



U10 GUIDE



QUICK KICKS

1. There will be two practices during the week in addition to one game on Saturday for a total time commitment of roughly three hours per week.
2. Stress fun and learning as well as the beginnings of structured play
3. Coaches are responsible for paying referees \$25 for each game (league will supply money)
4. All coaches must have acquired clearances in order to instruct players on the field
5. Games will be at a variety of [locations](#). This field setup can be changed from season to season based on the age group demographics of the club.
6. Inclement weather could move games to alternate turf fields.
7. Hats and sunglasses should not be worn at practices or games. Coaches should tell players to remove these accessories at the field. If there are any medical exemptions that require players to wear these items, parents may email the coach and NASC President for permission.



OVERVIEW

U10 in-house builds on the fundamentals of U8. The goals for this level are to build a foundation for skill development, instill a passion for the game, and have lots of fun. It is the first level within NASC in which teams practice two nights per week in addition to game play on Saturdays. Players play 7-v-7 for the first time as well and goalkeepers are introduced. Your player will be with the same team of 10-12 players for the entire season.

GETTING STARTED

As a head coach, it is extremely important to maintain an open line of communication throughout the season.

1. Once players have been assigned to your team, please send an introductory email to all of your players. Explain who you are, why you are coaching, and what you hope to accomplish this season. Please include contact information.

2. It is highly recommended to send an email reminder or text the day before every practice and game. This message can include the date, time, location and jersey color (for games only). You can also ask people to notify you if a player cannot attend. This will give you an idea of how many players you can expect and allow you to plan accordingly for practices and games.

3. If a lack of attendance puts you at seven or fewer, please reach out to the opposing team to make plans.

4. Devise a lineup for your team.

5. Substitute freely. Every player should play at least half of the game.

6. Substitutions may only be made at stoppages.



FIELD

The field dimensions at U10 are 60 yards by 40 yards.

There is a goal area. This is where goal kicks are taken.

There is a penalty area. This is the area in which the goalkeeper may use his/her hands. If the defensive team commits a foul that would otherwise result in a direct kick in the penalty area, the attacking team may be awarded a penalty kick.

There is a build out line. If the defensive team earns a goal kick or free kick within its own third of the field, the opposing team must remain behind the build out line until a second player has touched the ball or a player has dribbled past the build out line. The build out line is also used for the offside rule. The rule states that an attacking player is in an offside position if any part of their body is in past the build out line and there aren't two players from the opposing team between them and the goal before the ball is played forward.

Kickoffs are taken at the start of each half and after scored goals. Kickoffs are taken at the center spot.

All field lining is completed by a professional field liner prior to each week's games.

Goals are supplied at the field location.

Practice fields may be lined in a similar fashion. In the case that they are not, please use cones to indicate end lines and sidelines.

LIGHTNING

If a parent or coach sees any lightning (bolt or flash) at any distance, play must be stopped immediately and all players must leave the field. Play may only resume after 30 consecutive minutes free from lightning. This applies to both practices and games.

INCLEMENT WEATHER

NASC will notify all coaches if there are any postponements or field changes due to inclement weather/poor field conditions. Please monitor your email and/or the latest news feed on the club's home page if you have uncertainty about the ability to play a game on a given day. The club does its best to communicate cancellations no less than 1 hour before the start time of an event.

For practices, NASC will monitor weather and field conditions and send out an email communication if it is deemed unsuitable for play. Coaches are asked to follow up with their teams to communicate it as well. Coaches may deem practice fields unfit for play as well once they arrive. In this case, a coach can cancel the session. Makeup practices do not occur. NASC will work to reschedule canceled games. There is a built-in week at the end of each season for such instances. This makeup week includes practice and a game.



TEAM EQUIPMENT

Each head coach will be issued a bag containing a set of practice pinnies, cones, a soccer ball, a first aid kit, and a goalkeeper helmet. NASC will supply each coach with a coaching shirt.

PLAYER EQUIPMENT

All players are required to supply some equipment each season. Please reference the [NASC Gear Guide](#). Here is a breakdown:

UNIFORMS

- **JERSEYS:** White/yellow reversible jersey (may reuse a hand-me-down or one purchased previously). **New jerseys must be purchased through Soccer Source. Any other uniform items or gear may be purchased elsewhere.*
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
**Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.*
- **SOCCER BALL:** Size 4 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- **SOCCER SPIKES (molded cleats):** Tennis shoes may be worn, but soccer spikes provide a better experience and offer better traction, especially on a wet surface. **Highly recommended*
**Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.*
- **SOCCER BACKPACK:** Can hold water bottle, soccer ball, extra clothes, etc.
- **RAIN JACKET:** Player may wear when weather is poor.
- **SWEATSHIRT/COLD-WEATHER COMPRESSION SHIRT:** Helps keep players warm.
- **SOCCER FIELD PLAYER GLOVES:** Warms hands in adverse conditions.



GAME PLAY

Games are always on Saturdays, usually scheduled in the morning and early afternoon. Games consist of two 25-minute halves. Goalkeepers are introduced for the first time. These games provide the opportunity for the children to use the skills they learned during the training sessions earlier in the week. Referee crews are used as part of the game. The coaches are on the sideline giving players instructions.

Throw-ins continue at this level. A player must keep both feet in contact with the ground while throwing the ball overhead with two hands on the ball.

Goal kicks and kickoffs are used according to the procedures outlined under the previous field section. Corner kicks are utilized as is typical. Defending players must be least 8 yards away from the ball on a corner kick. The offside rule is in effect at U10.

Players should be placed into positions and formations at this age. Players should play all positions throughout the course of the season, however. There is no position specialization at this age. Players should be encouraged to execute proper principles of play and build a foundation for soccer later in life with larger numbers. In the attack, players should be encouraged to have depth, width, and support (diamond and triangle shapes on the field). In defense, players should be encouraged to have one teammate immediately pressure the ball (the player closest to the ball). While immediate pressure is applied, other teammates should be encouraged to get behind the ball and help the group become compact. All defenders should be encouraged to channel opponents away from the goal.

PRACTICES

Practice sessions will incorporate skill development activities and small-sided games. Each session will be 60-90 minutes long. The field location and time schedule changes from season to season. However, practices are held two weeknights per week with a start time between 5:30 and 6:30. The nights of the week are selected by the head coach after rosters are created. The days of the week will not be determined until a week or two before the start of the season.

Sample practice plans are included at the end of this guide courtesy of Eastern Pennsylvania Youth Soccer, Maryland State Youth Soccer Association, and Massachusetts Youth Soccer.



COACHING CLEARANCES

All NASC coaches are volunteers from the community. Coaches are expected to maintain a positive, encouraging and inclusive atmosphere, while stressing fundamentals in a learning environment.

NASC is ALWAYS looking for more coaches. Background clearances must be submitted to the league in order to serve as a coach.

Information on becoming a coach may be found [HERE](#).

NASC CODE OF CONDUCT

Youth sports offer children the opportunity to grow physically, mentally, and emotionally. Children can only seize upon this opportunity if the adults involved in youth sports develop an environment in which these opportunities can flourish.

All adults participating in North Allegheny Soccer Club in any capacity, including that of a spectator, are required to adhere to the following expectations during any event in which NASC participates. All adults participating in NASC should adhere to these expectations when interacting with NASC members or with the members of other organizations.

Prioritize safety. The physical and mental well-being of the children should never be jeopardized.

Respect the game. Practice good sportsmanship.

Use appropriate language. Profanity has no place at a youth sports event.

Avoid verbal and physical intimidation. There is zero tolerance for verbal abuse or physical aggression directed toward coaches, referees, spectators, and/or players.

