





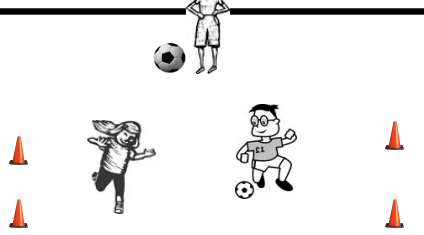
U-10 COACHING EDUCATION

2007

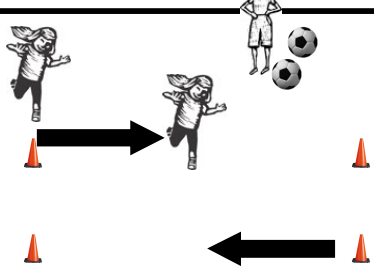
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1. Rehearsal	<p>Have 2 players stand 2 -3 steps on either side of the ball</p> <p>On Command both players should step squarely to the ball, address the ball and block the ball</p>		<p>Coaching Points;</p> <p>Players rehearse safely a block tackle.</p> <p>Inside of foot to the ball</p> <p>Get weight into the tackle</p> <p>Do not stretch or go to ground</p>
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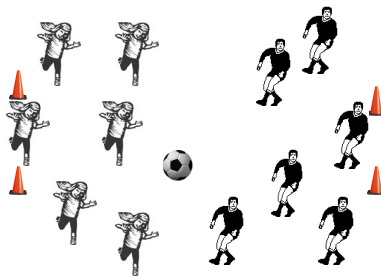
2. 1v1 Block	<p>1v1</p> <p>One player dribbles the ball out slowly using the inside of the foot to invite s block tackle. Both players must connect with the inside of the foot and the ball at the same time</p> <p>More players, set up another grid</p>		<p>Coaching Points;</p> <p>Close to ball, keep ball close , use correct surface, inside of the foot</p>
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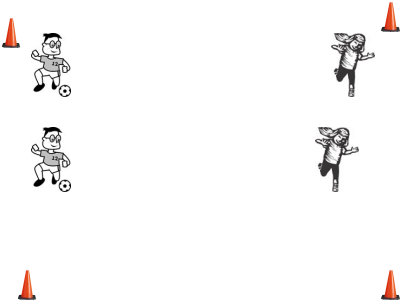


3. 1v1 Face Up	<p>1v1 to goal</p> <p>Coach serves the ball to slightly favor one player.</p> <p>More players, set up another grid</p>		<p>Coaching Points;</p> <p>Close to ball, maintain s good distance to tackle and recover. Get body behind tackle</p>
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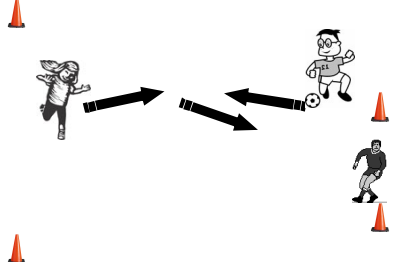
4. 1v1 from recovery	1v1 to goal, players attack the goal they start at, defender must recover goal side. Receiving player must turn, opposing player must get between ball and goal		Coaching Points; Recover goal side, do not tackle from behind, get body behind tackle, face up to opponent, tackle with closest foot
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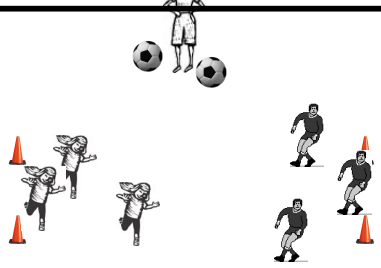
5. 2v2 with decisions	2v2 to goal. Restarts are passed in. Play 3-5 minutes and switch players around		Coaching Points; Defender away from ball must be ready to close. Ensure proper tackling technique
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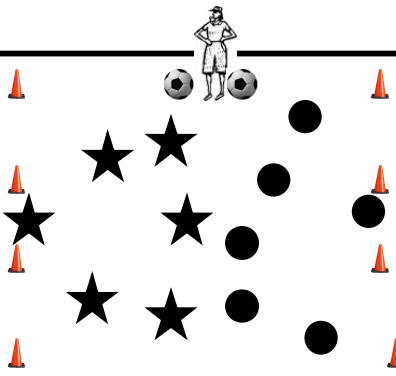
6. 6v6 Soccer Match	6v6 including Goalkeepers No conditions on play. Free play Stop play and reinforce correct methods		Coaching Points; All tackles should be made from the front. Avoid going to ground. Tackle with either foot. Do not reach
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1. Target Practice	Players stand approx 15 yards apart. Use laces to kick the ball on the ground. See if you can shoot through other players legs		Coaching Points; Laces, knee over the ball, support foot alongside the ball, follow through
2. Shooting practice	3 players per goal. Player acts as goalie. One player shoots and follows to become the goalie. Ball is played out to waiting player. He shoots and switches with the goalie. Start from original kicker. Set up more goals		Coaching Points; Players keep moving, Lots of shots, make sure they use the correct technique
3. Shooting practice, part 2	Same as above, but players move the ball forward and hit a rolling ball. Use variety, ball rolling left or right		Coaching Points; Laces, knee over the ball, don't lean back, eye on the ball, follow up


