

# Harvard Soccer Club



**Fall 2012**

**U10 Coaching Curriculum**

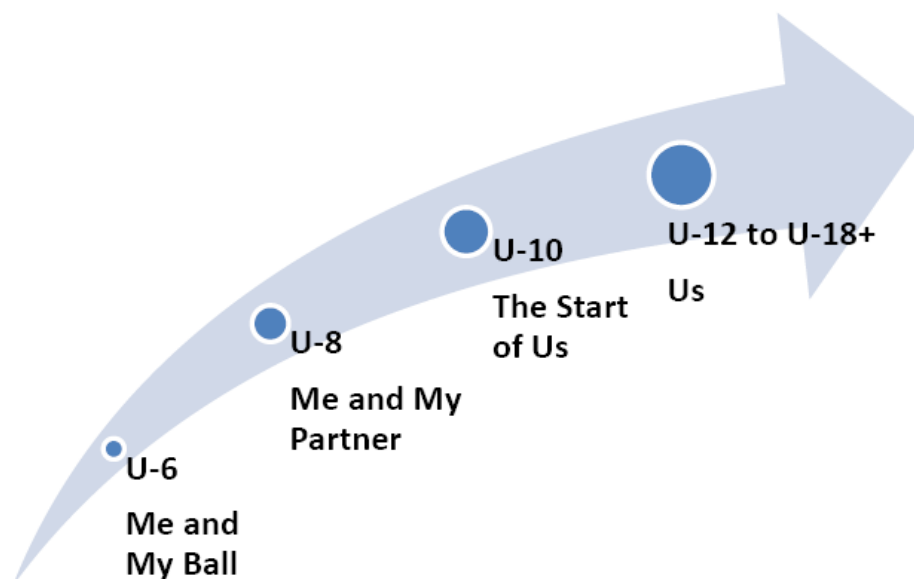
## 1. Introduction

Welcome to the Harvard Soccer Club Player Development Curriculum for the U10 age group. The purpose of this document is to provide a teaching plan for our town U10 soccer players. This curriculum is modeled after the US Youth Soccer Player Development Model and the US Soccer Federation Best Practices for Coaching Soccer in the United States. Practice plans are provided by Massachusetts Youth Soccer and Challenger Sports.

In addition to providing a complete season practice plan, the curriculum introduces a skills assessment component. The assessment and measuring program is modeled after the nationally recognized iSoccer program.

## 2. U10 - The Learning to Train Stage

The objective for this age group is to learn all of the fundamental soccer skills and build overall sports skills. At the U10 stage, children gradually begin to change from being self-centered to self-critical and develop the need for group games. The motivation to learn basic skills is very high at this age. 10-year olds can understand the broad idea of effort, but the details are foggy. Training sessions should include fun skill building activities with some teaching of technique. The coach's role for this age group expands from one of facilitating to being a teacher of technique and game application. Training sessions should still focus on small-sided games so players have the opportunity to recognize the pictures presented by the game. Game based learning should be the focus.



U10 is the time to introduce basic combination play, wall passes and take-overs while concentrating on basic skills in cooperative play; i.e., passing, receiving, and shooting.

## **Components of the Game for the U10 Age Group**

### **Fitness**

Factors are endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities must be done with the ball.

### **Technique**

Experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot, instep drive, receiving ground balls with the instep and outside of the foot, receiving bouncing balls with the instep and the sole, inside and outside of foot, fakes, and dribbling and turning with the ball. Practice throw-ins.

For goalkeepers: teach ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to the set position and footwork exercises. Also introduce goal kicks and throwing.

### **Psychology**

Keep soccer enjoyable to foster a desire to play using self-motivation, working in groups of three, four or five. There is an increase in responsibility, sensitivity, and awareness of how to win or lose gracefully, fair play, communication and emotional management.

### **Tactics**

1v1 defending, roles of 1<sup>st</sup> attacker and defender, 2v1 attacking, what it means to get goal-side, small group shape in pairs and threes (emphasize support on both attack and defense), playing on and around the ball as a group with purpose, playing a variety of positions to develop the complete player, and introduce the principles of attack and set plays.

## **3. U7/U8 Training Session**

A typical training session should match the following plan.

- Should not exceed one hour and 15 mins.
- Free play or warm-up (ball juggling), partner and small group activities, dynamic stretching. (15 mins.)
- Small group activities (four to six players)
- Directional games. Play to targets and/or zones (25 mins.)
- 5v5 game with two goals and keeper (25 mins)
- Finish with cool down activities (10 mins.)

