



West Region Soccer

Recreational Soccer - Coaches Technical Manual



Age Group - U10 (Boys & Girls)

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INTRODUCTION

Dear Recreational Coaches,

I would like to welcome you to an exciting 2008 soccer season. I am looking forward to my first season in Canada since my appointment as the West Region Regional Technical Director in December 2007.

As soccer coaches you play a very important part in teaching players the game as well as allowing the players to enjoy playing the most played sport in Canada and the World. Soccer is such a simple and easy sport to play that no matter the age, size, gender or ability anyone can play soccer.

I hope this Coaching Manual will offer you with vital information to assist you with your coaching and provide understanding on how children you coach operate and function. As coaches you can make a major impact on your player's enjoyment of the game and a successful season is when your players return and play again next season and the future. The Coaching Manual includes information on the characteristics of a player of a certain age, how to organize a training session, your role as a coach and what players you are coaching should have been introduced, learnt, developed and mastered at the end of the season.

Another exciting tool that all Recreational Coaches will receive this season to assist with your coaching is a Session Plan each week for eleven weeks during the soccer season. The Session Plan will be emailed to you and also be published on the West Region Soccer website www.westregionsoccernb.org. The weekly Session Plan is designed for coaches to use during their training session each week with clear diagrams and supporting information which are customized for each age-group with progressions and coaching/teaching key points.

Remember, be passionate and enjoy coaching then your players will learn, develop, improve and enjoy the game a lot more. I am looking forward to meeting you sometime during the season and I hope that the resources I have developed to assist your coaching sessions during the season are valuable and beneficial.

If you have any questions regarding this Coaching Manual, Session Plans or any technical aspects of soccer, please contact me and I will do my best to assist you.

Best of luck to the season!! Enjoy.

Macky Singh
West Region Regional Technical Director





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INTRODUCTION

Recreational soccer is a soccer program primarily devoted to the enjoyment and development of soccer players without the emphasis on travel and high-level competition but encourages participation. The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

Therefore:

- Access is open to all who desire to participate.
- Emphasis is on active participation.
- Objective is for the players to enjoy the experience.
- Success and excellence are measured in players attracted and retained.
- Recreational soccer is all about fun, recreation, love of the game and winning is not a measure of success.

Some of the main characteristics of recreational play and recreational players are as follows:

- Almost every player and parent will start out in recreational soccer.
- Two-year age groups are typical of recreational teams so there is a wide range between the most skilled player and the least skilled.
- Wider age gaps create great differences in physical, mental and social development.
- Players new to the sport are constantly being introduced into the mix.
- Enthusiasm and dedication varies widely from the highly motivated to the socially involved.
- Soccer for the child, who wants to play, is an outlet for energy and enthusiasm. For others it is an imposed activity, something selected for the child by the parent.
- Fit and unfit players play together.
- Participation stretches from always there to when it is convenient.
- Parents often sign up a player for the next season without the child being involved in the process.
- Recreational players generally do not develop strong feelings against the opposing team because they often have friends on the opposing team.





- Many young children start out in soccer especially at the very young level where all skill levels of children can participate and have fun.
- Many young children try out many sports at a young age and may jump from one sport to another during the year or even the same season.

Some of the main characteristics of recreational coaches are as follows:

- Virtually every recreational coach will be an unpaid parent volunteer.
- Many recreational coaches are coaching their own children.
- Many of these children are “would-be stars” in the eyes of their parents. Equal treatment may not happen as a result sometimes.
- About half of youth sports coaches will drop out of coaching within the first year.
- Most experience of the youngest age-group coaches are the first-time coaches with little or no soccer experience, knowledge of the game and no coaching experience.





DEVELOPMENT OF INDIVIDUAL AND GROUP

The effect of the role model is very important at this stage of development. Hero worship, identification with successful teams and players and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have a high arousal level in relation to the training of basic skills. This is the [“golden age of learning”](#) and the most important age for skill development.

Demonstration is very important and the players learn best “by doing.” This is also an important time to introduce and teach the basic principles of play. It is important to establish discipline from the beginning.

Coach must be:

A sensitive teacher, enthusiastic, possess soccer awareness, ability to demonstrate or utilize someone who can paint a good picture (older player, assistant coach), knowledge of the key factors of basic skills and give encouragement.

Factors of Player Development:

- Technical
- Tactical
- Physical
- Physiological
- Game





TECHNIQUE

It is important to establish a good strong solid base. The coach must develop individual skills under the pressure of time, space and an opponent and increase technical speed:

Technique	Description
Dribbling	Encourage risk taking. Teach moves to beat an opponent and to keep possession.
Shielding	Spin turns, change of speed, change of direction
Receiving	Ground and air balls – all surfaces from a partner and on the move
Shooting	Proper striking technique, partner serve from all angles, turns, cut backs, volleys.
Passing	Emphasize the proper technique by using the laces; inside and outside of the foot and short and long crossing.
Heading	Start with self serve, then add a partner to serve. Teach jumping to head, turning the ball and partner juggling.
Tackling	Teach the proper technique with emphasis on balance and having no fear.





TACTICS

The dawn of tactical awareness

Technique	Description
Individual	Start with 1 v 1 situations in attack and defense. Play 1 v 1 frequently.
Small Groups	Continue with 2 v 1, 2 v 2, 3 v 1, 3 v 2, 3 v 3, 4 v 2, 4 v 3, 4 v 4.
Positions	Players must play a variety of positions. They must develop an awareness of the game. Emphasize the complete player and the basic principles of play
Attacking	Encourage keeping possession and risk taking. Have players take opponents on 1 v 1 in proper areas of the field. Teach the concept of support, basic combination play (wall pass, takeover). Promote attacking soccer.
Defending	Emphasize the proper pressure both in front and behind. Teach the concepts of channeling the player, immediate chase, cover and marking.
Team	Team tactics do not take priority at this age. Focus is placed on maintaining balance and playing skillful soccer. Players play a variety of positions and emphasis is placed on player development instead of getting results as a team.
System	Put players out on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. If playing 8 v 8, then play a 2-3-2. If playing 9 v 9, play a 3-3-2. Most importantly, players should enjoy the great game.

Note: a great deal of coaching/teaching within 4 v. 4 games





PHYSICAL

All fitness work should be done with the ball, with partners, and using fun and engaging activities. Physical activities should include the following components:

- Flexibility
- Agility with and without the ball
- Speed
- Strength
- Endurance
- Balance

PHYSIOLOGICAL

- Keep it fun and enjoyable to foster a desire to play (intrinsic motivation)
- Encourage decision-making
- Imagination/creativity
- Increase demands in training
- Emphasize discipline
- Encourage players/teams to watch professional and National Team games on television

THE GAME

- 8 v 8 (includes keepers) - U12





ACTION

Plan in your practice sessions.

Activity

Must be one of your main goals when dealing with young players. You must understand that, "players come to practice to play". Therefore, any activity that does not involve playing soccer may become disruptive.

Clarify

Your practice session rules and expectations through individual and team discussions. That is, having the team decide what is appropriate and inappropriate behavior. Then you must act firmly, fairly and consistently and when their actions go against their own established rules.

Teach less!!

When players and balls are moving, soccer learning is taking place. When players and balls stop moving, soccer learning stops!

Ask yourself - Does it happen in the game (i.e., drills)?

If the answer is YES	then do it in practice.
If the answer is NO	then don't do it in practice.

Interest

You may be faced with players who are not interested in playing our wonderful game and you must adjust accordingly. Give appropriate attention to the disinterested players but not at the expense of the rest of the team. Make the practices so much FUN that the disinterested players may want to join. Remember that when you are working with your players you must be as helpful, understanding and patient as you are with your own children when they are learning other skills in life.

No

No Lapse. No Lines. No Lectures! Running around the field may be considered punishment. They already know 'how to' stand in a line. Their attention span is less than 15 seconds. You must create a practice environment that minimizes listening/lecture time and maximizes touches with the ball and playing time. Allow them to play the game of soccer which forces them to make decisions and learn on their own. Allow them to experiment and fail their way to success!

ACTION

You may want to put into ACTION the Learning to Train Soccer Routine!!!





THE LEARNING TO TRAIN PRACTICE ROUTINE

Coach: Before Each Practice - Establish a Theme - What they will learn

Step 1. BEGIN PRACTICE

Give a Demonstration/Explanation of your Theme

Step 2. WARM-UP

Play a Fun game related to Theme & Stretch

Step 3. TECHNIQUE SESSION

Players = Focus on Learning the Theme

Coach = Help only those who need help

Step 4. SKILL SESSION

(Competitive Play)

Players = Test the Theme vs. one opponent at a time

Coach = Observe & Take notes!

Step 5. PLAY - FUNCTIONAL/PHASE OF PLAY/SMALL SIDED GAME(s)

(Cooperative)

Players = Focus on Learning Theme vs. more opponents

Coach = Help only those who need help

(Competitive)

Players = Test the Theme vs. more opponents

Coach = Observe & Take notes!

Step 6. PLAY - SCRIMMAGE

(Cooperative)

Players = Focus on Learning Theme vs. opposing team

Coach = Help only those who need help!

(Competitive)

Players = Test Theme vs. opposing team

Coach = Observe & Take notes!

Step 7. COOL-DOWN (Stretch)

Step 8. END PRACTICE (Review & Compliment)

When explaining new skills and practices use the following method:





PLAYER DEVELOPMENT - U10

Characteristics

Players at this age are eager, coordinated, energetic youngsters who are like sponges in their ability and willingness to learn. These players want to learn by “doing” not by being lectured to by their coach or parents. This age is without doubt, “The Golden Age of Learning” and this stage in the lives of young soccer players is the most important in terms of skill development.

Recommended Environment - Games

Field Size:	35m X 40m
Ball Size:	Size 4
Game:	7 V 7
Duration:	2 x 25 mins
Team Size:	12 Players
Goal Size:	9' x 4.5'

Recommended Environment - Practice

To develop basic skills and decision making in game related situations. The environment should be challenging but fun.

Coach / Administrator

It is important to have players achieve success with more advanced skills at this age before they are more into puberty. When players start having their growth spurt, even easy techniques can become more difficult because of the awkwardness of the player during this growth stage.





ROLE OF A COACH

- To provide positive encouragement and support
- Never expose children to unrealistic expectations
- Attract more players to the game
- Make training enjoyable and positive experience for children
- Provide safe environment that is conducive to learning
- Emphasis should be on:
 - maximum participation
 - skill improvement
 - fostering good spirit

- Instil good values of Fair Play and good sportsmanship
- Fostering fun and enjoyment not on results and winning
- Be patient in coaching approach and expectations as player development is long term





TEAM MANAGEMENT

To make coaching a lot more enjoyable the first step is to organize a parent-coach meeting prior to the beginning of the season.

Identify your philosophy of coaching and goals for the season

- Based on fun, learning and development
- Success based on how many players return next season

Collect player information

- Medical information
- Reason why they choose to play soccer
- Their individual goals

Collect parents' information

- Contact details

Identify player responsibilities

- Bring drink bottle
- Be dressed with appropriate gear such as shin pads and cleats
- Be enthusiastic and ready to learn
- Adhere to Fair Play

Identify parents' responsibilities

- Ensuring their children are at training and picked up on time
- Contact the coach if their children are unable to attend trainings and games

Identify communication methods between parents/players and coaches

- Email
- Texting
- Phone

Identify and communicate to the parents sideline behaviour expectations

- Applaud children's success
- Refrain from yelling out instructions
- Be positive and encourage the children
- Adhere Fair Play



COACHING ACTIVITIES CHECKLIST

When planning training sessions it is important a coach reviews how the training session went. The checklist below will help the coach to analyze and help with planning the next training session.

- ◆ Are the activities fun?
- ◆ Are the activities organized?
- ◆ Are the players involved in the activities?
- ◆ Is creativity and decision making being used?
- ◆ Are the spaces used appropriate?
- ◆ Is the coach's feedback appropriate?
- ◆ Is the coach guiding or controlling the players in the activity?
- ◆ Are there implications for the game?





COACHING TECHNICAL ELEMENTS - PASSING

Passing is one of the most important techniques in soccer. It allows players to mover and position the ball accurately to other players and to move up the field the goal.

INSIDE OF THE FOOT OR PUSH PASS

The most accurate method of passing. The surface of the foot used should be from the bottom of the big toe joint area to the bottom half of the arch of the foot. The approach to the ball should be almost in a straight line. The non-kicking foot should be alongside the ball pointing at the target. The kicking foot should strike the ball at the mid-line or slightly above, enabling the ball to stay on the ground. The knee should be bent and the swing action from the hip followed by a proper follow through with the foot ending up pointing at the intended target. The arms should be used for balance.

