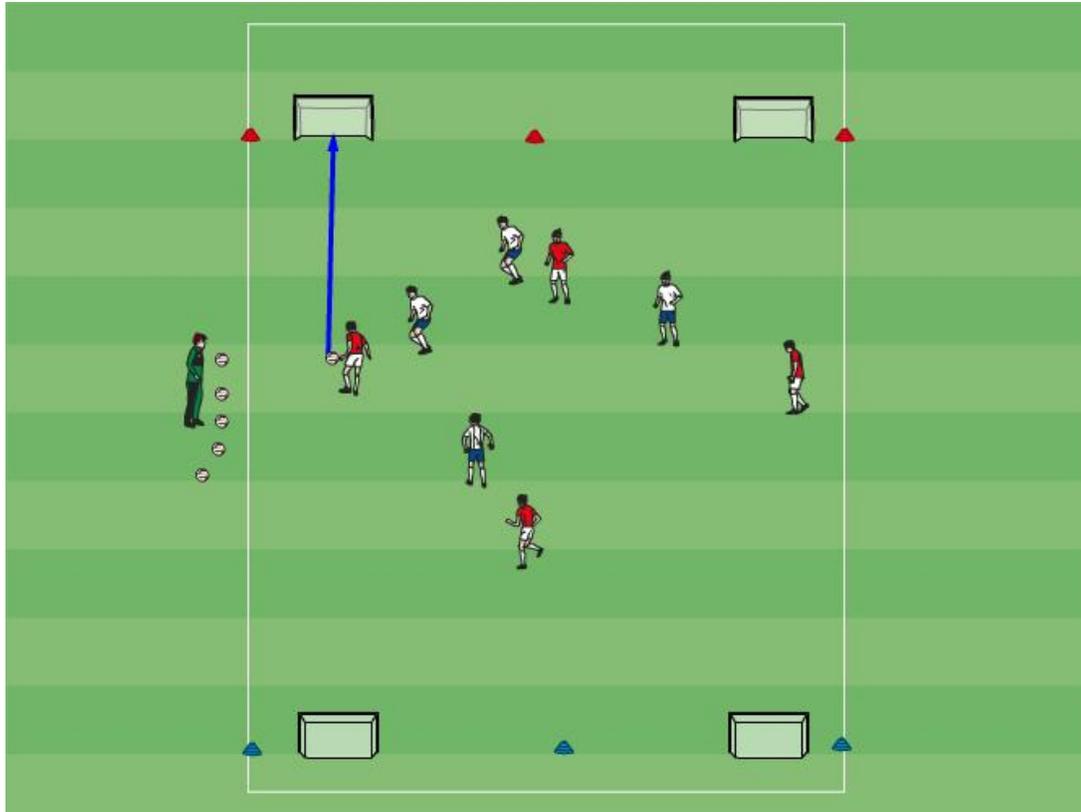
Small Sided Games to an End Zone

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

Coaching Points:

- Keeping the ball close but away from the opponent
- If going forward is not an option, pass the ball to a teammate