### **3.1. General Description of What Should be happening during Practice**

As much as possible let players experience soccer through 3v3 to 5v5 games that last no more than 15 mins at a time. The small numbers allow the players to gain critical practice at 1v1 and 2v1 situations, while still allowing for the fun and feel of a soccer game.

### 3.2. Information that is communicated to the Players by the Coach

The coach should make comments that help players to stay involved and keep track of things without giving them all of the answers: “Join the game”, “Find the ball”, “Go get the ball”, “Don’t hide”. Try to manage the amount of information of feedback your players are receiving immediately after practices or matches.

## 4. Uneven Skilled Players

Often times on younger teams such as U10, you will notice a small number of relatively competent players per team who always seem to be around the ball. They have some quality(s), speed, strength, tenaciousness, and ball skill, that separates them from their teammates. The rest of the kids are more like on-field spectators, never actively seeking to participate. If the ball does land at their feet, they look to get it as far away from themselves as possible, as quickly as possible. A consistent problem for the youth coach and players is that the ability level on a team is very uneven. This is a normal situation for younger teams, especially, but not limited to the recreation level. There are several reasons for this imbalance:

- 1) Children start playing at different ages. There could be first-timers playing alongside kids who have been playing for several seasons.
- 2) Children in this age bracket develop at different rates, both physically and emotionally.
- 3) For many kids who lack the basic soccer tools, a full-out match can be intimidating.

To address this challenge, try playing games with 3 balls going at one time. Another option is to be creative when choosing your groups for ‘mini-games,’ putting the more confident players together playing against each other and the more developing players playing in a different area. Occasionally using these methods will allow for all of the players to be challenged at a level that is appropriate to their own developmental level.

## 5. Practice Plans

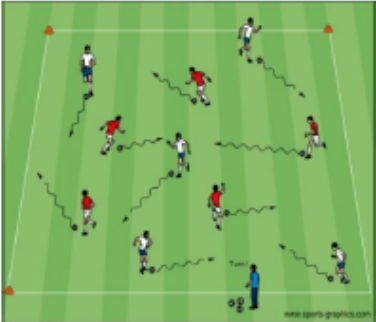
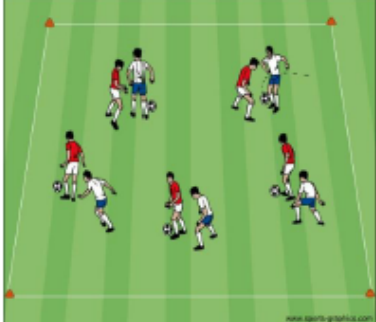
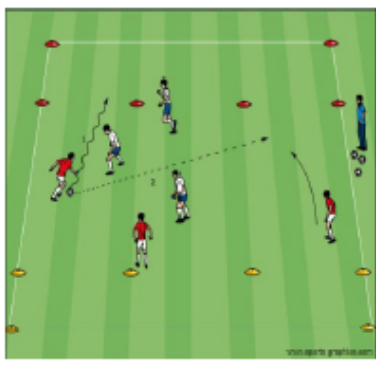
The following practice plans make up an 8-week season. The coach is encouraged to modify the activities to vary the pace, level of difficulty, and opportunity to maximize the number of ball touches.

Week Number	Focus Area
Week 1	Dribbling
Week 2	Passing and Receiving
Week 3	Receiving Balls in the Air
Week 4	Shooting
Week 5	Individual Defending
Week 6	Individual Attacking
Week 7	Combination Play
Week 8	Shooting II
Week 9	Dribbling for Penetration

# U10 Practice Plan - Week 1

## Topic: Dribbling for Possession


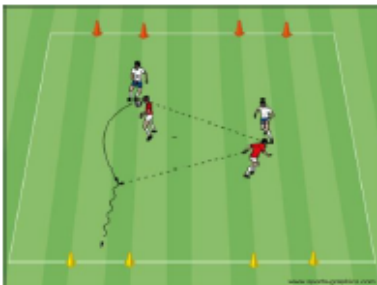
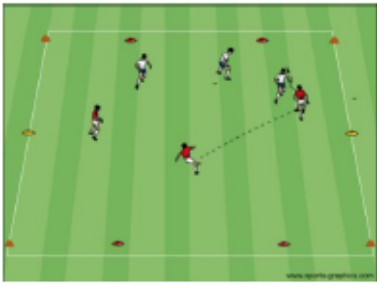
Objective: To improve dribbling and shielding technique