Display positive behavior. Negativity has no place at a youth sports event.

Let players play, coaches coach, referees referee, and spectators spectate. Players, coaches, and referees are human and make mistakes on the field. Adults are to act as role models for children and should always display an ability to tolerate mistakes. Spectators should be supportive of those on the field by cheering in a positive manner. Spectators should not demean coaches, referees, or players by shouting coaching instructions or putting down referees or children on the field.

Should an adult not behave in the manner outlined above while attending an NASC event, the Board of Directors reserves the right to appropriately address such behavior. Consequences include, but are not limited to, temporary or permanent removal from the club and loss of registration fees in whole or part.

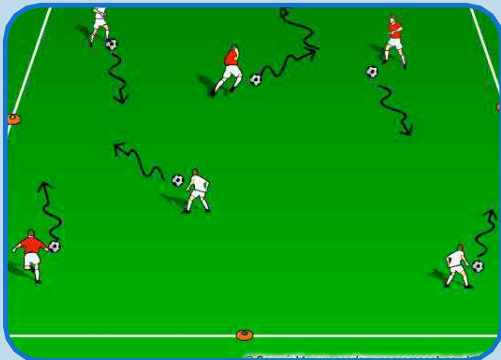
NASC thanks you in advance for your part in establishing an environment that supports fun and the healthy development of children.



U10 Week 1

By G Stephenson, Assistant Technical Director

Improving players ability to beat players in 1v1 situations through individual dribbling moves



Free Dribble & 1v1 Moves **TECHNICAL WARM-UP**

TRAINING AREA = 30W x 40L. All players in the space have a ball at their feet. Freely dribble throughout the space, performing individual moves. On coaches command players can perform:
*Inside-Outside, Step-over & go, pull-push-go, outside cut, inside cut, etc.

Coaching Points

Dribble with the outside of your foot to accelerate into open space with the ball away from your body (toe down, heel up). Dribble with the inside of your foot to change directions, or maintain possession closer to your body to keep it away from your opponents (heel down, toe up)
*Where - Into open space by changing direction and speed
*When - The moment space becomes available & I recognize that I can enter it



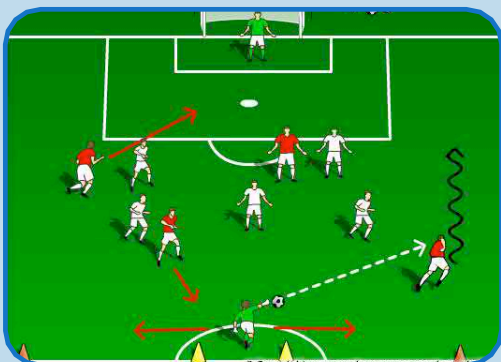
SMALL-SIDED ACTIVITY

4v4 Endzone Soccer -

TRAINING AREA = 30W x 40L. Build a small "endzone" at each end of the field = 30W x 5L. Score by dribbling into the endzone. Players can only enter the endzone if they are dribbling the ball, or recovering defensively after the person dribbling the ball. 1pt. = dribble into endzone under control; 2pts = beat (1) opponent, and dribble into the endzone under control; 5pts = beat more than (1) opponent, and dribble into endzone under control; **Play to 10pts.

Coaching Points

Keep your head up when receiving the ball, or in possession to identify areas of the field to penetrate with the dribble. If there is space behind a defender, look dribble and change direction to unbalance the defender
*What - Recognizing 1v1 situations to try and beat your opponent
*Where - Open space in front. and behind the defender



EXPANDED SMALL-SIDED ACTIVITY

5v5 - 2 goals

TRAINING AREA = 50W x 60L. Place (1) large goal at one end of the field and (3) small goals made from cones at the other end of the field, approximately 3 yards wide. Position balls at each of the field for easy access. Play for set period of time, or number of goals (determined by coach). Players scoring on the small goals, score by passing the ball through the cones. 1pt. = score a goal; 2pt = beat (1) opponent, and score a goal; 5pts = beat more than (1) opponent, and score a goal

Coaching Points

Dribble with speed & change directions when attacking open space, or an alone defender
Look to pass, and keep possession if there are several defenders around/near the ball
*Who - The player with the ball*Why - Taking players off the dribble will open up space for teammates throughout the rest of the field



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



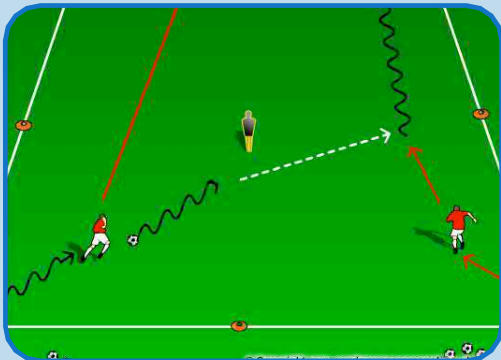
U10 Week 2

By G Stephenson, Assistant Technical Director

Improve player's ability to use the dribble to help set up the pass



TECHNICAL WARM-UP



2v0 - Combination Play

TRAINING AREA = 20W x 30L. Place a "defender" (wall man, cone, pole, etc.) in the center of the space. Form (4) lines in each corner of the field with ball. The player with the ball dribbles towards the defender to "commit" them. Then plays pass to teammate. Both players run off the field, and stand in the next line. The next group begins a similar movement.

**Combinations = Take-over, through ball, overlap, dribble-give/go

Coaching Points:

Dribble with the laces of the foot when dribbling at speed; Pass with the inside of the foot to be more accurate & strike the middle of the ball when passing

What - The laces of the foot should be used when dribbling at speed; Where - Pass to the open space in front of me

SMALL-SIDED ACTIVITY



3v2 - Dribble Goals (2)

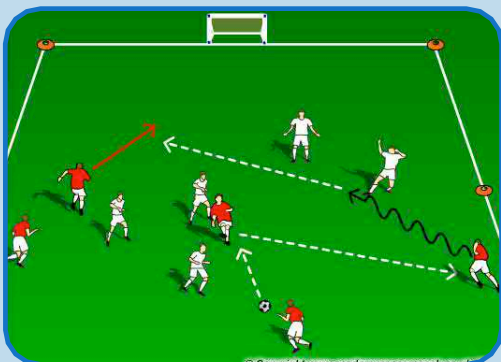
TRAINING AREA = 20W x 30L. Play (2) goals on each end-line using (4) cones. The goals should be 3 yards wide. Designate a group of attackers (3), and a group of defenders (2). Play 3v2, scoring by dribbling through the gate. Rotate attack & defense.

*If the defense win the ball they can attack the goals on the opposite endline.

Coaching Points:

Point your standing leg/plant foot towards the player or space you wish to pass the ball; Follow through with your foot after you pass the ball to increase speed and accuracy when passing
What - Recognizing the moment to attack & engage the defender with the dribble; Why - To enable commit the defender, which will open more space for my teammates to enter without the ball

EXPANDED SMALL-SIDED ACTIVITY



5v5 to Goal

TRAINING AREA = 40W x 60L. Place (2) goals at opposite ends of the field. Play 5v5, shooting/passing the ball into the goal to score. *Variations: -Scoring a goal = 1pt.; -Committing a defender & scoring a goal = 5pts

Coaching Points

Where - In front of them into space after I have committed a defender; When - Just before the defender steps in to tackle the ball

GAME

Play 7v7 with specific formations for each team.

