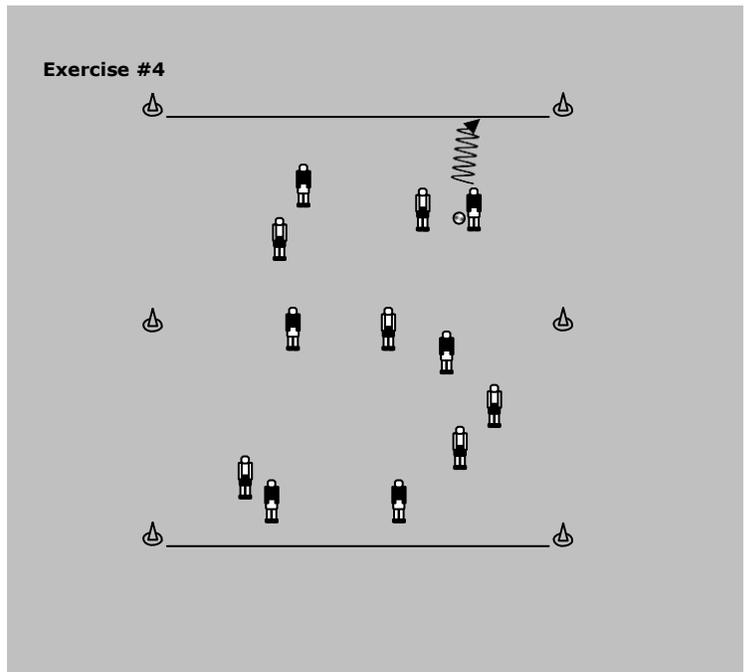
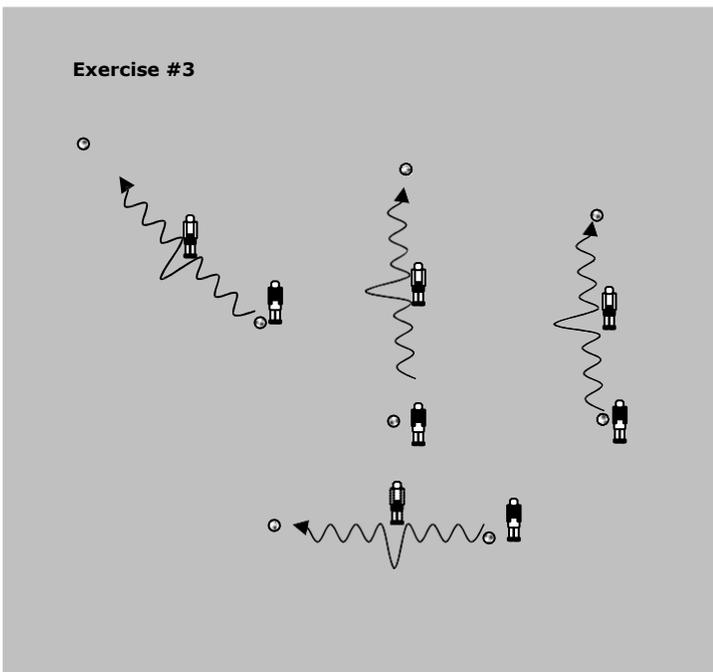


U10 BALL CONTROL SESSION (FOOTWORK)

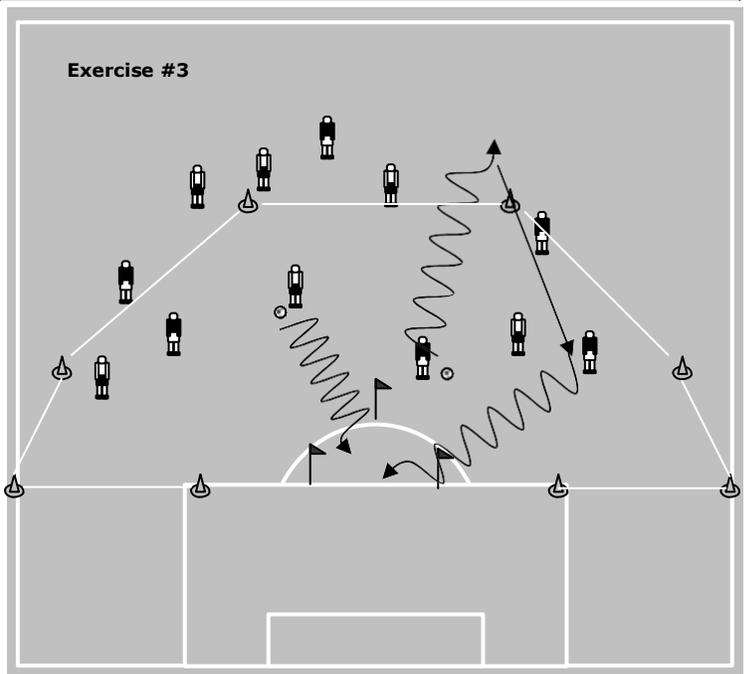
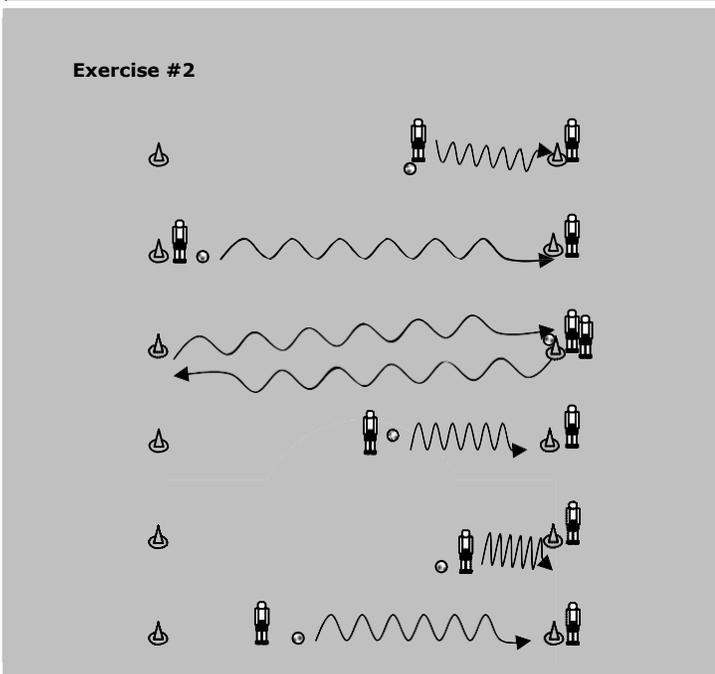
CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Footwork	U10	Bantam	U10A
Exercise #1	Organization	Coaching Points		
Juggling U10: Every player with a ball (see pg. 24; doc. 310 96). <i>Time: 10 min.</i>		Juggling with feet: ankle locked, contact with laces, toes pointing away from body. Relax upper body. Juggling with thighs: use soft part of thigh (not the knee). Relax upper body. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Footwork 18,19,20,21,22: Every player with a ball. (see pg. 21; doc. 310 95) Double Scissors, Out-In-Out-In-Out, 1,2,3,4 Roll, 1,2,3 90, 1,2,3 "L" <i>Time: 10 min.</i>		Point out players who are doing well and praise them. Tell them they are good. Keep body relaxed and knees bent.		
Exercise #3	Organization	Coaching Points		
1v1 Common Ball: Partners play 1v1 where the goal is another soccer ball, placed no more than 10 yards away. Points are scored if the player hits the goal (soccer ball) with their ball. Play three minute games. <i>Time: 15 min.</i>		Encourage players to dribble the ball to score, not to shoot from long distances. Encourage creativity by the attacker.		