COACHING POINTS:

- Approach the ball almost in a straight line
- Strike through the middle part of the ball
- Point kicking foot outward
- Leg swing action from the hip

COMMON FAULTS:

- Young players often approach the ball from the side and attempt to use the inside of the foot making it almost mechanically impossible to pass the ball accurately.
- They may swing their leg across their body which also makes it impossible to kick the ball correctly.

DO

- Get in-line with the ball.
- Select the surface of the foot to make contact on the ball to bring under control.
- Use correct surface of the foot to make appropriate and effective pass.
- Keep head still and kick through the ball.

DONT'S

- Stand on the ball with your leading foot.
- Approach incorrectly.
- Set body position and/or posture incorrectly.





COACHING TECHNICAL ELEMENTS - PASSING

OUTSIDE OF THE FOOT

Approach at an angle and it will go straight.

Approach straight on it will bend or swerve.

This method can be used to perform one of three things:

1. bend the ball into the path of a team-mate
2. bend the ball into space away from a player to run onto
3. bend the ball during a shot on goal

The kicking foot should be pointed down and towards the inside of the player with the ankle locked. The foot should strike the ball either left or right of the centre, which will make the ball bend. The knee should be bent with the kicking action coming from the hip. The follow through should have the kicking leg come across the player's body. The non-kicking foot should be along side and slightly behind the ball at impact.

COACHING POINTS:

- Approach on the angle or straight on
- Point toe of kicking foot down
- Lock ankle
- Strike the ball slightly off centre

COMMON FAULTS:

- Approach angle to the ball wrong. Non-kicking foot too away from the ball.
- Unlocking the ankle.

CHIP PASS

To pass the ball in the air to players or into space. The approach to the ball is the same as for lofted/floated but a stabbing motion with the foot is made with limited or no follow through.

COACHING POINTS:

- Approach on the angle.
- Selection of the foot surface and which part of the ball to contact to achieve the desired result.
- Stabbing action with no or limited follow through.
- Correct posture and stance

COMMON FAULTS:

- No approach angle.
- Head comes up too early.
- Non-kicking foot too close or too far.
- Wrong foot surface used.
- Ankle unlocked.



COACHING TECHNICAL ELEMENTS - RUNNING WITH THE BALL

Travel/run with the ball quickly into unoccupied area or space of the field. Move at pace in possession of the ball in straight or angled running movements.

The first touch of the ball should be well in front to allow an opportunity to look up. Use the laces of the front foot to push the ball forward quickly. Once running with the ball, ensure players keep touching the ball well in front of them. This will enable the player to keep his/her head up and travel quickly. The fewer the touches the faster the player travels. When passing while running with the ball use the laces, as this will not slow the player down.

DO'S

- Take the first touch of the ball well in front to allow time to look up and travel quickly.
- Take fewer touches for greater speed.
- Keep your head up.

DONT'S

- Touch the ball too far in front of you.
- Touch it with the inside of the foot.
- Keep head down.





COACHING TECHNICAL ELEMENTS - DRIBBLING

Dribbling is an exciting and exhilarating technique by beating and moving past opponents with the ball by recognizing space between and behind players, unbalancing, changing direction with pace which allows the player to move past an opponent.

When dribbling use every part of the foot. The player should use either foot, keep the ball close to the foot about a stride away and able to change direction quickly without losing the ball.

The inside of the foot - allows the player to push or carry the ball.

The sole of the foot - allows the player to stop the ball quickly or pull it back to change direction.

The outside of the foot - allows the player to run at speed.

COACHING POINTS:

- Head up
- Awareness of other players and space
- Close control
- Bend knees
- Change direction and pace player and ball
- Decide on a technique to use to beat/pass an opponent eg: scissors
- Decide on a technique to use after a dribble eg: passing

WHERE?

Dribbling should be encouraged but it involves risk. Definitely dribble in and around your opponent's half, but not as much in defending half, depending on the situation.

WHEN?

As often as possible. DON'T be afraid to have a go as it is the best way to beat/pass an opponent.

WHY?

Good dribblers dribble for a purpose - to beat players, to cross, to pass or to shoot.





COACHING TECHNICAL ELEMENTS - HEADING

Using the head is another surface of the body which can be used to cushion or guide the ball. Heading should be encouraged as it is important element of both attacking and defensive play. Heading should only be introduced at seven or eight years old.

COACHING POINTS:

- Watch the ball to assess the flight, trajectory and pace of the ball.
- Withdraw head back and look through the ball.
- Arch the back and propel forward.
- Contact the ball below the mid-line.
- Head with forehead not the top of the head.
- Keeps eyes open.

DO'S

- Attack the ball - feet apart, head back and arch body.
- Use centre of the forehead.
- Keep your eyes open until your contact the ball.
- Head THROUGH the ball.
Attack the ball.

DONT'S

- Head the ball with the top of the head.
- Close your eyes.
- Let the ball hit the forehead.



COACHING TECHNICAL ELEMENTS - TURNING

Turning is an exciting technique used in order to change direction done while dribbling or running with the ball or losing an opponent. Turns helps to get out of tight areas, confuse opponents and maintain possession.

COACHING POINTS:

- Head up and body balanced
- Start slowly and get the technique right
- Bent knees
- Accelerate away as soon as you turn

DO'S

- Practice turns often.
- Learn at least three turns.
- Accelerate away after turning.

VARIOUS TURNS

- Inside and outside hook turn
- Step over/Figure eight
- Drag back
- 'Cruyff' turn
- Stop and turn
- Stop and roll





COACHING TECHNICAL ELEMENTS - TURNING

HOOK TURN

Hooking the ball with the inside of the foot

Reach and hook the ball back with the inside of the foot, move the ball into the opposite direction and push away.



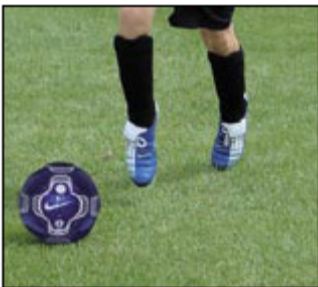
Hooking the ball with the outside of the foot

Reach and hook the ball back with the outside of the foot, move the ball into the opposite direction and push away.



STEP OVER OR FIGURE OF EIGHT

Step over the ball in a figure of eight movement, swivel your hips and hook the ball back with the inside of the foot and push away.





COACHING TECHNICAL ELEMENTS - TURNING

THE DRAG BACK

Stop the ball with the bottom part of your boot, half turn your body out and drag the ball in the opposite direction and push away.



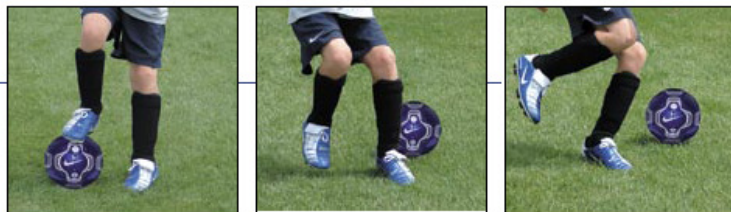
THE "CRUYFF" TURN

Feint to shoot or pass, position the standing leg in front of the ball, turn your foot inward with the toe and touch the ball with the inside of your foot. Push it through your legs, turn and push away.



THE STOP & TURN

Stop the ball with the bottom part of your boot, go past the ball, turn and push the ball away.



THE STOP & ROLL

Roll the bottom part of your foot over the ball, stopping it and pushing it in the opposite direction with the outside of the foot, turn and push away.





COACHING TECHNICAL ELEMENTS - SHOOTING

Shooting is an extension of passing, projecting ball towards the goal with a variety of techniques. The golden rule of shooting is to force the goalkeeper to save. You will not score if you don't shoot.

COACHING POINTS

- Place non-kicking foot along side and slightly behind the ball
- Point kicking foot downward and inward (from the knee running down the shins all the way to the toes should be one straight line)
- Strike the ball with the laces and full instep
- Make contact with the middle of the ball
- Keep the ball low
- Keep the body forward and eyes on the ball (remember the goal does not move)
- At least make the goalkeeper save your shot
- Focus initially on shooting accurate than power

DO'S

- Place non-kicking foot alongside and slightly behind the ball.
- Point kicking foot down and inward.
- Strike ball with the laces.
- Make contact with the middle of the ball.
- Keep the ball low.
- Accuracy in shooting is more effective than power.
- Lock your angle.

DONT'S

- Stretch to shoot.
- Look up.
- Make contact under the ball.



TECHNICAL SKILLS INTRODUCED, LEARNT & DEVELOPED - CHECKLIST

By the end of the season players should have at least been **introduced**, **learn** and **develop** the following technical skills:

Introduce:

- To heading
- Volleys with the inside foot
- Movement and creating space
- Wall-passes

Learn:

- Learn to tackling
- Learn to basic handling skills for goalkeepers
 - catching and throwing
- Passing with the outside of the foot and laces

Develop:

- Ability to run with the ball
 - in different direction & with different pace
- Dribbling using different surfaces of the feet:
 - inside, outside and laces
- Dribbling in 1 v 1 situation
- Stop turn & Drag back turn
- Inside & Outside hook turns
- Short passes with both feet using the inside of their feet
- Passing to feet
- Ability to receive the ball with the inside of the foot
- Ability to shoot at a target or goal



REFERENCES & RESOURCES

- “Wellness To World Cup LTPD” - Canada Soccer Association
- “Age Specific Player Development Characteristics” - Soccer New Brunswick
- “Small Whites Coaching Manual” - New Zealand Football
- “Recreational Coaches Manual” - Kanata Soccer
- “Grassroots and Youth Development Coaching Manual” - Asian Football Confederation





West Region Soccer

New Brunswick



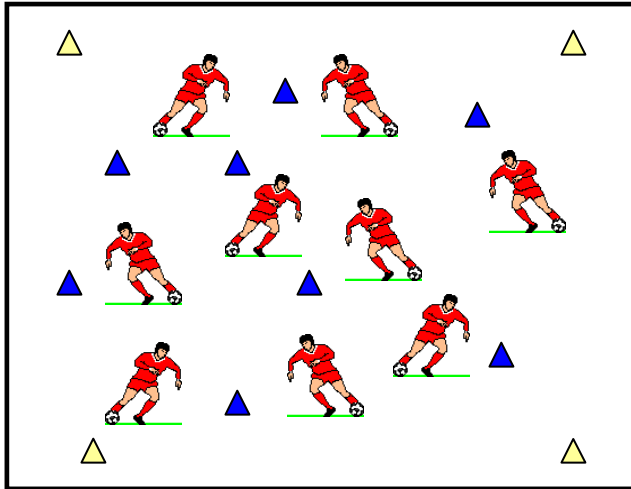
CLUBS:
Fredericton District Soccer Association
New Maryland Soccer Club
Oromocto Soccer Club





UNDER 10's	SESSION 1	TOPIC: DRIBBLING 1	TIME: 1 HOUR	
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WARM - UP **TIME: 10 MINUTES**



FIELD:
20m x 20m grid.

ACTIVITY:

Have all the players with a ball each in the grid. Get the players to dribble around in the grid. Encourage the players to go around the random blue cones that are placed in the grid.

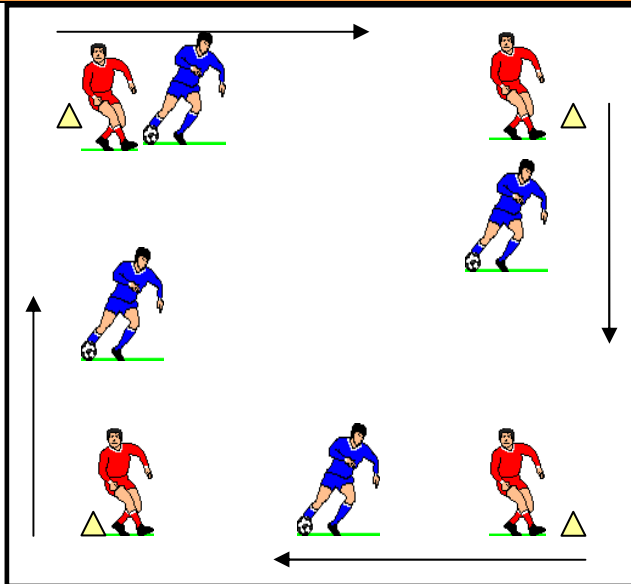
EXERCISES:

- Dribble around the blue cones
- Within 15 seconds try and dribble to all cones
- Change of directions while dribbling
- Stop and juggle the ball for 30 seconds every so often and then continue dribbling

FUN GAME:

- While protecting their own ball, try and kick someone else's ball out of the grid. Once the ball gets kicked, juggle the ball for 10 seconds and join back in.
- Have 2 players without the ball to try and kick the ball of other players out of the grid
- Have 2 players without the ball to try and win the ball off the players with the ball

TECHNIQUE WORK - IN A GRID **TIME: 10 MINUTES**



TURNS:

- Stop the ball and turn
- Outside Hook - Using the outside of the foot hook the ball and turn

ACTIVITY:

Pair your players with a ball between two. While one player (blue) is working the player (red) rest. Players work clockwise. Blue player dribbles the ball ¾ way along clockwise and turn and dribble back, stops the ball by the cone for the red player to collect the ball and repeat the exercise.