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4. Shooting gallery	Two goals 40 yards apart. Split the players into 2 groups on each end line. Players have balls on one side and dribble out then pass to other player. Waiting player moves to receive and dribbles and shoots on goal. Next player goes. Players switch lines		Coaching Points; Proper shooting technique, angle of approach, preparation touch, plant foot facing target, follow through, land on your kicking foot
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5. 2v2 shooting	Two goals 40 yards apart. Split the players into 2 groups on each end line. The coach has balls on one side and passes balls into middle area. Waiting players moves to receive, dribble, pass and shoot on goal. Next ball will be passes in to keep activity continuous goes. Players switch out		Coaching Points; Proper shooting technique, angle of approach, preparation touch, plant foot facing target, follow through, land on your kicking foot, pass to open player
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6. 6v6 Soccer Match	As above but increase the size of the field. Players must shoot on sight. 2 points for a goal scored more than 15 yards away		Coaching Points; Proper shooting technique, angle of approach, preparation touch, plant foot facing target, follow through, land on your kicking foot, pass to open player
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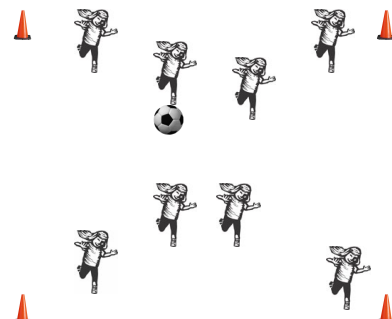
1. Grid Dribble	Players dribble about with a ball each. Demonstrate several moves, pull back, step over etc		Coaching Points; Head up, keep ball close, use various surfaces
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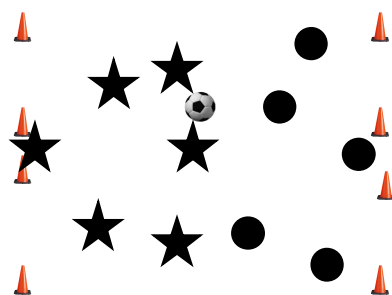
2. Grid Tag	Players dribble about, use several moves. Players try to tag players on the back, if tagged do 2 sit up and then back into game		Coaching Points; Head up, look all around, keep ball close, keep good balance
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3. 1v1 Soccer Match	2 Players, 1 ball is placed on top of a disc cone. Players play 1v1 and try to beat their opponent and knock the ball off the disc cone using their ball		Coaching Points; Taking players on, deceptive moves, shielding
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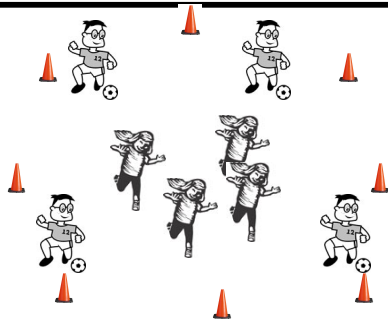
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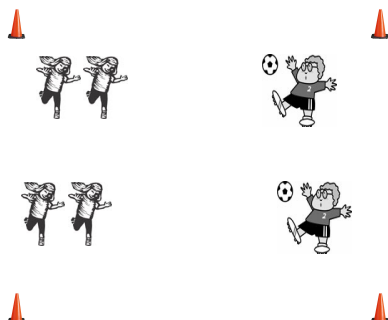
4. Gate Dribble	Several gates “goals” are set up, Players play 1v1 and try to score on as many goals as possible in a set time		Coaching Points; Keeping the ball close, vision, deceptive moves, change of direction and speed