Small Sided Games to 4 Small Goals



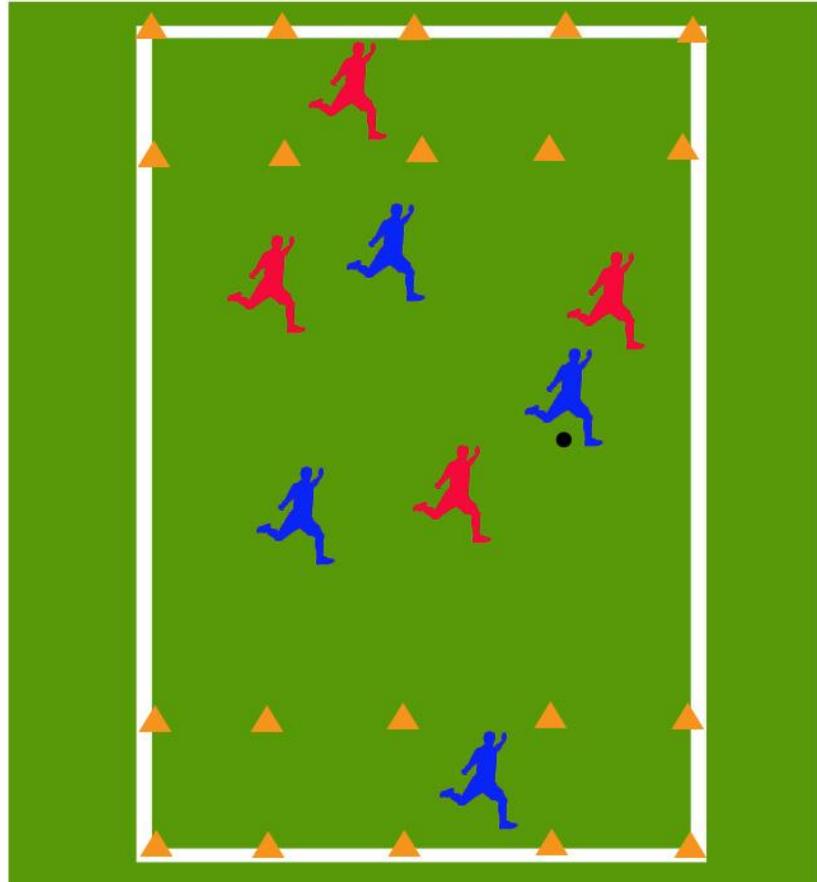
Small Sided Games to 4 Small Goals

Create a field and put two small goals on both ends. Field Dimensions: 4v4 Approximately 30-35 yards long by 20-25 yards wide. Two teams, each team attacks two goals and defends two goals.

Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- If one goal is not an option, quickly change directions to the other goal

Small Sided Game to Teammate in End Zone



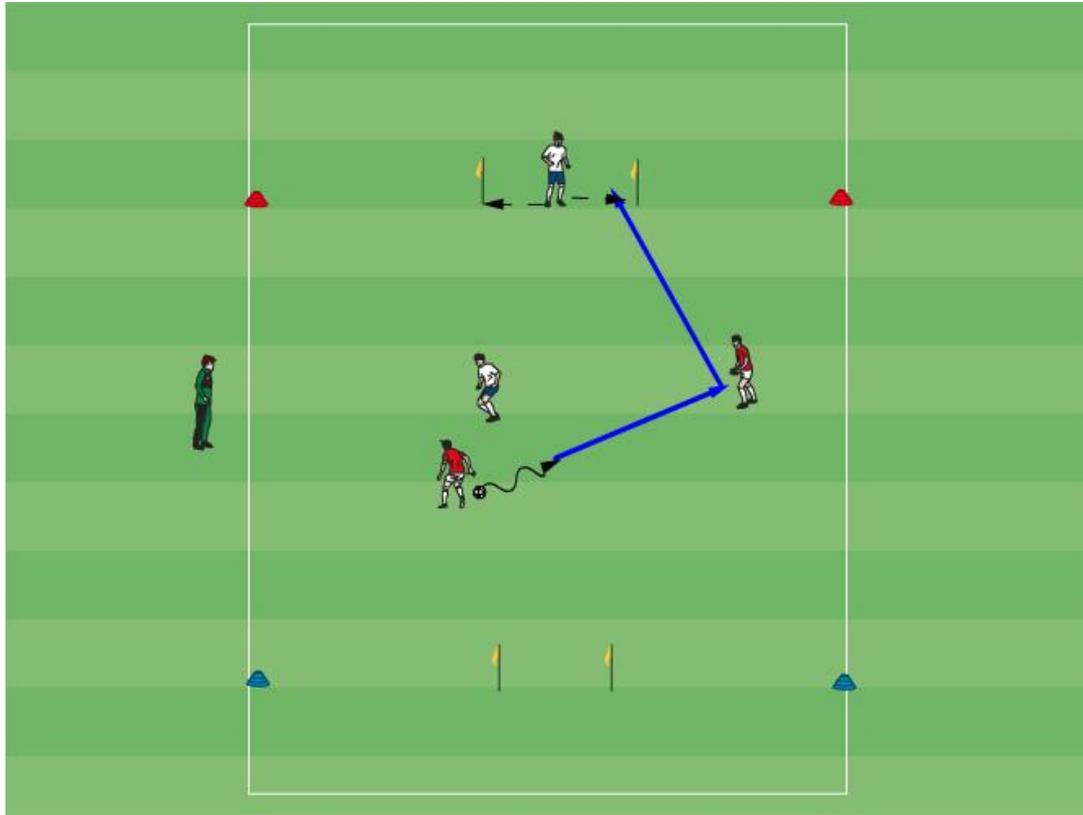
Small Sided Games to Teammate in End Zone