<p><b>Technical Warm up</b></p> 	<p><b>Organization</b></p> <p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. <b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>3v3 End-zone Game:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Identification of visual cues               <ul style="list-style-type: none"> <li>○ 1v1 no defender behind</li> <li>○ Free space in front of dribbler</li> <li>○ Near the attacking area</li> </ul> </li> <li>• Identification of verbal cues               <ul style="list-style-type: none"> <li>○ “take space”, “time”, “take him on”</li> </ul> </li> <li>• Correct shape and balance of team</li> <li>• Deception and disguise</li> <li>• Attack at pace and set up the defender</li> </ul> <p><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Practice Plan - Week 2

Topic: Passing and Receiving




Objective: To improve **the teams' passing technique** and to recognize the correct timing and opportunity to pass

Technical Warm up	Organization	Coaching Pts.
	<p><b>Gate Passing:</b> In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. <b>Coach:</b> Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<ul style="list-style-type: none"> <li>• Technique of passing                             <ul style="list-style-type: none"> <li>◦ locked ankle, toe up</li> <li>◦ eyes on ball at instant of contact, follow through to partner</li> <li>◦ strike ball solid through the middle, knees bent and balanced</li> <li>◦ receiving first touch - directional</li> </ul> </li> <li>• Communication to ask for the ball</li> </ul> <p style="text-align: right;"><b>Time: 10 minutes</b></p>
	<p><b>2v2 to 4 Goals:</b> In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.</p>	<ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Pace of the pass</li> <li>• First Touch – Directional</li> <li>• Clear Communication (demand the ball)</li> <li>• Supporting Shape</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b>3v3 to End Zones:</b> In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> <li>• Soft 1<sup>st</sup> touch receiving into space, away from pressure</li> <li>• Proper weight, accuracy and timing of passes</li> <li>• Possession vs. Penetration</li> <li>• Proper angle and distance of support off the ball</li> <li>• Communication between players</li> </ul> <p style="text-align: right;"><b>Time: 25 minutes</b></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time: 10 min.</b></p>	

# U10 Practice Plan - Week 3

## Topic: Small Group Defending

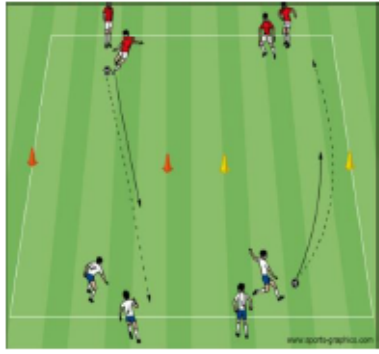


**Objective:** To teach the players the responsibilities of the pressing defender as to when, where, and how to regain the ball for their team

Technical Warm up	Organization	Coaching Pts.
	<p><b>1v1 Pressure - Warm-up:</b> One group of players will serve to the other and defend the player with the ball applying the principles of 1v1 defend. First attacker will try to dribble across opposite end-line. (12 yards wide by 15 yards long)</p>	<p>1<sup>st</sup> Pressing Defender should:</p> <ul style="list-style-type: none"> <li>• “Approach fast, arrive slow”,</li> <li>• bend run, correct stance, try to win ball off first touch of opponent, delay progress of opponent by jockeying the player with ball, try to force them out of play</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p><b>2v2 to Two Small Goals:</b> In a 15x20 grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p>	<ul style="list-style-type: none"> <li>• Speed and angle of approach</li> <li>• Pressing defender forces head down of attacker</li> <li>• Covering defender is positioned about 30 degrees behind pressure</li> <li>• Patience; do not over commit</li> <li>• Good communication to facilitate role switching while defending</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p><b>3v3 to Two Small Goals:</b> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p>	<ul style="list-style-type: none"> <li>• Immediate pressure from behind</li> <li>• Patience; do not over commit</li> <li>• Close down quickly and under control</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Practice Plan - Week 4

## Topic: Shooting

**Objective: To improve the technique of shooting with the inside and instep of both feet**

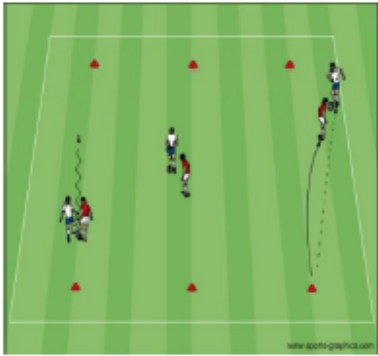


Technical Warm up	Organization	Coaching Pts.
	<p><b>Shooting Through the Cones (15 min):</b>            Arrange players in 4 lines with a ball between them about 10-15 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b>4 Corner Shooting (15 min):</b>            Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> <li>• Combination Play</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b>3v3 (4v4) Plus Team on Deck (15 min):</b>            Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	