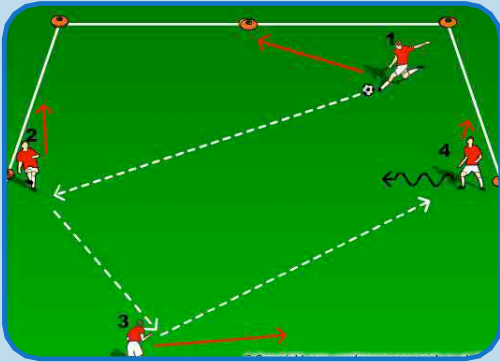
Reinforce all points above



U10 Week 3

By G Stephenson, Assistant Technical Director

Passing & Receiving



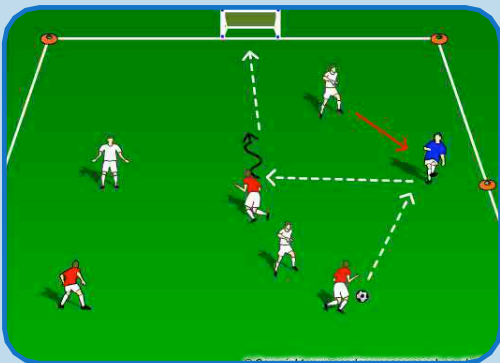
TECHNICAL WARM-UP

Sequential Passing

TRAINING AREA = 20W x 30L. Break the players up into even divided groups (3,4,5) as numbers allow. (1) ball between each group. Number each player #1-3,4,5 as numbers allow. Players should pass & receive throughout the space in a sequential manner #1-2-3-4-1. (example). Move into new space after completing the pass. Variations: -Reverse the number order; -Touch restrictions; -Add another ball (for groups of 5+)

Coaching Points:

Strike the middle of the ball, position the non-kicking/plant foot towards your teammate or target; Use the inside part of the foot when striking the ball - lock the ankle & knee when striking the ball; Head down, and watch foot strike the ball - follow through the ball/pass



SMALL-SIDED ACTIVITY

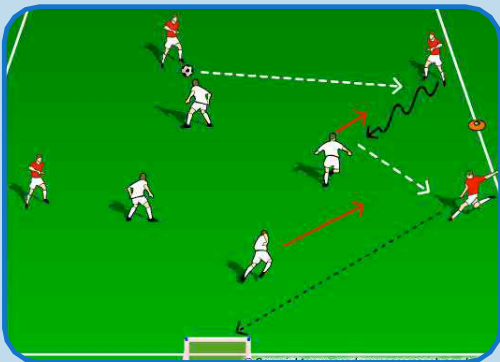
3v3 + 1 to 1 goal

TRAINING AREA = 30W x 40L. Place (1) goal on each end line for the teams to attack.

Score by passing the ball in the goal.

Coaching points

First touch should be across the body - in space away body without pressure; First touch should be across the body - close to the body away from pressure; Move feet underneath the body, and behind the ball to control the ball



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 goal & 2 counter goals - Dribble/Pass to Score

TRAINING AREA = 30W x 40L. Place (2) cones on one end-line, in each corner. Making (2) goals. The goals should be 3 yards wide. Place (1) goal on the opposite end line.

Red scores by passing into the goal, white scores by passing through the cones goals.

Coaching Points:

First touch should be across the body - in space away body without pressure; First touch should be across the body - close to the body away from pressure; Move feet underneath the body, and behind the ball to control the ball

What - Turning to change the point of attack; **Why** - To keep the ball, and move it to open space to have a better chance to score



GAME

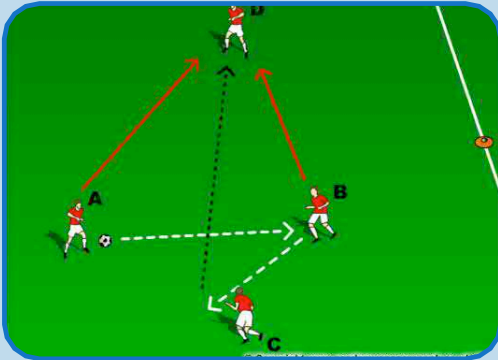
Play 7v7 with specific formations for each team.

Reinforce all points above





TECHNICAL WARM-UP

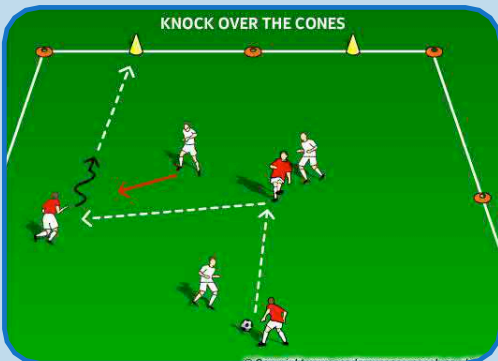


Stay & Play - "If you play the ball down, you stay put"
TRAINING AREA = 20W x 30L. Players should be in groups of (4-5) with (1) ball between them. Horizontal players (A,B) provide off ball support, while penetrating players (C,D) make penetrating passes. A-B-C-D (A,B move off ball in support of D)
 - Repeat pattern & combinations for 90 seconds. Rotate position, roles, and combination pairs.

Coaching Points:

Keep head up to direct first touch with the inside of your foot into open space; Move towards the player with the ball with "open" body shape to play in multiple directions; Run without the ball with a curve path to provide a large window for teammate to pass into

SMALL-SIDED ACTIVITY



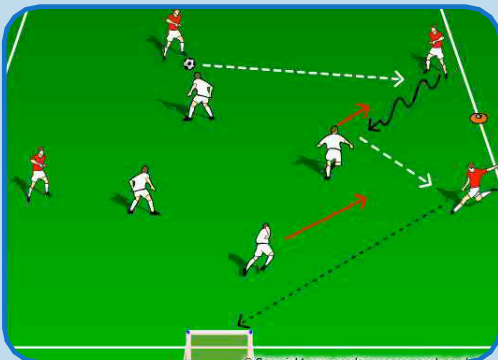
3v3 Knock over the cone
TRAINING AREA = 30W x 40L. Set up (2) tall cones on each end-line, representing (2) targets/goals. Score by passing the ball into the cone. Knock both cones over to win the game.

Coaching Points:

Time the run to support the ball as it travels towards your teammate; Position yourself at an angle so the player with the ball can see you & the defender; Move feet, and up on your toes as you prepare to receive the ball

Who - The player(s) without the ball; **How** - Move towards my teammate with the ball so that my body is open to the field

EXPANDED SMALL-SIDED ACTIVITY



4v4 to 1 goal

TRAINING AREA = 30W x 40L. Place (1) goal on each end-line for the group to attack.

Play 4v4. Score by passing the ball into the goal. The goal is equal to the number of successful consecutive passes before the goal is scored.

Coaching Points:

Pass into space in front of teammates so they can run onto the ball - non-kicking foot/plant foot should point to the space the ball will travel; Toes down, heel up to drive the ball across the space - to move the ball quickly

What - Knowing when to move to support the ball;

When - If there is a defender near the ball and I am closest to the ball.

GAME

Play 7v7 with specific formations for each team.