Create a playing area in a rectangular shape with an end zone marked out at each end. Each team attacks a zone on opposite ends of the playing area. One player from each team is required to stay in the end zone that the player's team is attacking. No other players are allowed in the end zone. A point is scored when a pass is completed to the teammate in the end zone and the teammate stops the ball in the end zone. Rotate the player that is positioned in the end zone. Dimensions: For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary.

Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- Encourage movement to open space
- Encourage player in end zone to slide side to side to get open for a pass
- Technical aspect of closing down space (defending)

Last Player Back



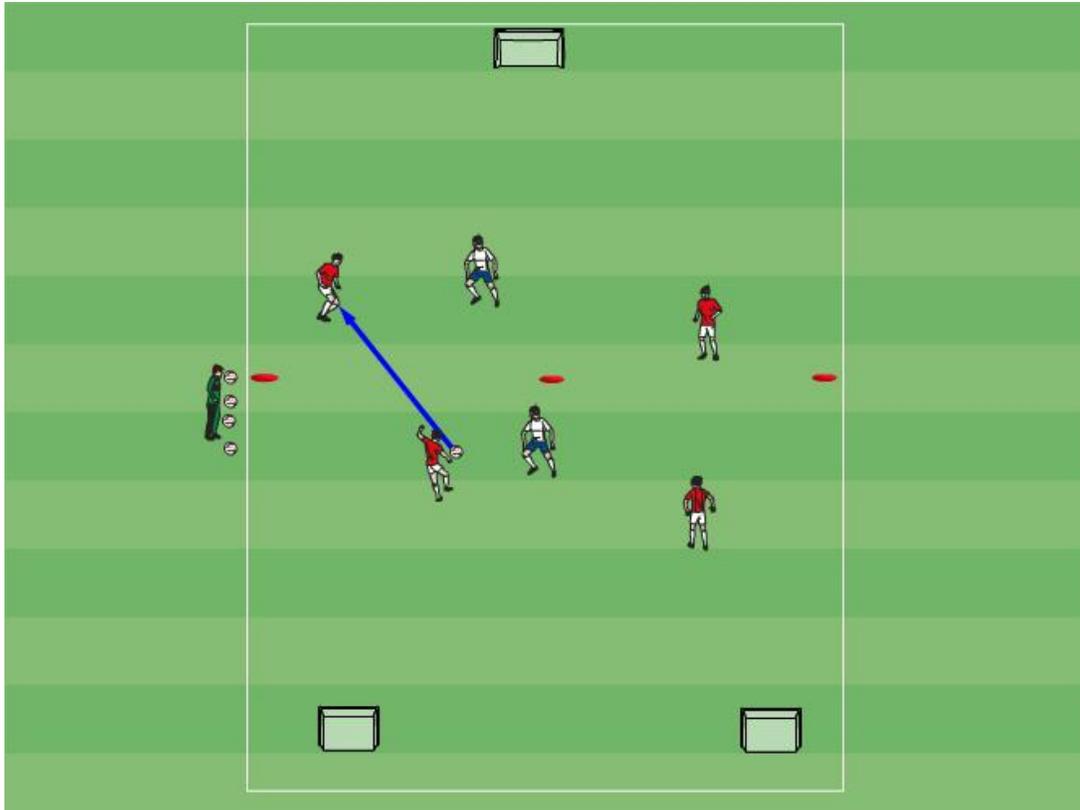
Last Player Back

This activity can be played with pairs or groups of three-four. If in pairs, make a small field with goals on each end. The goals should be approximately 5-7 steps apart. Play like a normal game. The rules: 1) Can only score a goal on the ground. 