PROGRESSION:

Dribble the ball ¾ way clockwise turn and pass the ball to red player and return back to the cone.

FIELD:

10m x 10m grid. You can have three or four grids going at one time, depending on number of players.

DRIBBLING TECHNIQUES:

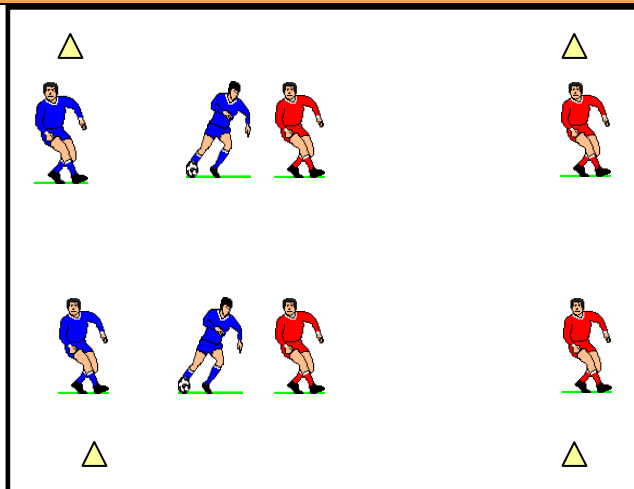
- Using the sole of the foot drag the ball side ways with the right foot and then right foot
- Tap the ball between both feet as the player moves forward
- Roll the ball with the alternate foot with the sole of the feet while moving forward





SKILL: 1 v 1 DRIBBLING

TIME: 15 MINUTES



ACTIVITY:

Have 4 players per group with one ball. Two players stand at the end of either side of the grid line. To start the exercise the Red player passes the ball to the Blue player. The moment the Blue player receives the ball, the Red player closes the Blue player with the ball. The objective of the 1 v 1, is to dribble pass the opposition and to score by stopping the ball beyond the end line grid. If the Red player manages to dispose the ball of the Blue player the Red player tries to score. Once the ball goes out the grid or a point is scored, the next two players start the exercise.

COACHING POINTS:

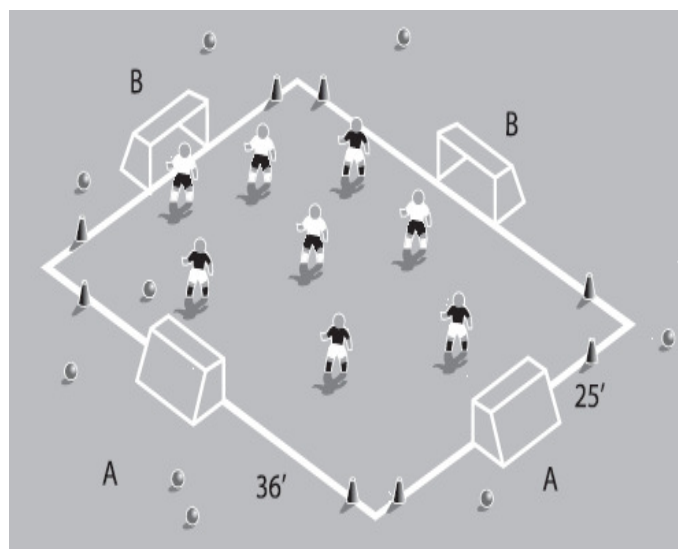
- Encourage the attacker to use their flair to beat the defender
- Encourage the defender to try and win the ball back
- Encourage the attacker to keep possession of the ball
- Encourage the attacker to face the defender and turn their back

FIELD:

15m x 15m grid. You can have two groups going at the same time.

GAME RELATED: 4 v 4 - FOUR GOAL GAME

TIME: 15 MINUTES



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has been learn.

KEY

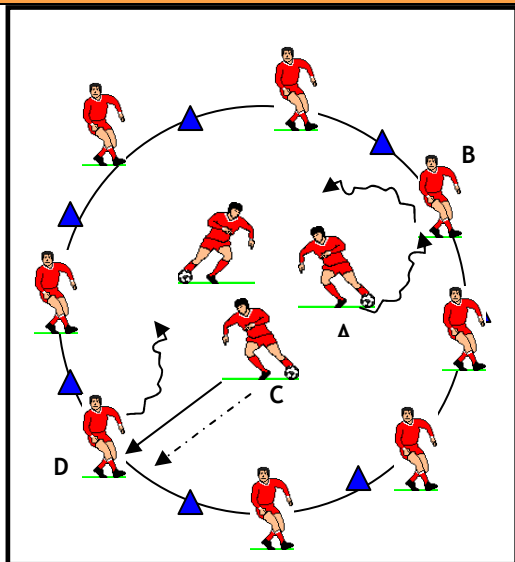
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 10's	SESSION 2	TOPIC: PASSING 1	TIME: 1 HOUR	
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WARM - UP **TIME: 10 MINUTES**



FIELD:
Coach's discretion, however a 10m or 12m radius is good.

ACTIVITY:

Have players spread around evenly in a circle with three players in the middle with a ball each. (Ratio players out side - players inside; 8 - 3; 12 - 5).

EXERCISES:

- To start the players in the middle with the ball dribbles the ball to any player on the outside. Eg: Player A dribbles the ball to player B and stops the ball. Player B takes the ball and starts dribbling the ball away while player B replaces player's A position on the circle.

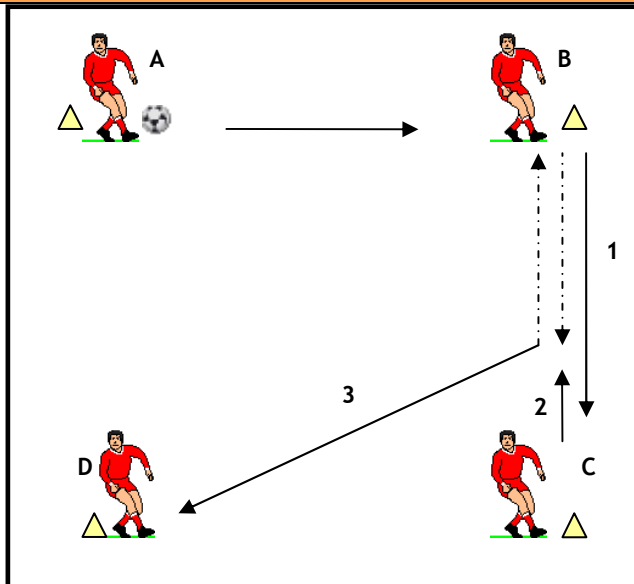
PROGRESSION:

- Player C passes the ball to player D. Player D receives the ball and dribble and pass the ball to any player waiting on the circle

COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

TECHNIQUE WORK - PASSING IN A GRID **TIME: 10 MINUTES**



FIELD:
12m x 12m grid. If the players are skilled 15m x 15m grid.

ACTIVITY:

Divide players in groups of 4's with 1 ball per group. Pass the ball clockwise. Player A passes the ball to player B who controls the ball first and then passes the ball to player C and the sequence continues.

PROGRESSION:

- Change the direction of the pass - anti-clockwise
- Player B passes to player C, who lays the ball off for player B to pass on to player D. After player B passes the ball to player D, player B returns back to the original cone and the sequence continues.
- Add a second ball (only at the end for a bit of fun and challenge)

COACHING POINTS:

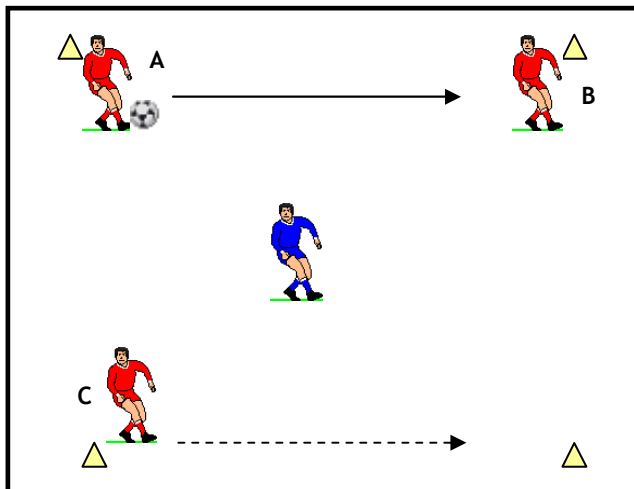
- Quality accurate passing using the inside of the foot with the right weight on the pass
- Receive the ball using the furthers foot from the ball (Eg: When player A passes the ball to player B (clockwise) player B uses left foot to receive the ball
- Communication - call for the ball





SKILL: 3 v 1 IN A GRID

TIME: 15 MINUTES



FIELD:
12m x 12m grid.

ACTIVITY:

Divide players in groups of 4 players with one ball per group. Have 3 players stand by one of the cones while having 1 player in the middle of the grid. Player A starts with the ball and passes the ball to either player B or C. (Eg: If player A passes the ball to player B, player C moves to the empty cone to provide support for player B. Player B may choose to pass to player A or C). The Blue player tries to intercept the pass. Change the Blue player every 3 minutes.

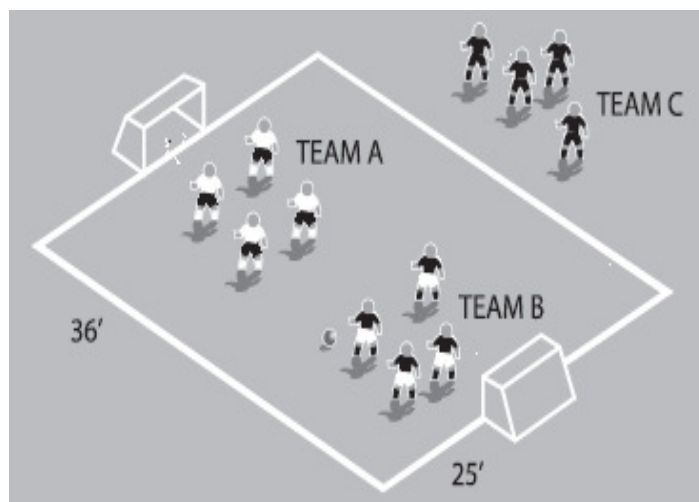
You can have your GK in the middle and try intercepting the ball by dividing or using his/her hands.

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: 4 v 4 - THREE TEAM TRANSITION

TIME: 15 MINUTES



THE GAME:

Set up three teams of four players each. Team A defends one goal, Team B defends the other goal and Team C stands on the sidelines. If Team A scores they'll get a ball out of the goal that they're defending and try to score again. Team B will sprint out, while Team C will replace them. The Team that comes out 5 times loses the game.

If you have GK's have them in goal.

FIELD SIZE:

36m long by 25m wide with two regular size goals on each end of the grid. A good supply of balls inside both goals is also needed.

COACHING POINTS:

- Play the ball quickly
- Early shot
- After turn over, pressure right away and play away from pressure quickly

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learn.

