

U10 Objectives

Every other practice, work for 10 minutes on either Motor skills (see U8 Objectives) or Speed Drills. Don't need to work on endurance.

Note : Stretching is not mandatory but it is interesting to show them and get familiar with a couple of muscle stretching.

Then work on the following objectives :

What the player do at that age

The **Ball Carrier (BC)** dribbles with successive touches of the ball.

He shoot with the tip of his foot and try to extract himself from the group (Grape).

The **Non Ball Carrier (NBC)** run in all directions or don't move at all.

He also may use his voice to call for the ball.

The **defender** follows the BC everywhere. He can also be very static at his position (don't move).

* BC = Ball Carrier

** NBC = Non Ball Carrier

1st Cycle	2 nd Cycle	3 rd Cycle
<p>Identify itself as a forward or a defender Change of role quickly</p> <p>4 PRACTICES</p> <p>This competency will be mainly worked on during end practice scrimmages, so work on those skills:</p> <ol style="list-style-type: none"> 1) Dribbling and Controls 2) Controls (all body parts: head, chest, thigh, foot) 3) Passing (Short pass, Long Pass) 4) Shoot and <u>Heading</u> 	<p>Play back or laterally with supports</p> <p>5-6 PRACTICES</p> <ol style="list-style-type: none"> 1) Evaluation and Diagnosis through small games 2) Learn how to dribble while rising the head often 3) Learn how to perform linear fast pass to a teammate. 4) Learn how to use a teammate as a relay (square and back pass) 5) Learn how to get unmarked to receive the ball and for the BC* how to see the solution 	<p>Get some depth in the game when player has the ball to reach the target</p> <p>5-6 PRACTICES</p> <ol style="list-style-type: none"> 1) Evaluation and Diagnosis through small games. 2) Learn how to perform short and accurate passes to a teammate and how to perform a pass to <u>teammate in his/her run.</u> 3) As a NBC**, learn how to propose a solution. As BC, learn how to continue the action after passing. 4) Learn how to <u>dribble around</u> a defender if no passing solution available. 5) Learn when to pass or when to dribble. Perform shooting in good conditions.
<p>Themed scrimmage will be put in place. Coaches can create situations in which players have to change of role (attacker-defender) often so it will become an automatism. A good way to do so is for the coach to carry several balls and put them in play one by one, every minute, at different areas on the field. Players have to stop playing the old ball and play the new one.</p>	<p>1st practice, keep track how often the BC had no solutions and lost the ball, how often they had support and passed the ball.</p> <p>Analytic drills focused on Passing and Controls. By the end of the cycle, kids must know and identify a Square Pass* and a Back Pass*.</p> <p>Teach how to tell efficiently where the support is ("Back !", " Square left/right").</p>	<p>Passing in the run is very important as it creates speed and unbalances defenses. It is very hard for the kids to see these spaces and it takes <u>a lot</u> of repetitions to understand.</p> <p>When Dribbling having a support on the side and Back will decrease the number of balls lost and avoid running back and forth from one goal to the other. Some kids can dribble around players, encourage them to do so but dont forget to pass when possible !</p>
<p>Deck Card # Press and Cover / Partner Tackle Defend from the back</p>	<p>Deck Card # Give And go / Pullback to Finish 3v1 Keepaway / Two Goal Game / Middleman</p>	<p>Deck Card # Cross and Shoot / Give and Go Take On / 1v1 Decision / Cage Attack</p>

(*) See definitions @ http://expertfootball.com/coaching/square_pass.php and http://expertfootball.com/coaching/back_pass.php

Note : There is a lot of skills and competencies to go through in a very short amount of time. It helps to be prepared and to **follow a Standard Practice Setup**.

This will be the same for U10, U12 and U14. A practice structure was also written (see relative document).