# U10 Practice Plan - Week 5

## Topic: Individual Defending

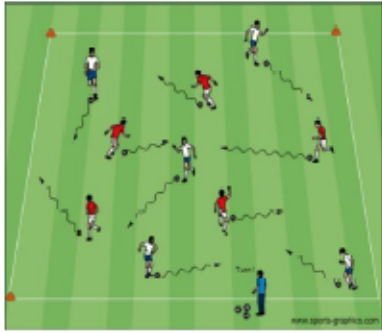
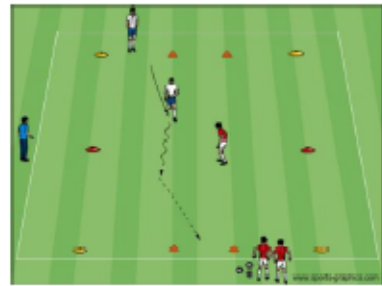

Objective: To teach players when and how to pressure the ball

Technical Warm up	Organization	Coaching Pts.
	<p><b>Defend the Cone Warm-Up:</b> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone. <b>Version 2:</b> Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> defender should bend their run to block direct path to the goal (cone)</li> <li>• 1<sup>st</sup> defender shall force the opponent in the direction they want them to go</li> <li>• Defensive stance-on their toes, knees bent, one foot forward, one foot back</li> <li>• Technique of block and poke tackle</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>1v1 to Line (10 min):</b> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1<sup>st</sup> defender defends the line and tries to dispossess the attacker. If the 1<sup>st</sup> defender gains possession of the ball he immediately attacks the opposite goal line.</p>	<ul style="list-style-type: none"> <li>• Important to delay progress of the opponent by jockeying the attacker with the ball</li> <li>• Read attacker's 1<sup>st</sup> touch and make decision to tackle or delay</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>3v3 to Two Small Goals (10 min)</b> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals. <b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• 1 point for passing goal</li> <li>• 3 points for dribbling goal</li> </ul>	<ul style="list-style-type: none"> <li>• Immediate pressure from behind</li> <li>• Patience; do not over commit</li> <li>• Close down quickly and under control</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	

# U10 Practice Plan - Week 6

## Topic: Individual Attacking

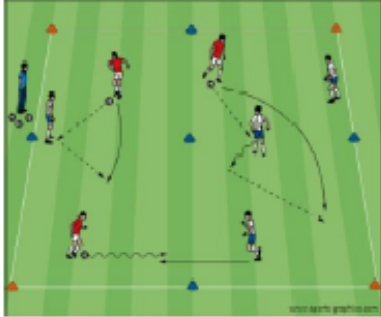


**Objective: To help players understand the importance of individual attacking when their team is in possession of the ball**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Free Dribbling:</b> Everyone with a ball, use inside, outside, and laces and sole of the foot to turn away from pressure. Have players dribble with speed, change direction, and perform moves.</p> <p><b>Version 2:</b> Have players work on moves to beat pressure, such as step over, double step over, etc.</p> <p><b>Version 3:</b> Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot</li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>1v1 to Two Small Goals:</b> In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of his/her score.</p>	<ul style="list-style-type: none"> <li>• Take a “peek” and know what your options are</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Encourage player to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>3v3 to End Zones:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach shall encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
<b>6v6 Scrimmage</b>	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<b>COOL DOWN</b>	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	

# U10 Practice Plan - Week 7

## Topic: Combination Play




Objective: To improve passing technique and introduce and train combination play (Wall Passes and take Overs)