KEY

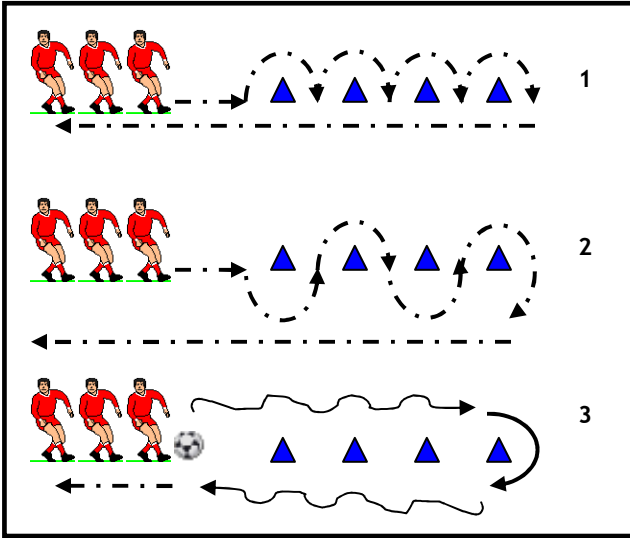
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 10's	SESSION 3	TOPIC: RUNNING WITH THE BALL 1	TIME: 1 HOUR	
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WARM - UP - SPEED AGILITY QUICKNESS (SAQ) TIME: 10 MINUTES



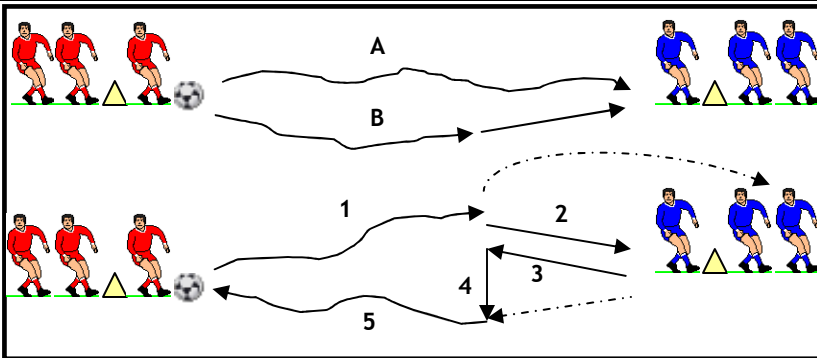
FIELD:
From starting point to the 1st cone/ladder 3m.
Distance between cones, two foot length. Use 5 or 6 cones.

ACTIVITY:
Divide players in groups of 3 or 4. Players go through a few SAQ exercises.

- EXERCISES:**
- 1) First player run over the cones/ladder one foot in each gap and sprint back & tag the second player. Each player goes through 3 - 4 times
 - 2) First player slalom through the cones/ladder and sprint back & tag the second player. Each player goes through 3 - 4 times
 - 3) First player runs with the ball to the end of the cone/ladder and turn around and run back with the ball to the line for the second player. Each player goes through 3 - 4 times

ALTERNATIVE EXERCISES:
Alternate it without and with the ball. 3 - 4 without the ball and 3 - 4 with the ball. When using the ball, the first player pass the ball to the end of the cones/ladder, perform the SAQ exercise and collect the ball and run with the ball back for the second player. Only for exercises 1 & 2. Exercise 3 dribble the ball thru the cones.

TECHNIQUE WORK - RUNNING WITH THE BALL TIME: 10 MINUTES



FIELD:
Distance between the two cones - 12m to 15m.

ACTIVITY:
Divide players in groups of 6 with 1 ball per group. Line the players up in 3's on either side as shown in the diagram.

- EXERCISES:**
- Red player runs with the ball as fast as possible yet keeping control of the ball across to the Blue player.
 - Red player run with the ball and $\frac{3}{4}$ way through passes to the Blue player and sequence continues.
 - 1st Red player runs with the ball (1) and $\frac{3}{4}$ way through passes the ball to the Blue player (2). The blue player passes the ball back to Red player waiting (3) who then lays the ball off (4) for the Blue player to receive the and run with the ball (5) to the opposite end for 2nd Red player

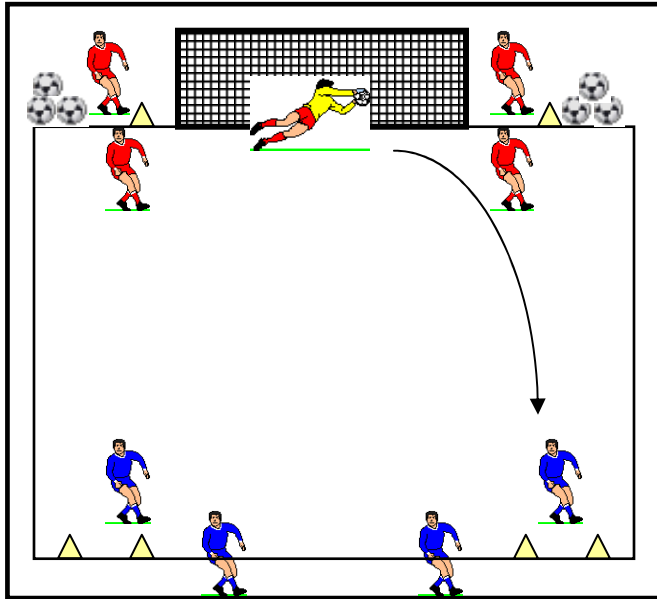
- COACHING POINTS:**
- Run with the ball as fast as possible while keeping close control of the ball
 - Use the laces to push the ball forward
 - Keep the ball in front of the feet
 - Look up while running the ball





SKILL WORK - 2 v 2 + GK

TIME: 15 MINUTES



FIELD:
25m length x 20m wide.

ACTIVITY:

Divide players teams of 4's. To start the 2 v 2, get the GK to throw the ball out to a Blue player. Once the Blue player receives the ball the other Blue player joins in. 2 Red players run in to close down the 2 Blue players. Play 2 v 2 game with the focus on encouraging the players to run with the ball into space and try and shoot at goal. If a Red player manages to intercept the ball, the Red players try to score in either of the small goals. The game continues till the ball goes out of the grid. The Blue team are attackers and Red team defenders for 7.5 minutes before changing roles.

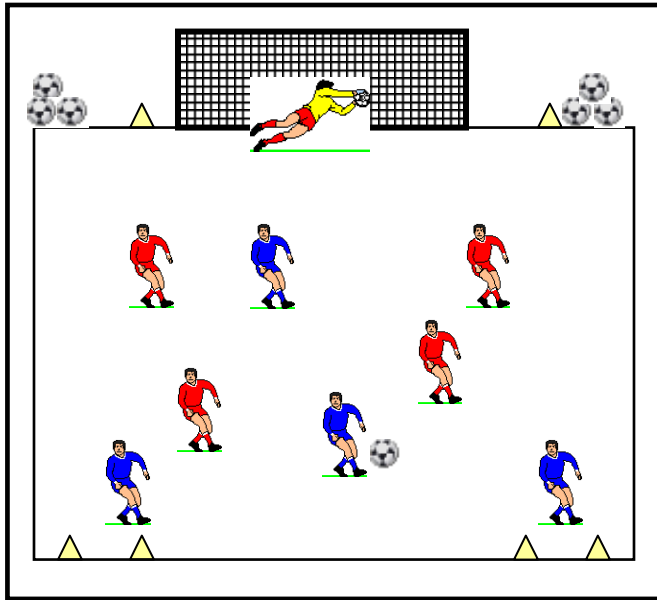
Have two games going at the same time.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

GAME RELATED: 4 v 4 + GK GAME

TIME: 15 MINUTES



ACTIVITY:

Divide players in teams of 4's. Play a 4 v 4 + GK. Have one team attacking the GK and the other team scoring at the opposite end where there are two small goals. Have two games going at the same time. After 3 minutes change the teams around and make sure every team gets to shot at the GK.

COACHING POINTS:

- Encourage the player with the ball to exploit space
- Shoot as often as possible
- Follow up the shots from any rebounds

FIELD:
25m length x 20m wide.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

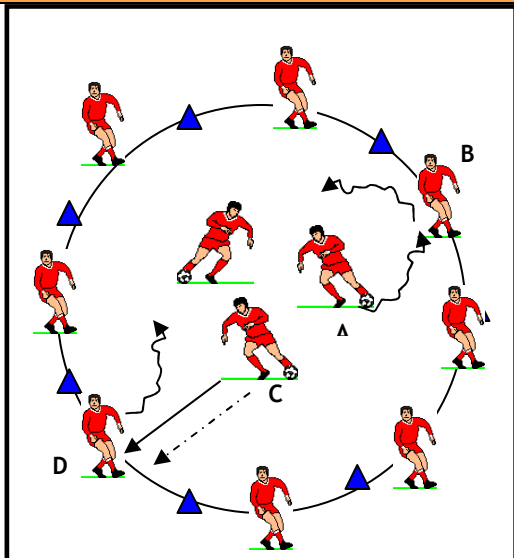
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 10's	SESSION 4	TOPIC: RECEIVING & CONTROL 1	TIME: 1 HOUR	
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WARM - UP	TIME: 10 MINUTES
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FIELD:
Coach's discretion, however a 10m or 12m radius is good.

ACTIVITY:

Have players spread around evenly in a circle with three players in the middle with a ball each. (Ratio players out side - players inside; 8 - 3; 12 - 5).

EXERCISES:

- To start the players in the middle with the ball dribbles the ball to any player on the outside. Eg: Player A dribbles the ball to player B and stops the ball. Player B takes the ball and starts dribbling the ball away while player B replaces player's A position on the circle.

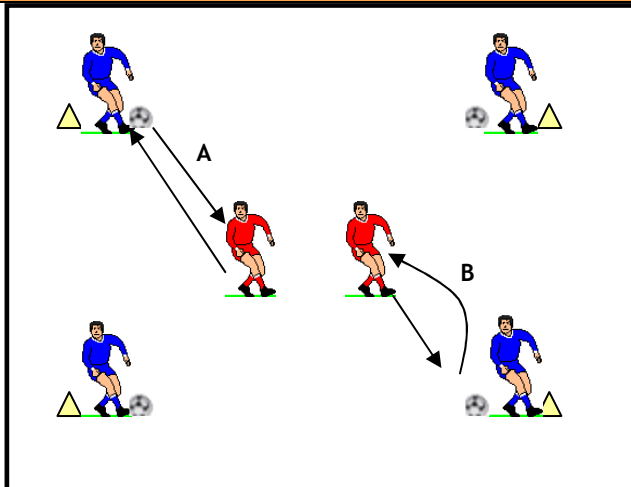
PROGRESSION:

- Player C passes the ball to player D. Player D receives the ball and dribble and pass the ball to any player waiting on the circle

COACHING POINTS:

- Quality accurate pass to feet with the right weight
- Look up before passing making sure no one is in the way of the passing path
- Encourage communication - calling for the ball

TECHNIQUE: RECEIVING & CONTROL	TIME: 10 MINUTES
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FIELD:
12m x 12m grid

ACTIVITY:

Organize players in groups of 6 with four balls. Have 4 players with a ball each stand at each corner of the grid and 2 players in the middle. The players in middle are working for 1 minute.

A - Blue player passes to the Red player who takes a touch and pass it back then moves to another Blue player.

B - Blue player serves the ball with his hands to the Red player

- Knee height, for the Red to control with the feet either with the laces or inside of the foot and pass the ball back
- To the thigh
- To the chest
- To the head

COACHING POINTS:

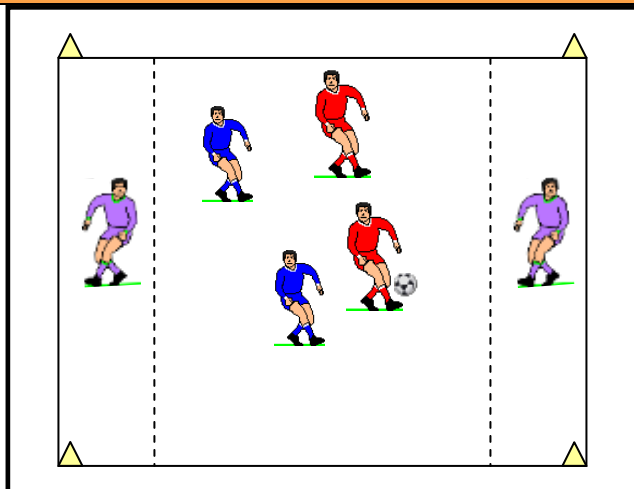
- Good control of the ball when receiving
- Cushioning the ball with the appropriate part of the body
- Stay light on the feet





SKILL: 2 v 2 + 2 NEUTRAL PLAYERS

TIME: 15 MINUTES



FIELD:
20m x 10m grid with 5m at each end zone within the grid

ACTIVITY:

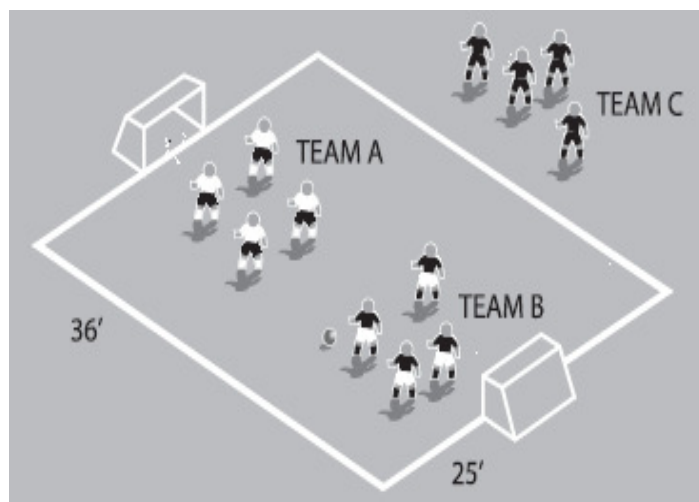
Organize players in pairs. Play 2 v 2 with 2 neutral players in the scoring zone. The objective of the game is to keep possession and getting ball from one zone to the other. (Eg: Red team starts with possession and pass the ball among each other and try and pass the ball to one of the neutral players with the Blue team trying to intercept win the ball. The Red team can use the pass the ball back to the same neutral player to keep possession.