Exercise #4	Organization	Coaching Points		
6v6 Line Soccer: Field size is 30x40 yards. Goals are scored when a player stops the ball on the end line they are attacking. <i>Time: 40 min.</i>		Coaching is minimal. Become a fan of the game, get players excited to play.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U10 DRIBBLING SESSION (TECHNIQUE)

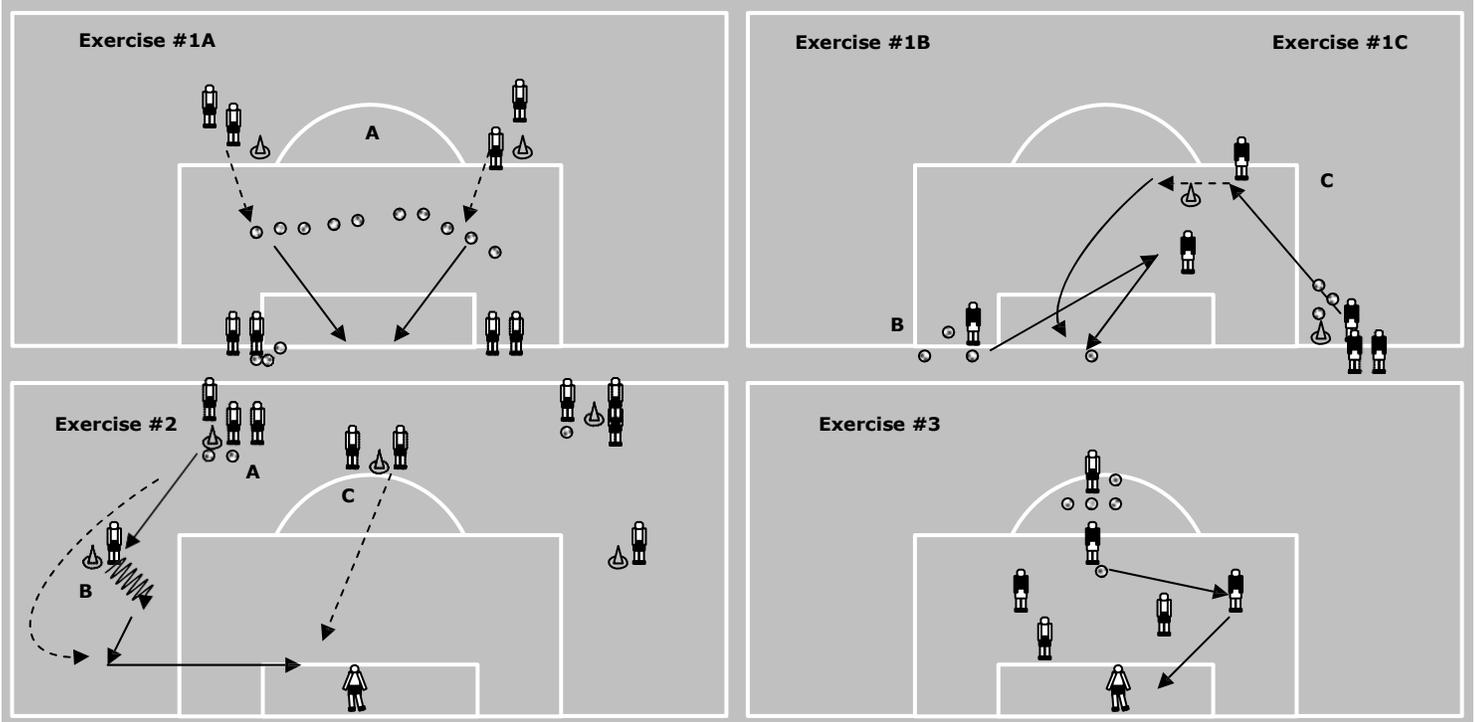
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Technique	U10	Bantam	U10B
Exercise #1	Organization	Coaching Points		
In 2's 18,19,20,21,22: One ball between two players, one player working while the other rests. (see pg. 21; doc. 310 95) Double Scissors, Out-In-Out-In-Out, 1,2,3,4 Roll, 1,2,3 90, 1,2,3 "L". Time: 10 min.		Stay 4:1 on the positive to instructional comments throughout the session. Look for players who are doing well and praise them. Keep body relaxed and knees bent.		
Exercise #2	Organization	Coaching Points		