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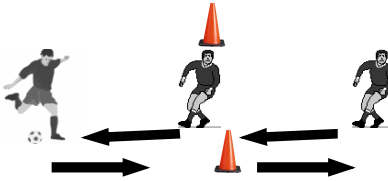
5. 4v4 match condition	4v4 strict man to man, no forward passes, score by dribbling over end line		Coaching Points; Encourage dribbling in front half, recognize 1v1s
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6. 6 v6 Soccer Match	Free play, reward a player for beating a defender with a point as well as points for goals		Coaching Points; Dribbling, free play, work on today's examples
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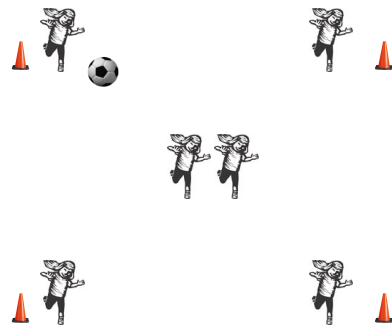
1. Receiving Circle	<p>Players on outside of circle have a ball. Other players inside circle run to outside players to receive a Pass or lofted ball.</p> <p>Pass back to circle player and then move to another player, repeat. Switch after a time limit</p>		<p>Coaching Points;</p> <p>First touch, cushioning or pace of the ball. Get in line with the ball, Select surface early, relax</p>
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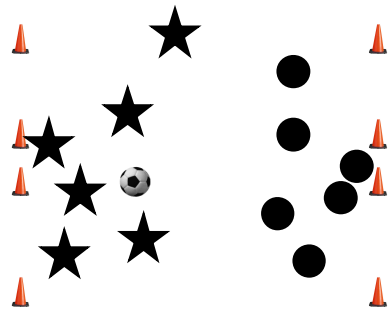
2. Receiving Line	<p>Players get into 2 lines, 1 player throws the ball to another player 10 yards away and follows the ball, to put 50% pressure on player receiving the ball. Switch lines</p>		<p>Coaching Points;</p> <p>First touch, cushioning or pace of the ball. Get in line with the ball, Select surface early, relax</p>
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3. Toss, Control and shoot	<p>Goalie throws ball out to player who controls and shoot. Goalie switches with outside player. New goalie tosses to waiting player who controls , shoots and changes places.</p>		<p>Coaching Points;</p> <p>Get in line with the ball, use the correct surface, shoot quickly and follow shot</p>
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4. 2v2 game	Coach tosses ball in. Players try to receive ball before it hits the ground. After control, play freely		Coaching Points; Receive ball out of the air, prepare the correct surface, cushion the ball
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5. 4v2	Play 4v2 . Each player has a partner. If the players in the middle win the ball, 2 players switch and become the chasers		Coaching Points; Keep away, cushion the ball, use the correct surface, move to support player with the ball
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6. 6 v6 Soccer Match	Free play. If the ball goes out of play, instead of a throw in , balls are punted back into play		Coaching Points; Receiving air balls, possession and free play. Get into receiving position early, use correct surface, eye on ball, limit touches
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