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: 4 v 4 - THREE TEAM TRANSITION

TIME: 15 MINUTES



THE GAME:

Set up three teams of four players each. Team A defends one goal, Team B defends the other goal and Team C stands on the sidelines. If Team A scores they'll get a ball out of the goal that they're defending and try to score again. Team B will sprint out, while Team C will replace them. The Team that comes out 5 times loses the game.

If you have GK's have them in goal.

FIELD SIZE:

36m long by 25m wide with two regular size goals on each end of the grid. A good supply of balls inside both goals is also needed.

COACHING POINTS:

- Play the ball quickly
- Early shot
- After turn over, pressure right away and play away from pressure quickly

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learnt.

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





UNDER 10's	SESSION 5	TOPIC: DRIBBLING 2	TIME: 1 HOUR	
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KEY INFORMATION

Dribbling

Objective: Moving with the ball under control when encountering opposition.

Key Factors:

1. Maintain close control of the ball – ball is within three metres.
2. Be aware of what is going on around you – look up!
3. Change direction.
4. Change speed.
5. Develop individual stunts and tricks – i.e. screening the ball.
6. Use different surfaces of the foot.

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

Game Day Goals:

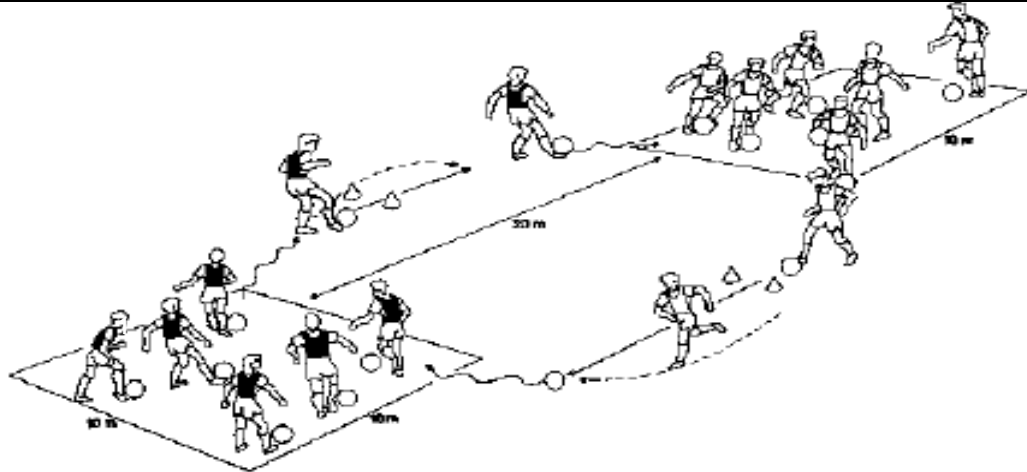
Coach; the players should become more comfortable with the ball at their feet. You should see them start to use the inside and outside of both feet.





WARM-UP

TIME: 15 MINUTES



Two 10 m x 10 m grids, 20 m apart.

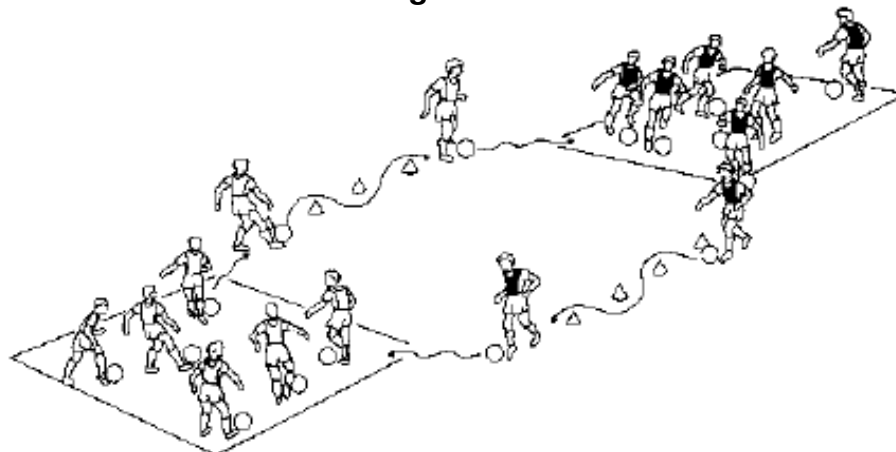
16 players. 8 players in each grid.

Each player has a ball. Players at liberty to dribble, and perform tricks and feints.

On command, players take turns to dribble towards a one-metre goal and pass the ball through goal so that they can "retrieve" ball before it reaches other grid.

Coach; assign numbers 1 to 8 in each grid or use bib colours so that you may shout a number or colour to tell players to move from one square to another.

Progression



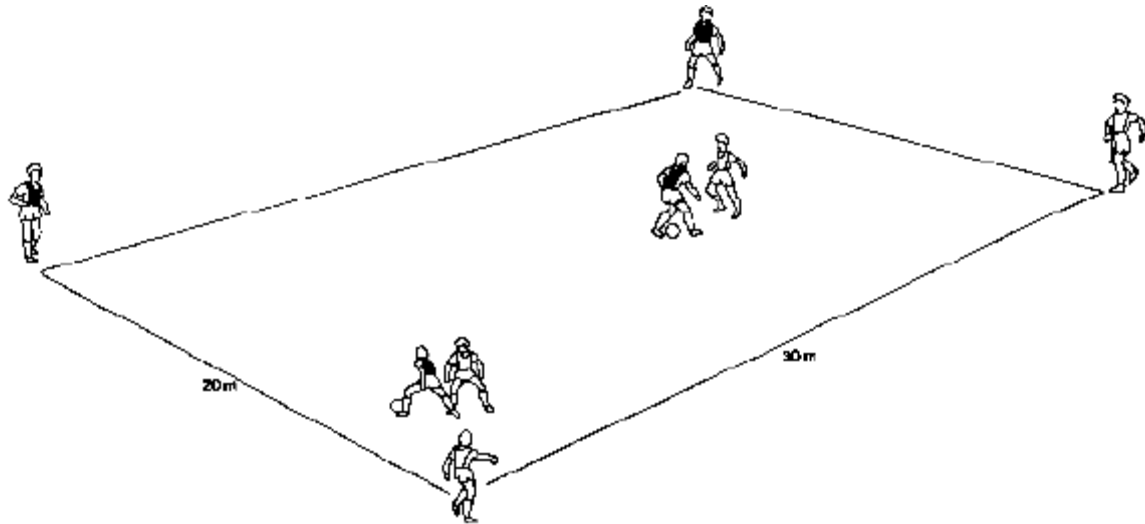
Players take turns to leave one grid and dribble around 4 cones before entering other grid.





SKILL: 1 v 1

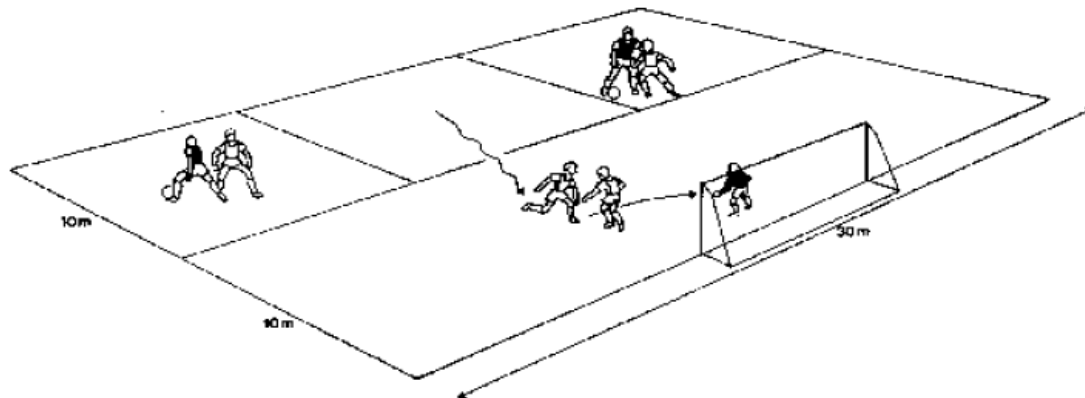
TIME: 15 MINUTES



2 teams of 4 players. 2 players of each team inside 30 m x 20 m grid. Other 4 players are stationed at corners. Use 2 balls. Internal players in possession attempt to dribble ball to teammate at corner. Keep score if desired. Rotate positions every minute.

GAME RELATED: 1 v 1 AND FINISHING

TIME: 15 MINUTES



7 players: one attacker and one defender in each 10 m x 10 m grid; one neutral goalkeeper. Attackers attempt to dribble around defender and shoot to score. Players may enter larger grid. Alternate positions after so many shots, goals, or minutes.

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 15 MINUTES

Let the players play but rein-force what has learnt.





UNDER 10's	SESSION 6	TOPIC: TACTICAL UNDERSTANDING 1	TIME: 1 HOUR	
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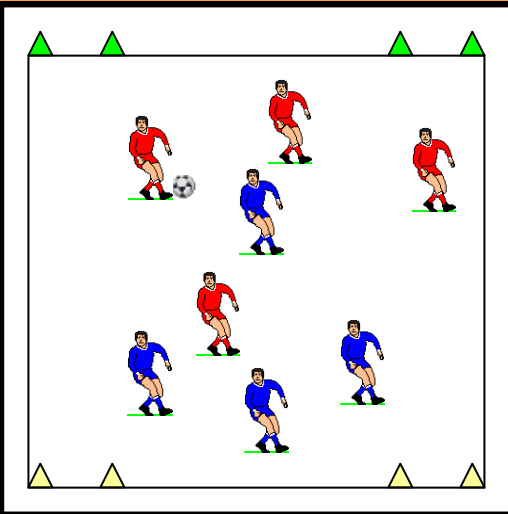
KEY INFORMATION

Developing a Base for Tactical Training

Training should target:

1. improvement of technique and movement with the ball through
2. improvement of individual and team tactical moves
3. improvement of basic soccer fitness, agility, strength, speed, dexterity and stamina
4. teamwork

WARM-UP: 4 V 4 GAME WITH FOUR GOALS TIME: 15 MINUTES



ACTIVITY:

Divide players in teams of fours. Play 4 v 4 with each team attacking the two opposite goals.

- Encourage players to dribble pass opposition players.
- Encourage players to keep possession of the ball till an option available to pass the ball or dribble.

PROGRESSION:

- Two touch
- One touch

FIELD:

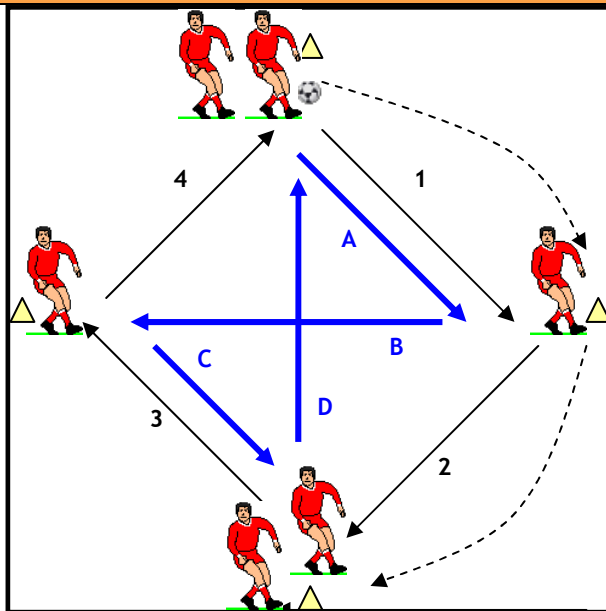
20 long x 15m wide. 10m per half.