2) When a team loses possession or is on defense, the last player back must go back and stand and stay on the goal line. They may stop a goal from being prevented. 3) When a team that is defending regains possession they now both attack.

Coaching Points:

- Dribbling at a defender to set up a pass
- Passing accuracy
- Support in advance of the ball when possible
- Creating a numerical advantage through spatial awareness

2v1 in Half (4v2)



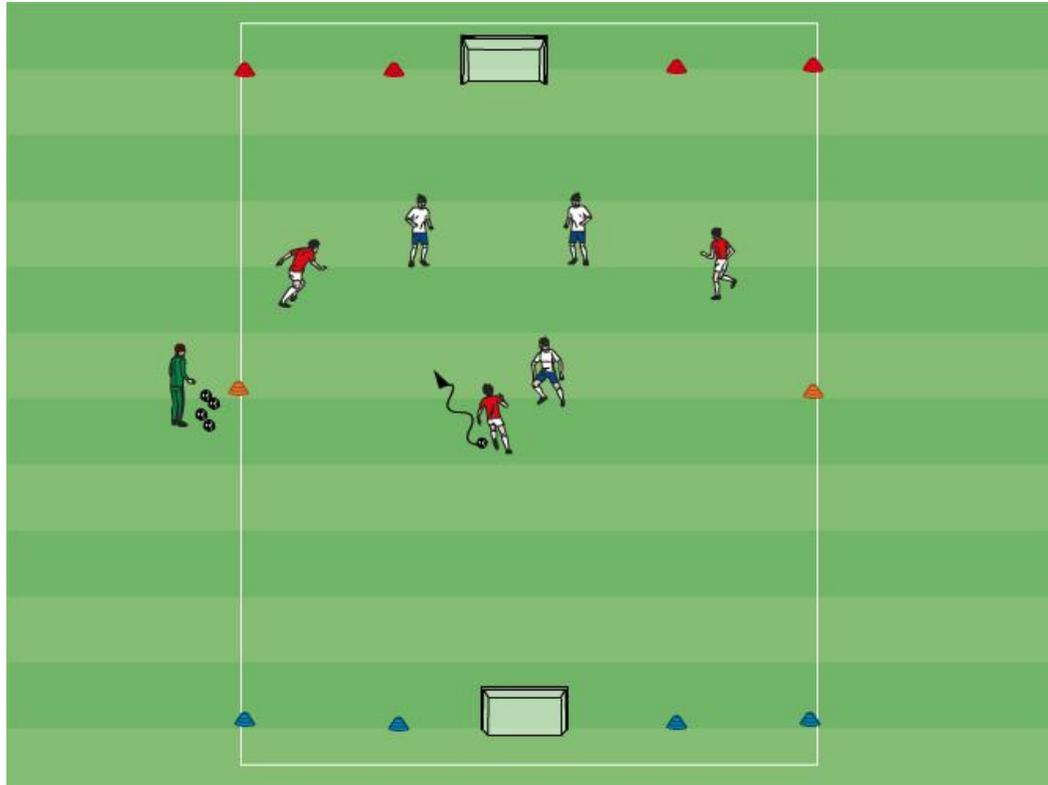
2v1 in Half (4v2)

Eight players. Split a playing field into half. Each half is approximately 15x15. Place two players from one team in one half and two of their teammates in the other. One defender is in each half. The attacking team (4) tries to score on the small goal placed in one of the halves. The defending team (2) tries to score on two small goals placed in the other half. Attacking players are restricted to their zone. Defending players are not. Rotate players after each interval.