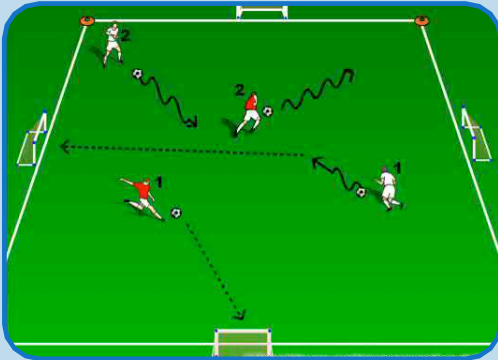
Reinforce all points above



U10 Week 5

Improving Shooting Technique

By G Stephenson, Assistant Technical Director



TECHNICAL WARM-UP

Numbered Shooting Technique

TRAINING AREA = 30W x 40L. Place (4) goals on each side of the space. All player should have a ball at their feet. Number each color/group evenly (1-4). Players will dribble around the space, and when the coach calls their "#Number" they then look to shoot on goal (closest, or farthest). Variations - Shooting Technique (at coach's discretion): Driven; Curled; In-step Drive; Lofted

Coaching Points:

First touch when receiving should be away from the body into space; Place plant foot/non-kicking foot behind ball (elevate ball); Place plant foot/non-kicking foot next to the ball (keep ball lower); Strike the middle of the ball to keep the ball lower; Strike the bottom of the ball to elevate the ball



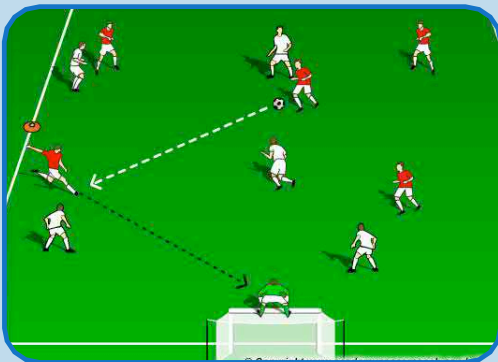
SMALL-SIDED ACTIVITY

2v2 Continuous

TRAINING AREA = 20W x 30L. Place 1 large goal at each end of the field. Position players in each corner of the field. Ball starts from the GK. Play until there is a goal, or ball out of bounds. Then switch groups. Ball always with the GK of the team in possession. Variations: Play for time; Play for total score; Play series of games (2 of 3)

Coaching Points:

Application of technique (shooting); What - The decision to shoot on goal, and the technique used; Who - The player in the best shooting position, with the ball; Where - The part of the goal that the shooter aims for with their shot



EXPANDED SMALL-SIDED ACTIVITY

5v5 to Goal

TRAINING AREA = 40W x 50L. Place (1) large goal on each endline. Play 5v5 with GKs. Variations: Play for time; Play for total score; Play series of games (2 of 3)

Coaching Points:

Application of technique (shooting); What - The decision to shoot on goal, and the technique used; Who - The player in the best shooting position, with the ball; Where - The part of the goal that the shooter aims for with their shot



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



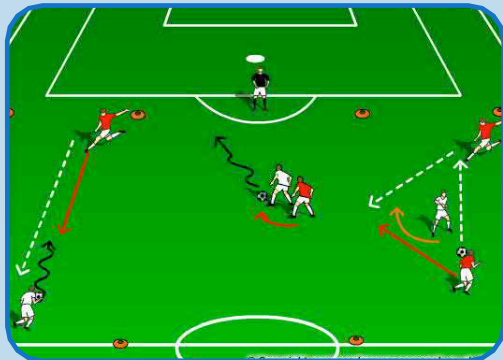
U10 Week 6

By G Stephenson, Assistant Technical Director

Individual Defending



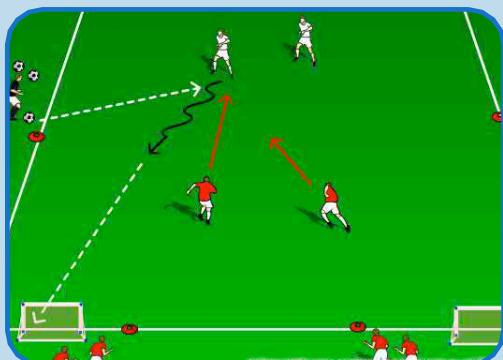
TECHNICAL WARM-UP



Individual Partner Defending Technique
TRAINING AREA - 40Wx 30L. Players in a groups 2-3 with (1) ball. Each group works on "defensive technique."
 *1v1 Defensive Technique - dribbling
 *1v1 Defensive Technique - no turn
 *1v2 Defensive Technique - intercept pass
 Players should go through each type of defending situation and rotate. Player in possession (dribbling/passing) tries to beat the defender. Rotate offense-defense each turn. Rest after 45 sec, stretch 90 sec, repeat.

Coaching Points:
 Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressuring the ball; Move feet, hips, and head as the offensive player moves the ball

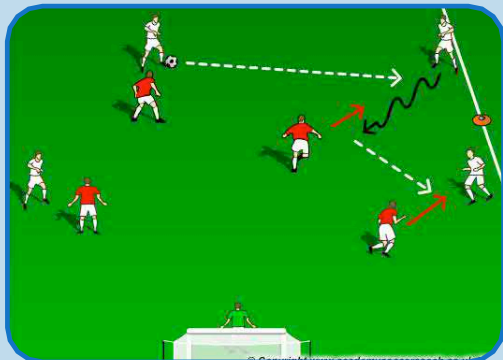
SMALL-SIDED ACTIVITY



2v2 score on two goals
TRAINING AREA = 20W x 30L. Place (2) cones 3 yards apart in each corner forming a "goal" for a total of (4) goals. Coach starts with the balls. Coach plays ball to one team. While the ball travels, the team who did not receive the ball runs on to defend against the team in possession. Both teams score by passing/shooting the ball through the "goals."

Coaching Points:
 Defensive technique = cover the ground, get down, & stay down!; Tackle the ball: when the ball is AWAY from offensive player

EXPANDED SMALL-SIDED ACTIVITY



4v4 score on one large goal & two goals
TRAINING AREA = 30W x 40L. Place (2) cones 3 yards apart in each two corners forming a "goal" for a total of (2) goals. Place one large goal at the opposite end. Play for pre-determined amount of time. Red team defends large goal, and white defends two goals. After each period change the goals defended.

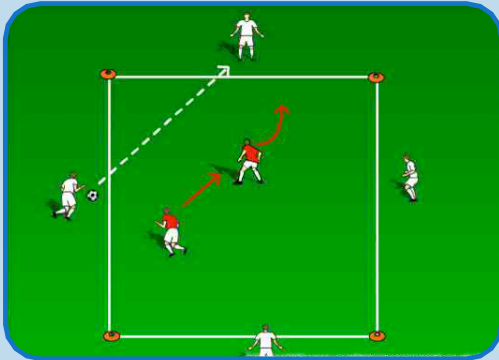
Coaching Points:
 Defensive technique = cover the ground, get down, & stay down!; Tackle the ball: when the ball is AWAY from offensive player;
 What - The direction to apply pressure, or force the ball;
 Why - This is to encourage the opposition to go away from the goal, and towards your supporting teammates

GAME



Play 7v7 with specific formations for each team.
 Reinforce all points above





4v2 Possession & Penetration **TECHNICAL WARM-UP**

TRAINING AREA = 12W x 12L. Place (1) play on the outside of the space, on each side of the square. Position (2) defenders inside the space. The defenders may not leave the space, but can block, or intercept passes.

Scoring for offense: # of consecutive passes; maintain possession for set period of time; # of split pass between defenders
 Scoring for defense: # of deflected passes; -# of intercepted passes; - # of times defenders can win possession and dribble outside the space under control & in possession

Coaching Points:

Defensive pressure on the ball (speed, body stance, angle, distance); Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressuring the ball; Move feet, hips, and head as the offensive player moves the ball



SMALL-SIDED ACTIVITY

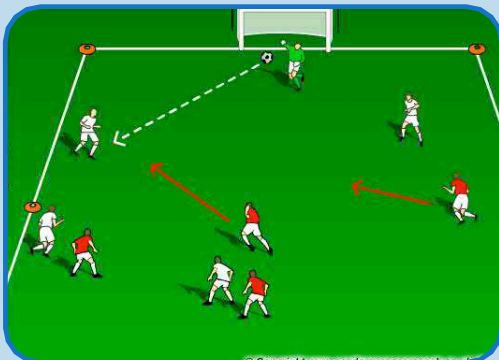
3v3 to 1 goal

TRAINING AREA = 20W x 30L. Place (2) tall cones on each end-line 5 yards apart making (1) goal on each endline. Red v White. Score by passing the ball on the ground through the goal.