Technical Warm up	Organization	Coaching Pts.
	<p><b>Combination Square:</b> In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to 5 players with balls dribble in grid looking to connect with support players to perform wall passes.</p> <p><b>Version 2:</b> Build to take-overs <b>Version 3:</b> Wall passes and take-overs</p> <p><b>Time: 15 minutes</b></p>	<p><b>General</b></p> <ul style="list-style-type: none"> <li>• Quality technique while passing and receiving</li> <li>• Be patient &amp; let opportunities develop</li> <li>• Encourage finishing off of combination opportunities</li> <li>• Positive environment to encourage creative and instinctive play</li> <li>• Communication</li> </ul> <p><b>Wall Pass</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> attacker dribbles at 1<sup>st</sup> defender</li> <li>• 2<sup>nd</sup> attacker is slightly ahead of defender in good supporting angle turned sideways on</li> <li>• 1<sup>st</sup> attacker reads defenders and supporting cues; decide to dribble or play a wall pass</li> <li>• Disguise, deception of pass and runs</li> <li>• Accuracy and quality of pass</li> <li>• Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</li> </ul> <p><b>Takeover</b></p> <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> attacker runs directly at the 1<sup>st</sup> attacker from the opposite direction</li> </ul>
	<p><b>4v4-1(4v3):</b> In a grid about 30x35 yards with two 5 yard goals on each end line. Play 4v4-1, (4v3 +GK). The -1 player is the Goalkeeper on defending team. When the defending team gets the ball they regain their fourth player. Encourage players to try to score after a wall pass or take over.</p> <p>Wall pass goal= 5 pts. Take over goal= 3 pts. Wall pass &amp; take over = 10pts</p> <p><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> attacker protects the ball from the 1<sup>st</sup> defender by keeping body between ball and defender</li> <li>• 1<sup>st</sup> attacker leaves the ball and 2<sup>nd</sup> attacker takes the ball using same foot (right to right or left to left)</li> <li>• Simple communication: "take" or "leave"</li> </ul>
	<p><b>4v4 to Two Small Goals:</b> In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.</p> <p><b>Variation 2:</b> Add a "plus" player who always plays for the attacking team if they cannot keep possession long enough to create a combination.</p> <p><b>Time: 20 minutes</b></p>	
<b>Game</b>	<b>Organization</b>	<b>Coaching Pts.</b>
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	

# U10 Practice Plan - Week 8

## Topic: Shooting II

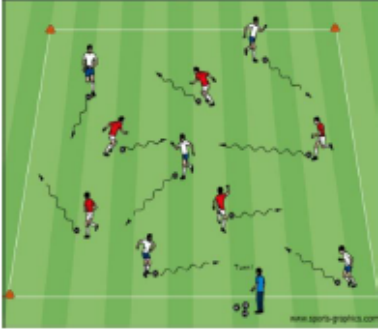
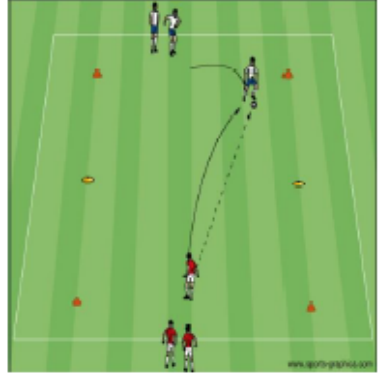
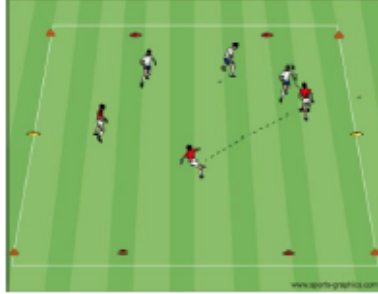
**Objective:** To improve the technique of players to strike a moving ball to goal with the instep and the inside of the foot

Technical Warm up	Organization	Coaching Pts.
	<p><b>Numbered Shooting:</b> Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> <li>• Shooting technique of a moving ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>Popcorn (15 min):</b> Two goals with GK's set up about 40 yards apart. Players will be able to compete individually against each other or in teams of 2. Coach will pass a ball; player(s) who obtain possession of the ball may score in either goal. First player (team) that reaches five goals wins.</p>	<ul style="list-style-type: none"> <li>• Proper technique of shooting with the instep and the inside of the foot</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>Blank Out Finishing Game:</b> Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.</p>	<ul style="list-style-type: none"> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Practice Plan - Week 9

## Topic: Dribbling for Penetration

**Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>◦ Inside/outside</li> <li>◦ Sole</li> <li>◦ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>1v1 to End Lines:</b> In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score.  <b>Coach:</b> Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close to you under control</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender</li> <li>• Encourage players to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>3v3 or 4v4 to End Zones:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

## 6. Skills Development and Assessment

Based on the National Assessment program developed by iSoccer, the following is a smaller skills program that introduces players to the concept of a skills assessment program. Called the iSoccer Six, the following skills are included: Toe Taps, Foundations, Juggling (preferred and non-preferred foot), change of pace (preferred and non-preferred foot). Each assessment exercise represents a core topic of technical proficiency and should be introduced and taught before any assessment results are recorded.