TECHNIQUE WORK: IN A GRID

TIME: 15 MINUTES



ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Have players stand as shown in the diagram. Passing sequence player with the ball passes to the next player in the diamond grid clock wise 1, 2, 3, 4. Each player takes a touch first before passing and follows his/her pass to the next cone.

PROGRESSION:

- Change direction of the pass anti-clockwise.
- Passing sequence A, B, C, D. Players follow their passes.
- Add a second ball.

FIELD:

10m x 10m grid. You can have two or three grids going at one time, depending on number of players.

PASSING TECHNIQUES:

- Use the inside of the foot pass.
- Pass the ball in front of the receiving player.
- Pass the ball with the right weight.

RECEIVING TECHNIQUES:

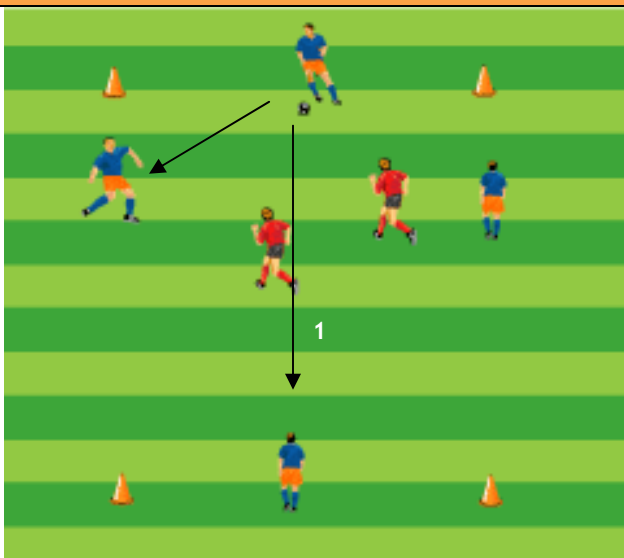
- Use the furthers foot to receive the ball.
- Keep eye on the ball and make the receiving part of the foot like a cushion.

COACHING POINTS:

- Be aware of where the ball is coming from.
- Call for the ball - communication.
- Be light on the feet.

SKILL: 4 v 2 RECEIVING AND PASSING POSSESSION

TIME: 10 MINUTES



ACTIVITY:

Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

PROGRESSION:

- 3 touch passing
- 2 touch passing

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

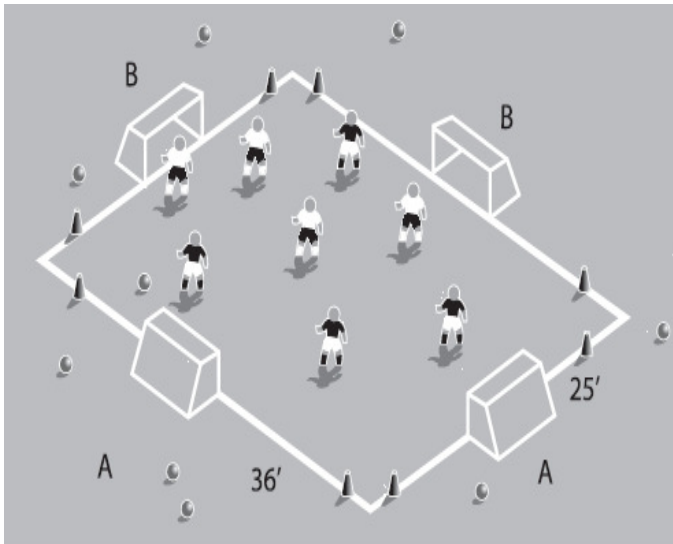
FIELD:

12m x 12m grid





GAME RELATED: 4 v 4 - FOUR GOAL GAME **TIME: 10 MINUTES**



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

7 v 7 (INCLUDE GKs) SRIMMAGE GAME **TIME: 10 MINUTES**

Let the players play but rein-force what has learn.

KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





AGE GRADE: U10	SESSION 7	TOPIC: BALL CONTROL & CREATING SPACE	TIME: 1 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

KEY INFORMATION

Ball Control & Creating Space

Objective: Receiving a moving ball and bringing it under control while encountering opposition.

Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.
3. Wedge or cushion to control the ball.
4. **Moving into space to receive a pass.**

WARM - UP: PASSING INTO SPACE AND CONTROL **TIME: 15 MINUTES**

ACTIVITY:
Pair players up with a ball in each grid. Players run/dribble the ball and pass into space for partner to run onto. Receiver controls the ball, then dribble/run with the ball before passing the ball into space for his/her partner.

PROGRESSION:

- On the Coach's command, the players without the ball move to another grid.
- On the Coach's command, the players with the ball move into another grid with the ball.
- On the Coach's command the player with the ball pass the ball to player without a ball from another grid.

COACHING POINTS:

- Cushion the ball when controlling (use inside foot).
- Look for the first touch into space.

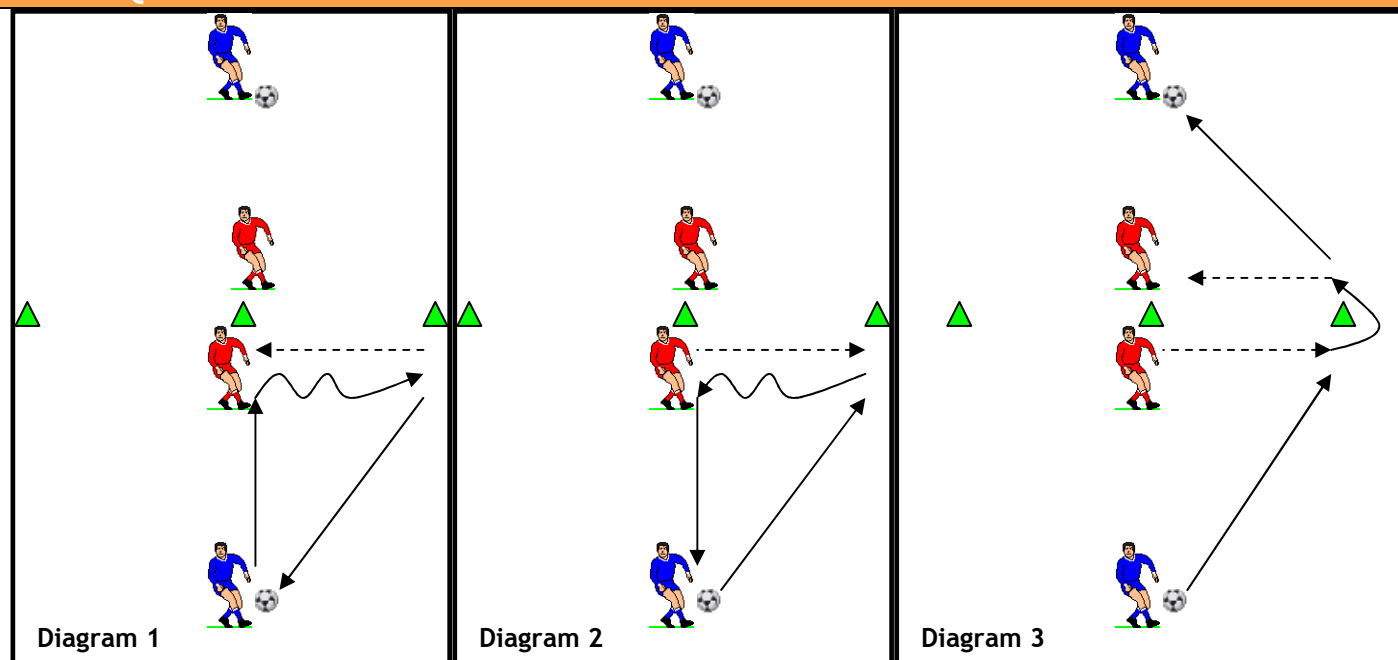
FIELD: 10m x 10m per grid.





TECHNIQUE: CONTROL AND CREATING SPACE

TIME: 15 MINUTES



ORGANIZATION:

Divide players in groups of 4. Place two players at either end (Blue Players) with a ball each and two players in the middle (Red Players). Rotate players around after 2 minutes.

ACTIVITY:

Diagram 1 (Ball Control): Blue player passes the ball to the Red player who takes a first touch to control the ball and run/dribble the ball to the end cone and passes it back to the Blue player. After the pass, the Red player returns back to the middle cone and perform the same sequence again but this time to the opposite cone.

PROGRESSION:

- **Diagram 2 (Passing and Receiving in Space):** Blue player passes the ball to one of the end cones for the Red player to run onto. The Red player controls the ball and dribbles the ball back to the middle and passes the ball back to the Blue player.
- **Diagram 3 (Receiving into Space and Attacking the Space):** Blue player passes the ball to one of the end cones for the Red player to run onto. Red player takes a touch to open up into space and accelerates around the cone and passes it to the opposite Blue player. After the pass, the Red player moves into the middle and repeat the sequence.

COACHING POINTS:

- Good first touch to control the ball by cushion the ball with the inside of the foot.
- Accelerate away after taking the 1st touch.
- Timing of the run to receive the pass in space.
- Communication - Red player calls for the ball to be passed into spaced from the Blue player first before the ball is passed.

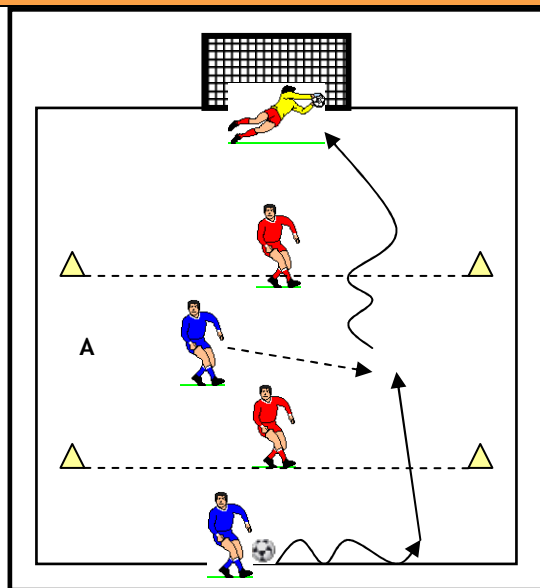
FIELD: From the middle cone to the Blue player 10m. Distance between each cone 10m.





SKILL: 2 v 1 v 1 AND FINISHING

TIME: 15 MINUTES



ORGANIZATION:

Divide players in groups of 5, two defenders, two attackers and one GK. The Blue player with the ball, dribbles/runs with the ball across the end line for an opportunity to pass the ball into space to the other Blue player in Zone A. The 1st Red defender moves along the line to cut out a passing option. Once the Blue player in Zone A receives the ball s/he attempts to dribble pass the 2nd defender who can only defend along the line and shoot at goal. Rotate all players after 3 minutes.

PROGRESSION:

- The Blue player who made the pass into Zone A, joins in the attack making it 2 v 1.

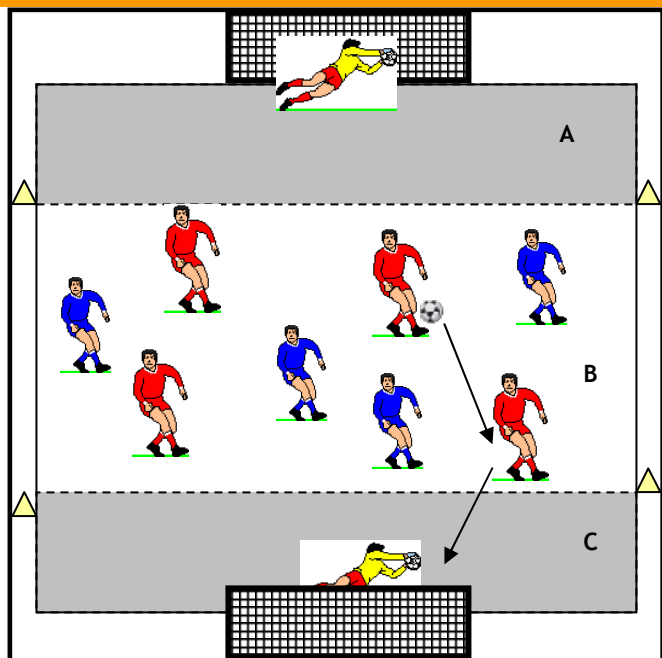
COACHING POINTS:

- Timing off runs into space to receive the pass.
- Communications.
- Attacker to play behind or off the shoulder of the defender (out of the defender's view).

FIELD: Distance between the two lines 15m and length of lines 15m. Distance from each line to goal and starting point 10m.