Variations: Play for set period of time; Play to a specific number (#) of goals; Double points if goal comes after a steal; -Double points if a goal comes after an interception

Coaching Points:

Defensive pressure on the ball (speed, body stance, angle, distance);
Who - The 2nd defender, or place who is closest to their teammate defending the ball;
Why - The 2nd defender can help to cover any mistakes made by the 1st defender



EXPANDED SMALL-SIDED ACTIVITY

5v5 to 1 goal

TRAINING AREA = 30W x 40L. Place (1) goal on each end-line for teams to attack.

Variations: Play for set period of time; Play to a specific number (#) of goals; Double points if goal comes after a steal; -Double points if a goal comes after an interception

Coaching Points:

Defensive pressure on the ball (speed, body stance, angle, distance);
 Who - The 2nd defender, or place who is closest to their teammate defending the ball;
 Why - The 2nd defender can help to cover any mistakes made by the 1st defender



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



U10 Week 8

By G Stephenson, Assistant Technical Director

Improve GK handling & footwork - I



TECHNICAL WARM-UP

GKs mix with Field players

TRAINING AREA = 20W x 30L. The number of balls should equal the number of GKs involved in the warmup. Field players should pass the ball around the space. When the GK makes eye contact with the player; the field player in possession should take a touch and "shoot" on the GK. The objective of the shot is to go towards the GK (no around them, not over them, and not past them). Shots should be taken from 12-15 yards away. *Only shoot on GK's command.

Coaching Points:

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; Players should move their feet quickly, with short strides, and step towards the ball.



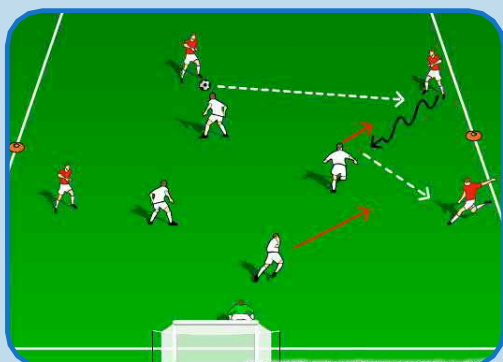
SMALL-SIDED ACTIVITY

4v4 - 4 goal game

TRAINING AREA = 30W x 40L. Place (2) goals on each end-line in the corner making a total of (4) goals in the space. Red (4) v White (4). Each team's GK defends (2) goals. Score by shooting into the goal.

Coaching Points:

As the player with the ball looks up then down, the GK should take small steps to get in position; Place my weight on my toes, and point my body towards the ball



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 large goal

TRAINING AREA = 30W x 40L. Place (1) on each end-line for each team to attack. Red (4) v White (4). Score by shooting into the goal.

Coaching Points:

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; When - The player looks up, then down - should be ready for a shot



GAME

Play 7v7 with specific formations for each team.

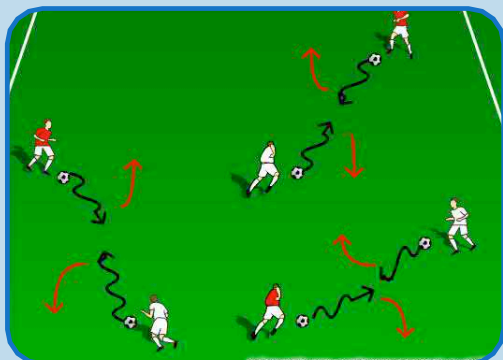
Reinforce all points above



U10 Week 9

By G Stephenson, Assistant Technical Director

Dribbling & Turning



TECHNICAL WARM-UP

How close can you get?

TRAINING AREA = 20W x 30L. Each player has a ball at their feet dribbling in the space. When the coach yells, "GO!" the players make eye contact with one another and begin to dribble towards one another. They should dribble at normal speed, and try to get their balls as close to each other as they can, before turning away at the last minute. After they turn away they should accelerate into open space and wait for the next "GO!" Turns: Inside foot, Outside foot, Drag back, Pull back

Coaching Points:

Push the ball away from body, plant foot/standing foot should be away from the ball, and under the body; Reach for the ball with 1 foot (inside, outside, or bottom of foot); Take a touch to change direction of the ball, second touch should be into space to accelerate into a new direction



SMALL-SIDED ACTIVITY

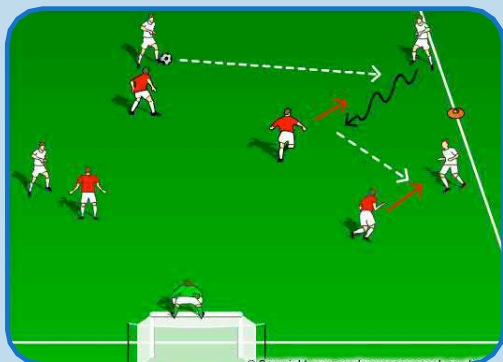
3v3 to 4 goals - Dribble to Score

TRAINING AREA = 20W x 30L. Place (2) cones on each end-line, in each corner. Making (4) goals. The goals should be 3 yards wide. Play 3v3. Dribble through the gates to score.

Coaching Points:

Application of technique (dribbling, receiving);

What - Turning away from pressure; **Who** - The player with the ball



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 goal & 2 counter goals - Dribble/Pass to Score

TRAINING AREA = 30W x 40L. Place (2) cones on one end-line, in each corner. Making (2) goals. The goals should be 3 yards wide. Place (1) goal on the opposite end line. Play 4v4. Score by passing the ball in the goal, or by dribbling through cone goals.

Coaching Points:

While in possession head up and look for pressuring defender. Check all around the area for open space; 2nd touch when turning, needs to be pushed into space 3-5 yards away from body to allow for multiple steps to accelerate away from pressure; **How** - Checking over my shoulder while dribbling, taking a touch away from my body, and quickly accelerating into open space away from pressure



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



U10 Week 10

4 v 4 Have Fun

By G Stephenson, Assistant Technical Director



****Set up as many fields as possible 30W x 40L – no GKs – (1) goal on each end line. Play for 8 minutes, 2 minutes for water. change opponents each match****



Activity 1

Pass lead to points

The number of consecutive passes made before a goal is scored = number of points awarded for goal. Encourage players to move without the ball, and the look up to find an open teammate



ACTIVITY 2

Join the play

Everyone must be in the attacking half (across the half line) for goals to count. This will help the players/team stay together and avoid gaps or space in between the players on the field.



ACTIVITY 3

1 touch finish

In order to score, the shot must be a "one-touch" shot/finish. Players need to continuously pass the ball until, they are able to get off a shot quickly with 1 touch.



ACTIVITY 4

Free Play

Play 4v4 with specific formations for each team.