It is recommended that you take one skill each week and assess your layers at successive practices. An iSoccer Assessment should consist of the following:

- Step 1: Measure – Assess your Players
- Step 2: Improve – Work on improving their scores
- Step 3: Reward – Recognize their achievement

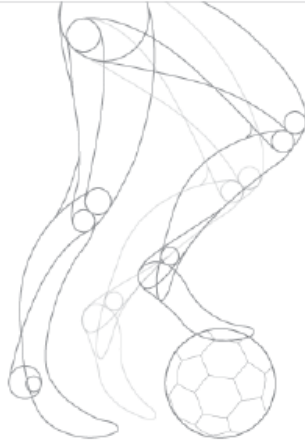
### Key Coaching Points

- One timer coordinates all groups and one recorder collects scores
- Players are partnered and the resting player counts for their partner
- Bring all players around one grid to demonstrate and have players count out loud
- Prior to starting the clock, allow a 10 to 20 second practice period
- Keep the environment competitive and fun
- Remind players to try their best and if they mess up, to not worry and keep going

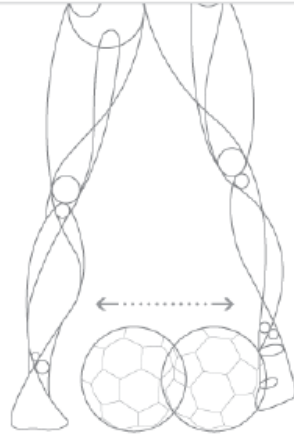
The following video provides a guide to performing the skills.

<http://www.youtube.com/watch?v=u9SUZ712Gao>

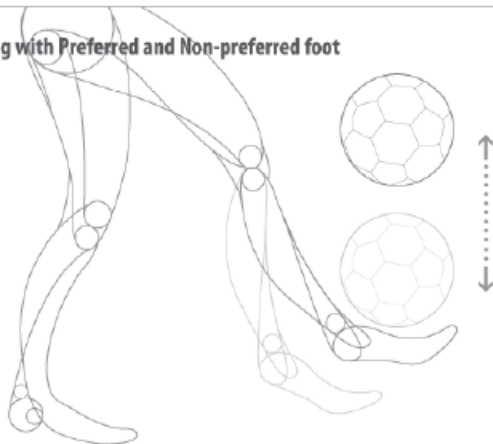
**Reference:** [www.isoccer.org](http://www.isoccer.org)

**1** Toe Taps**Duration:** 20 Seconds

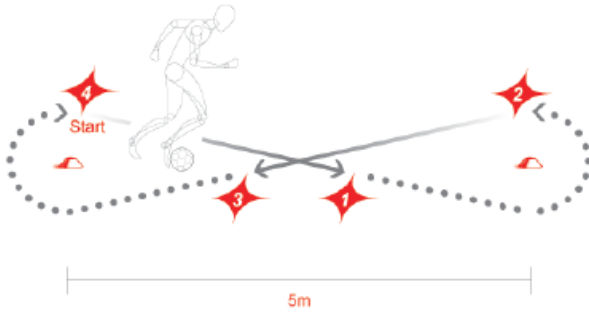
**Instruction:** Using alternating feet, touch the ball with the sole of your foot. Each touch counts as one point. Count the total number of touches to determine your score.

**2** Foundations**Duration:** 20 Seconds

**Instruction:** Using alternating feet, knock the ball back and forth with the inside of your foot. Each touch counts as one point. Count the total number of touches to determine your score.

**3** **4** Juggling with Preferred and Non-preferred foot**Duration:** 20 Seconds

**Instruction:** Juggle the ball with your preferred foot and stay within the grid. Each touch counts as one point. Do not count touches with your other foot or other body parts. If the ball touches the ground pick it up and restart counting at one. Record your highest score. Repeat this exercise juggling with your non-preferred foot only.

**6 7 Change of Pace with Preferred and Non-preferred Foot****Duration:** 20 Seconds

**Instruction:** Arrange cones as shown. Start to the left of the cone. Dribble the ball with your preferred foot in a Figure 8. Each completed Figure 8 counts as four points. Partially completed sections are counted as one point each. Restart if you touch the ball with the opposite foot or if the ball does not go around the cone. Repeat this exercise dribbling with you non-preferred foot only.