Coaching Points:

- Redirecting the ball to keep possession or pass to a teammate
- Passing accuracy
- Passing to an open player

Small Sided Games to 2 goals



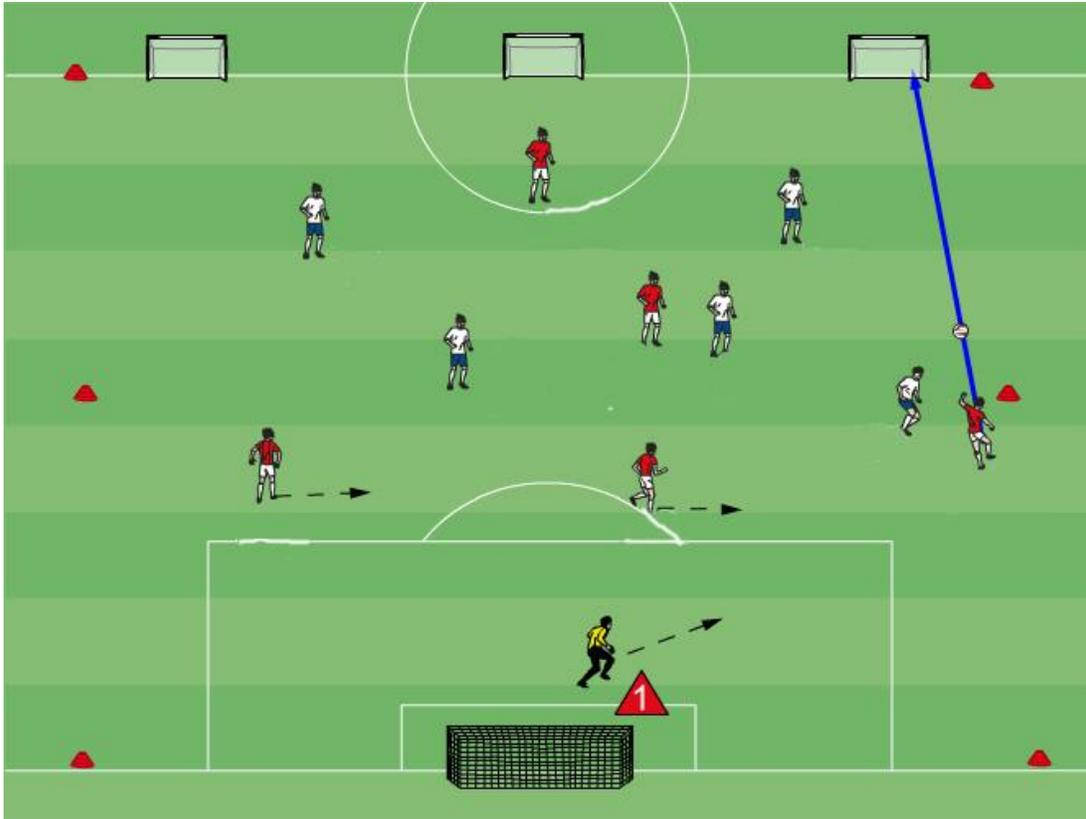
Small Sided Games to 2 Small Goals

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- Technical aspect of closing down space (defending)

3 Goal Build Up



3 Goal Build Up

This exercise will develop how the outside defenders pass the ball to penetrate in the flank areas. The area of the field is the defensive half with the overall purpose of improving how the outside defenders help in the build up process. The team in red (defending large goal) attempts to score on three goals located around midfield. Make the outside goals worth more than the central goal. The team in white is attacking the large goal.

Coaching Points:

- Passing distance, accuracy, and weight
- Receiving the ball to play forward quickly
- Principles of play: Penetration, width, support, and mobility