Reinforce all coaching points above





Topic

DRIBBLING - RUNNING WITH THE BALL

Objectives
(5 W's)

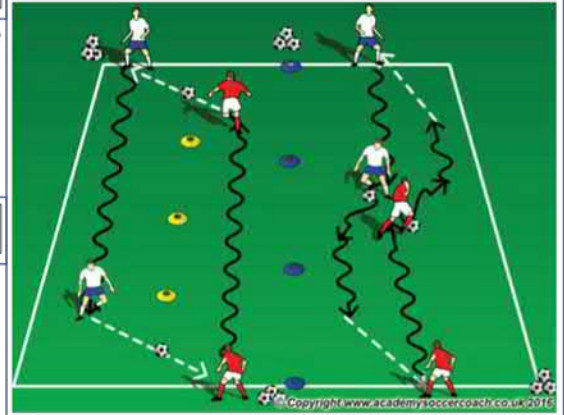
Who: Flank Players
What: Running with the ball to Penetrate
Where: In the central and flanks areas of the field
When: In possession of the ball with space to attack
Why: To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration 10 min Intensity Med-High

• Area: In a 20Wx30L yard grid divided into 2x10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

Warm-up / Orientation



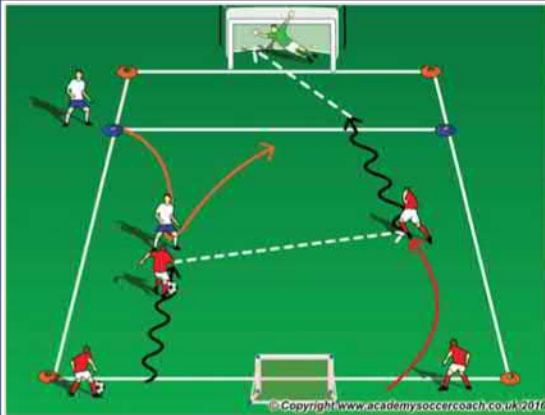
Coaching Points

Activity Time 2min Rest 30 sec Intervals 4

• **What? Technique of Running with the Ball:**

- ~ Push the ball forward with the laces. Big toe down. Distance of your touch
- ~ Each touch of the ball should push it a few steps ahead of the dribbler
- ~ Distance and pace of the touch matches the stride
- ~ The head is up and the eyes scan the field

Orientation 2v2 to Goal and Counter Goal



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line.
- The attacker dribbles onto the field when the defender confronts the dribbler, he/she has the option to pass to the teammate or run with the ball into the scoring zone to beat the keeper. Goals from running with the ball into the zone are 10 pts.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- **What? Technique** - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create diagonal passing lanes: Who? Where? When? Why?

Organization

Duration 18 min Intensity Medium

- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line
- The 3 attackers will play to penetrate the space and get into the scoring zone to score. The defenders score in the counter goals. All laws apply.

Coaching Points

Activity Time 7 min Rest 2 min Intervals 2

- **What? Technique** - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create diagonal passing lanes: Where? Why? - Triangulate: Where? When? Why?

Learning 3v3 to Goal and Counter Goal



Implementation

7v7 Duration 30 mins Formation R GK-2-3-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 40Wx60L field play 7v7. All FIFA laws apply. Encourage the players when to run with the ball.





Topic

DRIBBLING TO BEAT AN OPPONENT

Objectives (5 W's)

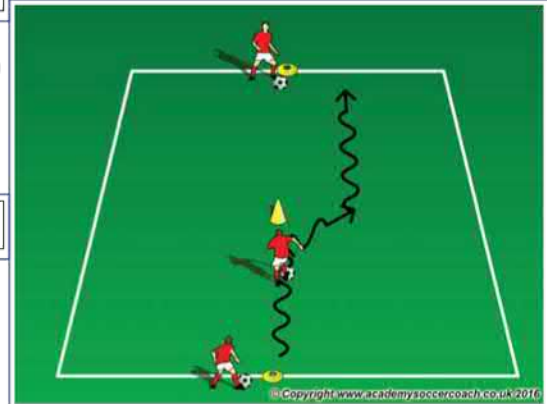
Who: Strikers and Midfielders
What: Dribbling, Receiving, Playing forward when possible, Create a 1v1
Where: In the attacking half
When: Confronted by one defender in the midfield or near the goal
Why: To penetrate the opponents defense and create goal scoring opportunities

Organization

Duration Intensity

- Area: In 10Wx15L yard grid with 3 cones about 7 yards apart
- Place 2 players with a ball each at one cone and player at the opposite cone with a ball. On coach's command players will perform the moves below:
 - ~Interval 1: Fake and Take
 - ~Interval 2: Circle and Take
 - ~Interval 3: Double Fake and Take
 - ~Interval 4: Double Circle and Take

Warm-up / Orientation Dribble the Cone



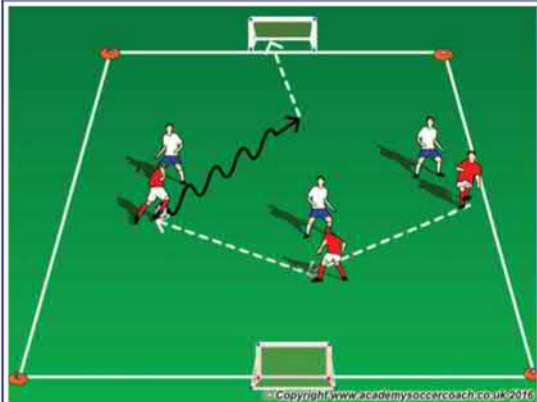
Coaching Points

Activity Time Rest Intervals

What? Technique of Dribbling to Beat an Opponent

- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- ~ Change direction and get away from the opponent (cone) quickly

Orientation 3v3 Dribble into the Scoring Zone



Organization

Duration Intensity

- Area: 20Wx30L yard field with two small goals
- Play to score in the opponent's goal.
- Points: If a player dribbles an opponent and scores is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- **Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why?

Organization

Duration Intensity

- Area: 40Wx30L yard field with a regular goal and 2 counter goals
- Red team scores in the regular goal and the White team scores in either of the 2 counter goals. All laws apply.

Learning 4v5 to a Goals and Counter Goals



Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- **Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why? - Triangulate: Who? Where? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





Topic

DRIBBLING TO SET UP A PASS

Objectives (5 W's)

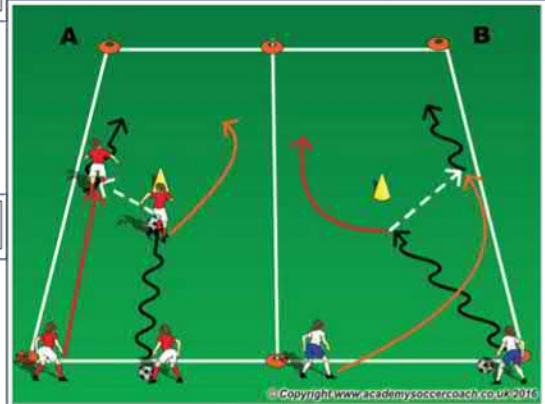
Who: Strikers and Midfielders
What: Dribbling, Passing and Receiving, Spread out, Triangulate, Play forward when possible, Create 2v1 and diagonal passing lanes - **Where:** In the central and flank channels the attacking half
When: Dribbling at defenders near the opponent's box
Why: To improve penetration and create goal scoring opportunities

Organization

Duration Intensity

- Area: in a 15Wx20L with a cone in the middle of the grid. Set up the players as show in the diagram.
- **Pattern A:** The dribbler goes at the cone and performs a pass to his teammate
- **Pattern B:** The player with the ball will dribble toward the cone, his partner makes an overlap run and calls for a pass. The dribbler executes the pass to his team mate.