GAME RELATED: 4 v 4 ATTACKING FREE ZONE & FINISHING GAME

TIME: 15 MINUTES



THE GAME:

Divide players in teams of 4 or 5. Play 5 v 5 or 4 v 4 game with GKs. All players are in Zone B. Only one attacker is allowed into the "Free Zone" to receive a pass from Zone B and have a shot at goal. Whenever the GK has the ball to start the play, then only one player from the defending team is allowed in the area to receive the ball from the GK and to either pass or dribble the ball into Zone B. Objective of the game is for teams to play 5 v 5 or 4 v 4 in zone B and look for an opportunity pass into the 'Free Zone' for the an attacker to run onto and shoot at goal.

PROGRESSION:

- Must make at least 3 passes before passing into 'Free Zone'.
- Limit players to 3 touches; 2 touches.
- Remove 'Free Zone' and allow normal play.

COACHING POINTS:

- Learn to keeping possession.
- Look to pass into space.
- Weigh the pass when playing into the 'Free Zone'.
- Attackers to play off the shoulder out of the view of the defenders.

FIELD SIZE:

25m long by 30m wide with goals on each end of the grid. A good supply of balls by both goals. Each of the grey zones are 10m long.





AGE GRADE: U10

SESSION 8

TOPIC: TRAPPING 1

TIME: 1 HOUR



KEY INFORMATION

Trapping

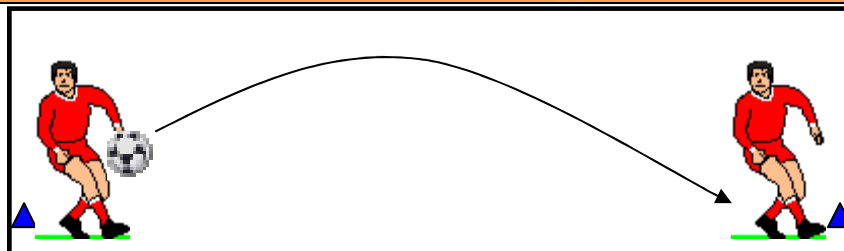
Objective: Receiving a moving ball and bringing it under control while encountering opposition.

Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.
3. Wedge or cushion to control the ball.
4. Move the ball into playing position away from the body and defender.

WARM-UP

10 MINUTES



Work in pairs with one ball between two.
One pair per 10 x 10m grid.

Pass ball along ground and control. Throw ball in air and attempt to control it with instep, thigh, chest and head.

Coach, encourage the receiver to cushion ball with inside of foot with first touch and passes ball with second touch.

With ball in air instep and thigh relax to bring ball down. Chest and head get under ball to cushion it. *This is very hard for young players and these touches must be developed over a period of time. Frequently use these kinds of drills throughout the season for a few minutes each practice.*

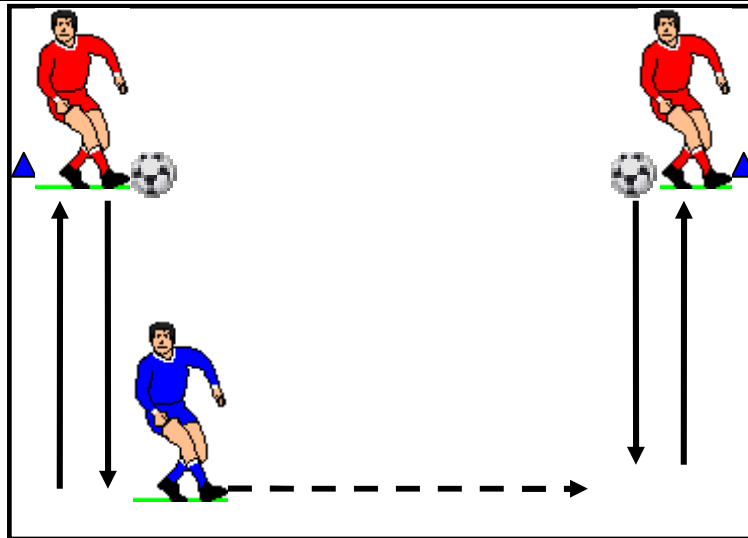
Encourage the players after the first touch to have the ball on the ground within a step or two of their bodies so that they can comfortably take one step towards it to pass it with the second touch.





TECHNIQUE: PASSING & TRAPPING

10 MINUTES



Work in groups of three with two balls for each group in a 10m x 10m grid.

Player in middle (out in front of two servers) runs to one player and then second player to return the pass.

Pass ball on ground. Throw ball underhand for inside of foot volley, thigh trap, chest trap and header. Players rotate after one minute.

Coach, encourage the player receiving the ball to turn and face the ball as it comes towards him/her. If this cannot be done, then encourage control with either the inside or outside of foot. Again, the ball should be played within a pace or two for easy return on the second touch.

Later, develop touches to the left or right of player and then the return.

Game Day Goals:

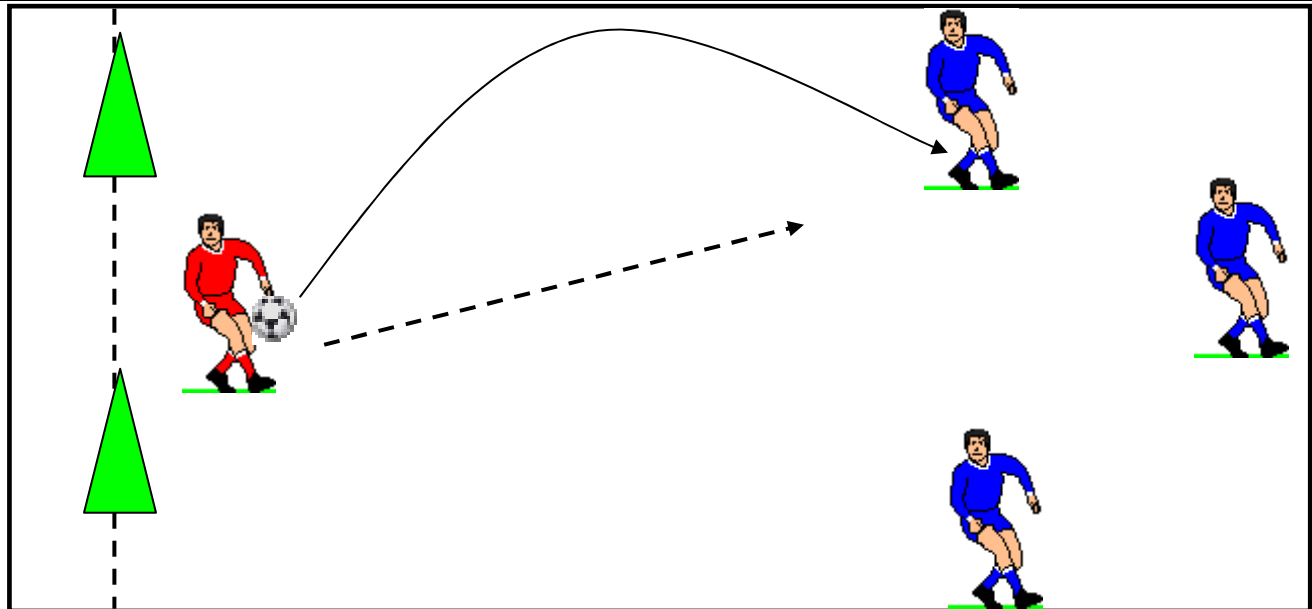
Coach, players should now be starting to control the ball with their first touch. The ball won't be bouncing away!





SKILL: 3 V 1

15 MINUTES



Work in groups of four with one ball per group in a 10m x 20m grid.

Change players after two minutes.

The defender passes the ball in the air to one of the three attackers and then moves forward to defend.

The ball is controlled and then passed between the three attackers to ultimately cross the far line.

Coach, encourage good first touch. Get the head up to choose whom to pass to.

Encourage the two other players to get wide of the ball carrier, rather than long.

KEY

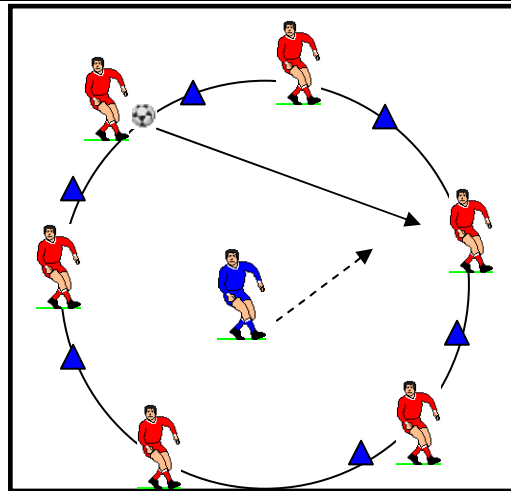
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





SKILL: CIRCLE

10 MINUTES



Work in groups of seven with one ball in a circle.

Six attackers stand on the outside of the circle and one defender stands in the middle of the circle. Progress to five attackers on outside and two defenders in the middle.

The ball is controlled and then passed to a teammate. If a defender intercepts the ball, they change positions with the passer.

Coach, encourage the controlling touches to be to left or right of the player to open up better passing angles.

MINI GAME: 4 V 4 (WITHOUT GKS)

15 MINUTES



Play a 4 v 4 Mini Game without goalkeepers.

Coach, encourage passes to be controlled and then passed again.

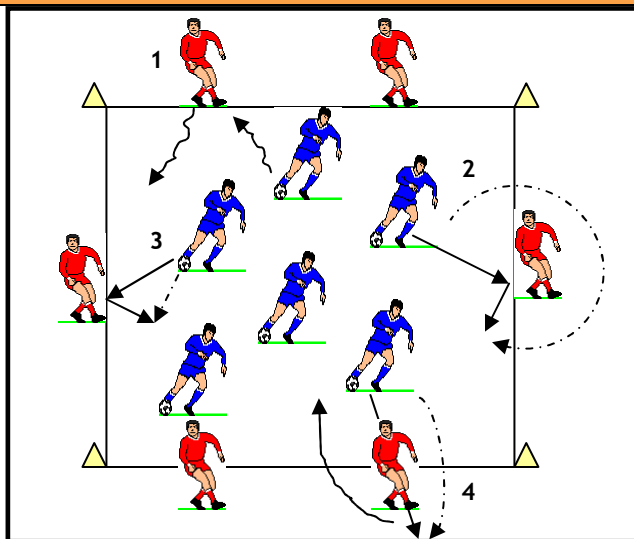
Note: Session Plan courtesy of CSA Technical Department.





UNDER 10's	SESSION 1	TOPIC: PASSING & RECEIVING 1	TIME: 1 HOUR	
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WARM - UP	TIME: 15 MINUTES
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FIELD:
20m x 20m grid.

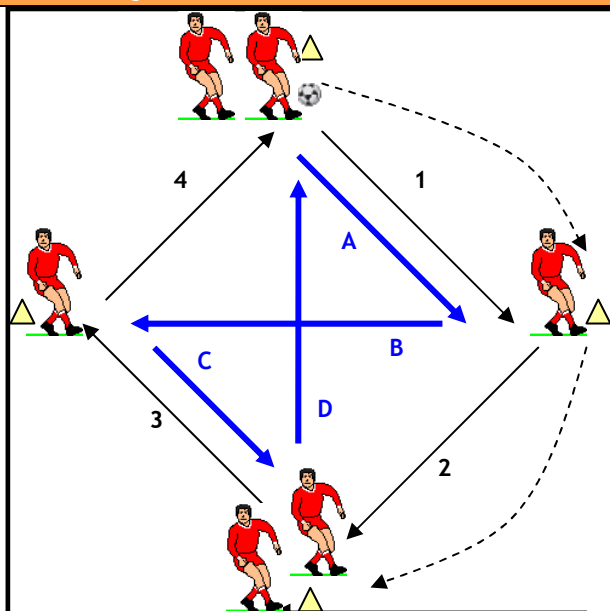
ACTIVITY:

Divide players evenly with a group inside the grid with a ball each and a group other side the grid without a ball.

EXERCISES:

- 1) Blue players dribbling the ball and interchange with the Red players (Work for 2 minutes). Encourage each player to try some tricks while dribbling
- 2) Blue player passes the ball to the Red player and run around the Red player and collect the ball back and find another Red player (Each group works for 1 minute)
- 3) Blue player passes to the Red player and receive it ball and dribble to find another Red player (Each group works for 1 minute)
- 4) Blue player plays the ball through the legs of the Red player and runs around to collect the ball and dribble back into the grid and fin another Re player (Each group works for 1 minute)

TECHNIQUE WORK: IN A GRID	TIME: 15 MINUTES
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COACHING POINTS:

- Be aware of where the ball is coming from.
- Call for the ball - communication.
- Be light on the feet.

ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Have players stand as shown in the diagram. Passing sequence player with the ball passes to the next player in the diamond grid clock wise 1, 2, 3, 4. Each player takes a touch first before passing and follows his/her pass to the next cone.

PROGRESSION:

- Change direction of the pass anti-clockwise.
- Passing sequence A, B, C, D. Players follow their passes.
- Add a second ball.

FIELD:

10m x 10m grid. You can have two or three grids going at one time, depending on number of players.

PASSING TECHNIQUES:

- Use the inside of the foot pass.
- Pass the ball in front of the receiving player.
- Pass the ball with the right weight.

RECEIVING TECHNIQUES:

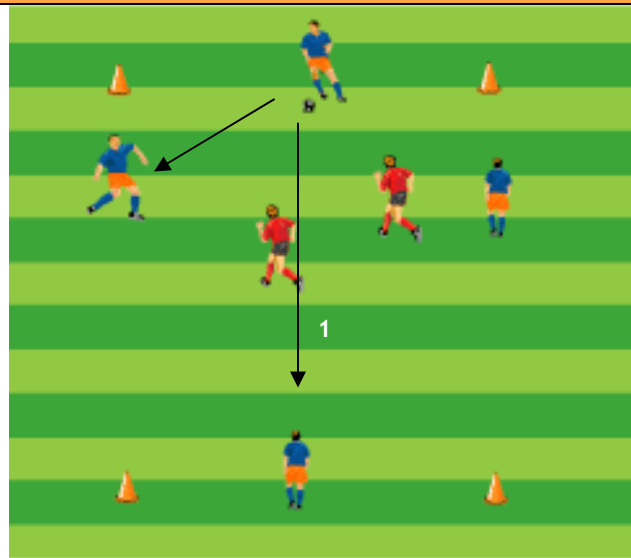
- Use the furthers foot to receive the ball.
- Keep eye on the ball and make the receiving part of the foot like a cushion.





SKILL: 4 v 2 RECEIVING AND PASSING POSSESSION

TIME: 10 MINUTES



FIELD:
12m x 12m grid

ACTIVITY:

Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

PROGRESSION:

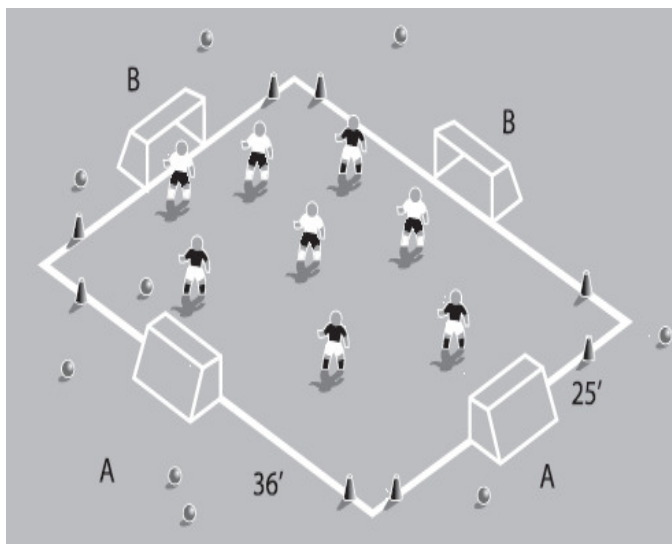
- 3 touch passing
- 2 touch passing

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

GAME RELATED: 4 v 4 - FOUR GOAL GAME

TIME: 10 MINUTES



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

7 v 7 (INCLUDE GKs) SRIMMAGE GAME

TIME: 10 MINUTES

Let the players play but rein-force what has learn.

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





AGE GRADE: U10	SESSION 10	TOPIC: TURNING, DRIBBLING & SHOOTING	TIME: 1 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

KEY INFORMATION

Turning, Dribbling and Shooting

Key Factors:

1. Balance
2. Movement
3. Using many surfaces
4. Changing direction
5. Turning with the ball

WARM - UP: ROB THE NEST - 4 CORNER GRID **TIME: 10 MINUTES**

ACTIVITY:
Divide players in four equal groups. Place each group in one of the four zones. Place equal number of balls in the middle of the big grid. On the coach's command, one player from each square run to the middle, collect a ball and dribble the ball back to the square and tag partner to do the same. First team to collect 3 balls wins.

PROGRESSION:

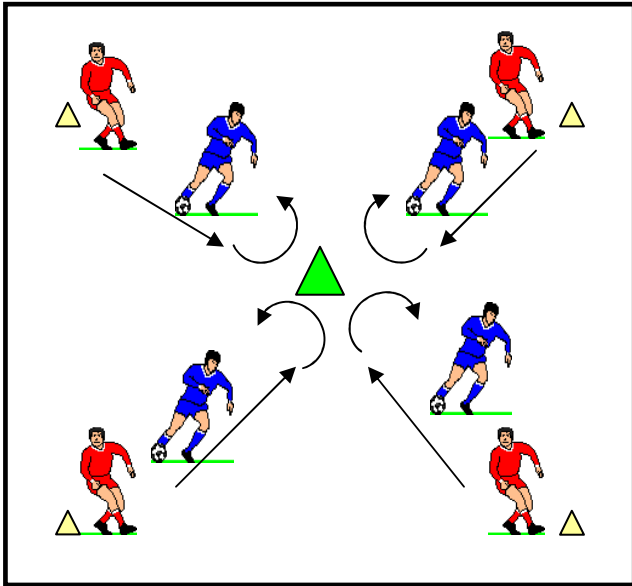
- Dribble the ball back with the only one foot.
- Reduce the balls in the middle and allow the players to steal the ball from another square.
- Place 4 cones in a line, 1m apart from the balls to each cone. Players have to dribble the ball through the cones.

FIELD:
The big grid 30m x 30m. The four zones 10m x 10m.





TECHNIQUE: TURNING IN A GRID TIME: 10 MINUTES



ACTIVITY:
Pair your players with a ball between two. While one player (blue) is working, the player (red) rest. Blue player dribbles the ball towards the green cone in the middle of the grid turn and dribble back, stops the ball by the cone for the red player to collect the ball and repeat the exercise.

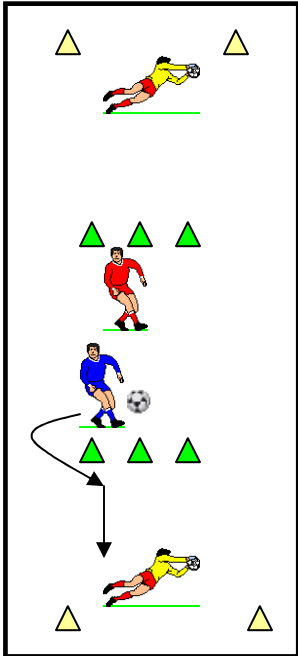
PROGRESSION:
Dribble the ball to the green cone in the middle of the grid turn and pass the ball to red player and return back to the cone.

FIELD:
12m x 12m grid with the green cone placed middle of the grid. You can have three or four grids going at one time, depending on number of players.

- URNS:**
- Stop the ball and turn
 - Outside Hook - Using the outside of the foot hook the ball and turn
 - Step over and turn/Figure 8

- COACHING POINTS:**
- Before turning have a look over the shoulder
 - After turning accelerate away

TECHNICAL: TURN & SHOOT 10 MINUTES



ORGANIZATION:
Two players in the middle zone while two players act as goalkeepers. To start, GK throws the ball to the Red Player who receives and passes to the Blue Player who turns with the ball around the cone and shoot. Roles now reverse with Blue Player receiving and Red Player turning and shooting. Rotate GKS and players in the middle every 3 - 4 minutes. The player turning and shooting always receives the ball with the back to the goal.

Encourage players to receive and turn with both feet.
Encourage players to try different turns.

- Coach, try to get players to*
- *develop the ability to turn both left and right.*
 - *use both the inside and outside of both feet to control the ball away from the defender*
 - *then quickly get his/her body between the defender and the ball as he/she turns with it.*

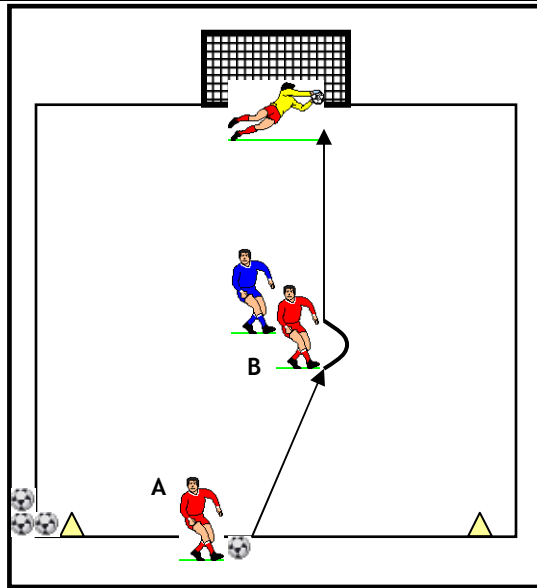
Dropping a shoulder one way but controlling the ball and moving the other way is a good technique to develop.





SKILL: 2 v 1 WITH TARGET PLAYER

TIME: 15 MINUTES



ORGANIZATION:

Play 2 v 1 with a GK. Player A passes the ball into Player B who receives and turns with the ball around the Defender (Blue) and shoot. Initially the defender is passive, just shadows the attacker. Player B may use Player A to play the ball back to keep possession if the opportunity is not there to turn. Player A after serving the ball into Player B must communicate with either 'HOLD' or 'TURN'. After 5 - 6 attempts rotates all players around.

PROGRESSION:

- Defender now can apply pressure to challenge the ball.
- Player A now joins in the attack after passing the ball to Player B making it 2 v 1.

COACHING POINTS:

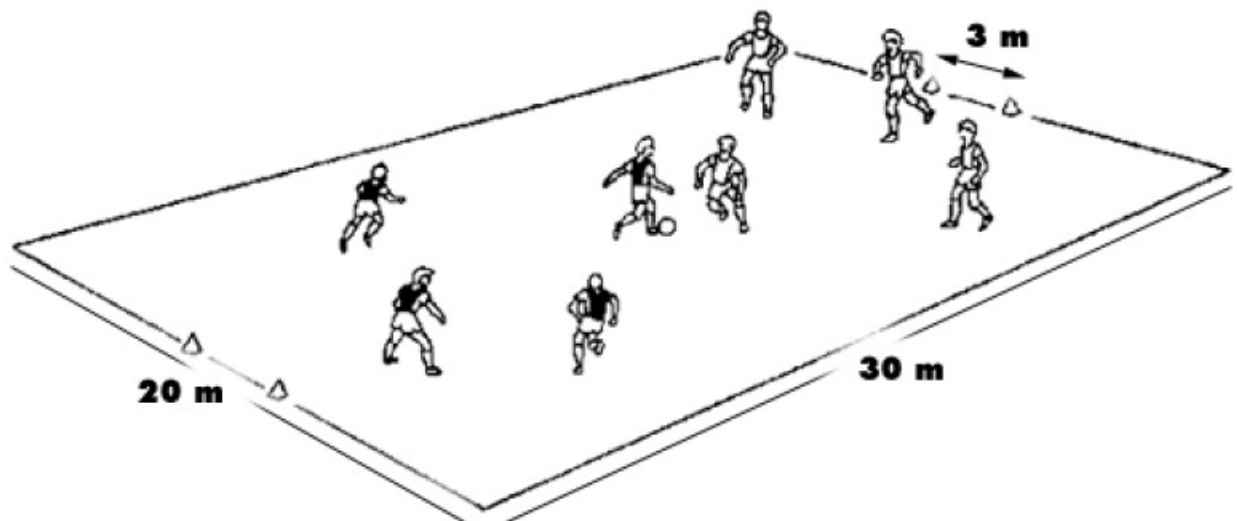
- Encourage players to communicate.
- Encourage Player B to stay close to defender so it is easier to turn with the ball.
- Encourage attacking players to keep possession.

FIELD:

20m distance from goal and start point.

MINI GAME: 4 V 4 (WITH OR WITHOUT GKs)

15 MINUTES



Play a 4 v 4 Mini Game with/out goalkeepers. Rotate goalkeepers every 5 minutes if used.

Encourage players to receive and turn with the ball as much as possible.