Warm-up / Orientation Dribble - pass Patterns

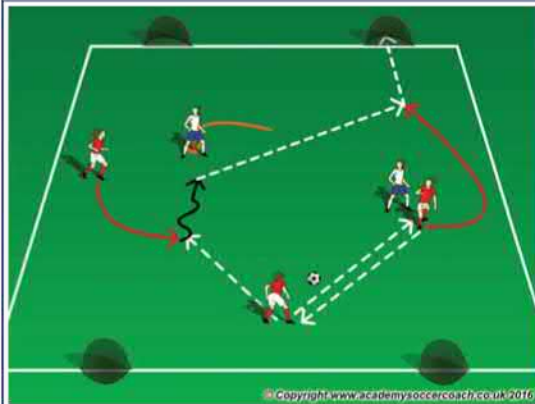


Coaching Points

Activity Time Rest Intervals

- **What? Technique of Dribbling to Set up a Pass:**
 ~ Keep the ball close, use the Laces to go forward, Inside/Outside/ sole to change direction
 ~ Commit the opponent (cone) prior to making the pass
 ~ Execute the pass with either the inside of the foot or the outside of the foot

Orientation 3v2 to Four Small Goals



Organization

Duration Intensity

- Area: 20Wx30L yard field with two small goals.
- Play to score in either opponent's goals.
- Points: If a player passes off the dribble to a teammate and scores the goal is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: When? Where?

Organization

Duration Intensity

- Area: 40Wx30L yard field with a regular goal and 2 small counter goals
- Play to score in the opponent's goal. All laws apply.

Learning 5v5 to a Goal and 2 Counter Goals



Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: Where, When? Why? Create Diagonal Passing lanes: Where? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





Topic

PASSING BASICS 1

Objectives
(5 W's)

Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is in possession of the ball
Why: To penetrate the opponent's defense

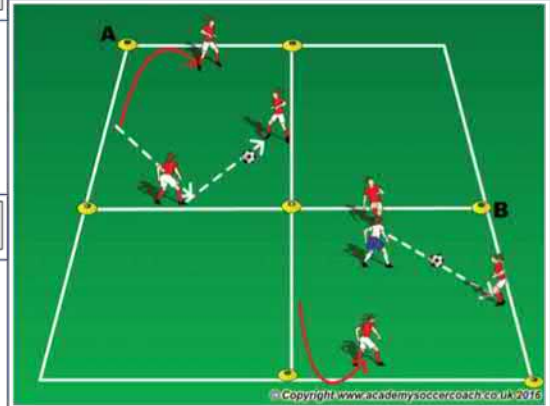
Organization

Duration 12 mins Intensity Med-High

- Area: In a grid 10Wx15L yards
- Play 3v0 to teach the players how to support the player with the ball. After two intervals, add a defender and make the game a 3v1 keep away.

Warm-up / Orientation

3v0 to 3v1



Coaching Points

Activity Time 2.5 min Rest 30 sec Intervals 4

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

Orientation

4v4 to 4 Goals



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with 2 small goals on each endline
- Play to score in the opponent's goal. The GK defends their team's 2 goals. When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

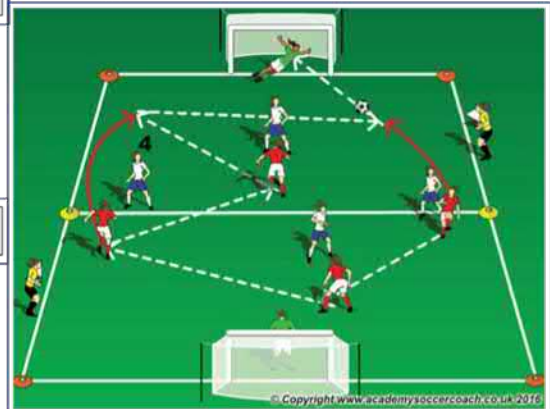
Organization

Duration 18 mins Intensity Medium

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

Learning

5v5 to Goal



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration 25 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 10 mins Rest 2.5 m Intervals 2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





Topic

PASSING BASICS 2

Objectives
(5 W's)

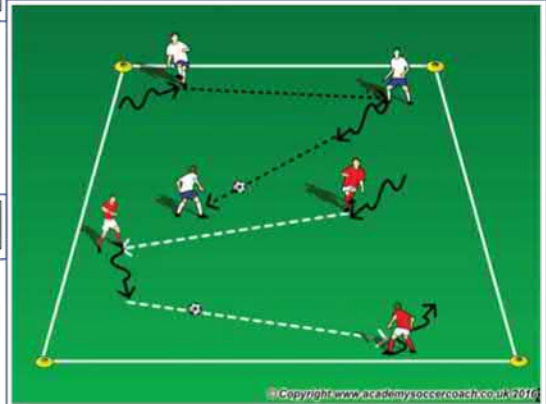
Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

Organization

Duration 12 mins Intensity Med-High

Warm-up / Orientation 3v0 to 3v1

- Area: In a 20Wx30L yard field
- Divide the players into groups of 3 to pass the ball around the grid. The player, who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in minutes ~ 2: Pass through the other team ~ Which team makes the most passes?



Coaching Points

Activity Time 3 mins Rest 1 min Intervals 3

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.

Orientation

4v4 Total Soccer

Organization

Duration 15 mins Intensity Med-High



- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal ~ When all members of the team have touched the ball and scored the goal is worth 100 points. All other goals are 1 point

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

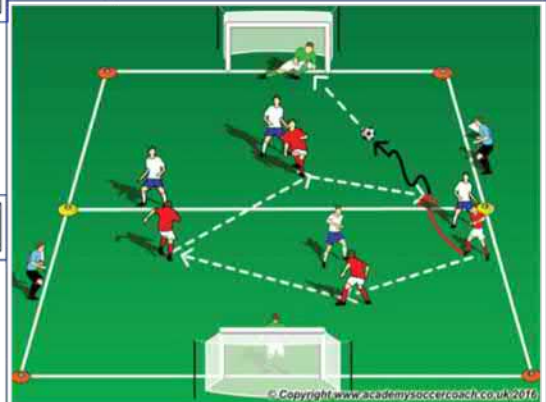
- **What? Technique - Passing:** Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles - Spread out:** Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

Organization

Duration 18 mins Intensity Medium

Learning 5v5 to Goal

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique - Passing, Receiving, Shooting**
- **Team Tactical Attacking Principles - Spread out:** Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration 30 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





Topic

PASSING AND COMBINING

Objectives
(5 W's)

Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

Organization

Duration 12 mins Intensity Med-High

- Area: In a 15Wx20L yard grid
- Place 5 players as shown in the diagram. Player **A** dribbles and passes the ball to player **B**. Player **B** passes the ball back to player **A**. Player **A** passes forward to player **C**. After the forward pass, players switch positions. **C** plays with **D** the same pattern as **A** and **B**

Warm-up / Orientation

Passing Pattern



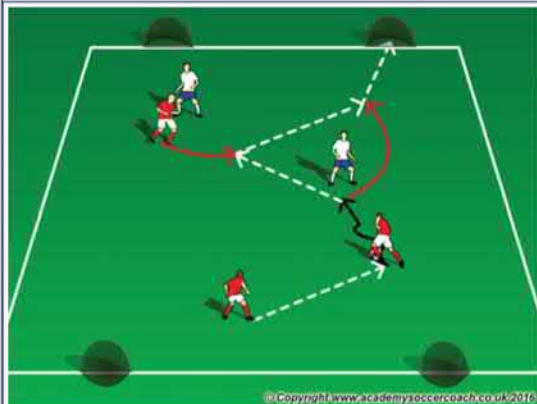
Coaching Points

Activity Time 3 mins Rest 1 min Intervals 3

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle. ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure

Orientation

3v2 to 4 Goals



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with 2 goals on each end line
- Play to score in the opponent's goal
 ~ If a team has 3 or more passes among them and score the goal is a 100 points. All other goals are 1 point.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Create a 2v1: Where? When? Why?

Organization

Duration 18 mins Intensity Medium

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

Learning

4v5 to Goal and Counter Goals



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Play forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration 30 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to combine with each other.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





Topic

DEFENDING 1 - PRESSURE AND COVER

Objectives (5 W's)

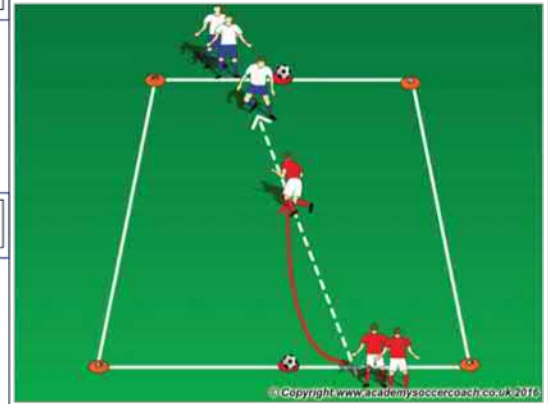
Who: All Players
What: Speed angle and distance of approach, Body shape, Foot work , Type of tackles, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover
Where: In the central and flank channels of the defending half of field
When: As soon as you loss possession of the ball
Why: To deny penetration and shooting opportunities

Organization

Duration 10 mins Intensity Med-High

Warm-up / Orientation 1v1 Defending

• Area: 10Wx15L yard grid with a central cone on each end line with a ball in the on the top of the cone. The defenders passes the soccer ball to the attacker. Now the defender will press the ball and delay the attacker. The attacker will dribble the ball and try to knock the ball of the cone.



Coaching Points

Activity Time 30 sec Rest 30 sec Intervals 10

• What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet

Orientation 2v2 Defending to Small Goals

Organization

Duration 15 mins Intensity Med-High



- Area: In a 15Wx20L yard grid with small goals
- When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. Can they win it back in 5-8 seconds? If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose or their points.

Coaching Points

Activity Time 2.5 mins Rest 30 sec Intervals 5

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackles (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player with the ball: Who? When? Why? - Make it and keep it compact: Where? When? Why?

Organization

Duration 20 mins Intensity Medium

Learning 4v4 to Goals

- Area: In a 20Wx30L yard field with goals
- Play to scores in the opponent's goal. All laws apply. When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose all their points.



Coaching Points

Activity Time 8 mins Rest 2 mins Intervals 2

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackle (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player/ball: Who? When? Why? - Make it and keep it compact: Where? When? - Outnumber the Opponent: Why?

Implementation

7v7 Duration 30 mins Formation R GK-3-2-1 v W GK-3-2-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

n a 40Wx60L field play 7v7. All FIFA laws apply. Encourage defenders to work together to regain the ball.

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.





Topic

DEFENDING 2 - SMALL GROUP DEFENDING

Objectives (5 W's)

Who: All Players **What:** Speed angle and distance of approach, Body shape, Foot work, Type of tackle, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover, Pressure in the Hotzone **Where:** In the central and flank channels of the defensive half **When:** When the opponent is close to your goal area **Why:** To deny penetration and shooting opportunities

Organization

Duration 10 mins Intensity Med-High

- Area: 15Wx20L yard grid with a small goals on each endline
- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover

Warm-up / Orientation 2v2 to Small Goals



Coaching Points

Activity Time 2 mins Rest 30 sec Intervals 4

• What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet
- ~ Angle/Distance of Cover, What does he/she say to the pressing defender?

Orientation 3v3 Defending to Small Goals



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard grid with small goals
- When a Red player loses the ball the team has to defend to win the ball back immediately.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block) - Angle, speed and distance of cover
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Organization

Duration 18 mins Intensity Medium

- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals
- Play to score in the opponent's goal. All laws apply.

Learning 5v4 to Goals



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique of Defending** - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Implementation

7v7 Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 40Wx60L field play 7v7. All FIFA Laws apply. Encourage defenders to work together to regain the ball

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.





Topic

SHOOTING 1 - SHOOTING FROM DISTANCE

Objectives (5 W's)

Who: Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

• Area: In a 30Wx40L yard field with a 15 yard central zone & goals at each end line
 • Players line up in the central zone with a ball each. On coach's command the first player dribbles and shoots before dribbling out of the zone. The GK tries to stop the shot. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Who many goals in 3 minutes?

Warm-up / Orientation Distance Shooting



Coaching Points

Activity Time Rest Intervals

• What? Technique of Shooting:

~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Orientation

4v4 - 3 Zone Shooting



Organization

Duration Intensity

• Area: In a 30Wx40L yard field with 15 yard central zone and goals at each end line
 • Play to score in the opponent's goal.
 ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

•What? Technique - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
•Team Tactical Attacking Principles - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

• Area: In a 30Wx40L yard field with goals
 • Play to score in the opponent's goal. Goals scored from distance (between the cones) are worth 10 points. All laws apply.

Coaching Points

Activity Time Rest Intervals

• What? Technique - Shooting and Receiving
• Team Tactical Attacking Principles - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/behind the defensive line: Who? When? Why?

Learning

5v5 to Goal



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot from distance.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





Topic

SHOOTING 1 - SHOOTING AND FINISHING

Objectives (5 W's)

Who: Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

- Area: in a 20Wx30L yard field with a goal at each end line
- Groups have 3 minutes score as many goals on the goalkeeper at each end.
- ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2
- ~ Interval 3: What team can score the most goals in 3 minutes?

Warm-up / Orientation Shooting



Coaching Points

Activity Time Rest Intervals

• What? Technique of Shooting:

- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Orientation 4v4 - 60 Seconds Game



Organization

Duration Intensity

- Area: In a 20Wx30L yard field with a goal on each end line
- Both teams are trying to score in the opponent's goal.
- ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. Goals scored inside the attacking half are worth 10 points. All laws apply.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Shooting and Receiving
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/behind the defensive line: Who? When? Why?

Learning 5v5 to Goal



Implementation 7v7

Duration Formation Activity Time Rest Intervals

Organization


In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play



GOALKEEPER PRACTICE

Stage	Organization	Diagram
<p>Stage 1 Technical Warm-up</p>	<p>Shuffle and Catch: (10 minutes) In a 30Wx40L yard grid. GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out: "Scoop" – Players will place their ball on the floor and go and scoop another ball "Up" Players will toss the ball high, jump and catch the ball</p> <p>Variation: The GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.</p> <ul style="list-style-type: none"> • Play 3 rounds of 3 minutes each with 30 seconds break in between rounds 	
<p>Stage 2 Small Sided Activity</p>	<p>GK Wars (Hands Only): (14 Minutes) In a rectangle 15Wx20L with a halfway line, place a 4-6 yard goal at each end. GK's will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse) -When a GK gets scored on, change the GK. Or after 45 seconds. Whichever comes first.</p> <ul style="list-style-type: none"> • Play 3 rounds of 4 minutes each with 1 minute break in between rounds 	
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 including GK's: (16 minutes) In a 30Wx40L area place two goals with cones or corner flags. GK's will try to make as many saves as they can and distribute the ball to their team.</p> <ul style="list-style-type: none"> • Play 2 rounds of 7 minutes each with 2 minute break in between rounds 	
<p>Stage 4 Conditioned Game</p>	<p>6v6 Game (20 minutes)</p> <ul style="list-style-type: none"> • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. • Play 2 rounds of 9 minutes with 2 minutes break in between round 	