Dribbling in Two's: Cones 20 yards apart. First player dribbles to cone and turns, then dribbles back. Second player does the same. Try different skills, right foot only, left foot only, sole of the feet. Time: 15 min.		Make sure the players touch the ball a lot as they are dribbling. It is not a race, make sure technique is good and players are under control.		
Exercise #3	Organization	Coaching Points		
6v6 Triangle Big Goals w/Neutral Area: Field is area between half line and penalty area. Two balls, two big goals set up at top of penalty area, at angles. Players try to score on either goal by dribbling through the goal. As ball changes possession, the new attacking team must dribble outside the cones to neutral area before they can shoot. Time: 15 min.		Encourage players to dribble to create scoring opportunities or to switch the point of attack to score on other goal. Movement off the ball, be active. Should be fun and competitive.		
Exercise #4	Organization	Coaching Points		
5v5 w/ GK's: Field is 44x60 yards. Time: 35 min.		Coaching is minimal. Atmosphere is competitive and fun.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U10 FINISHING SESSION (FROM THE FLANK)

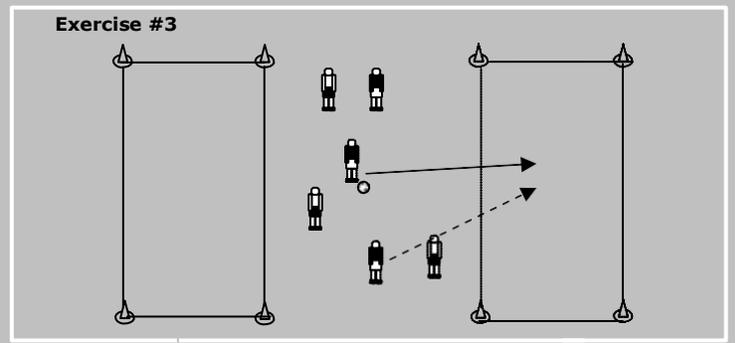
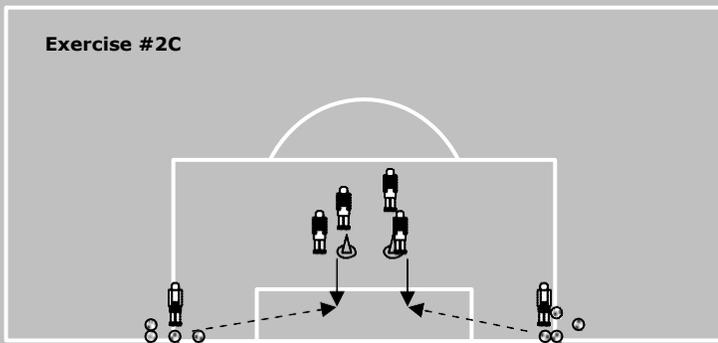
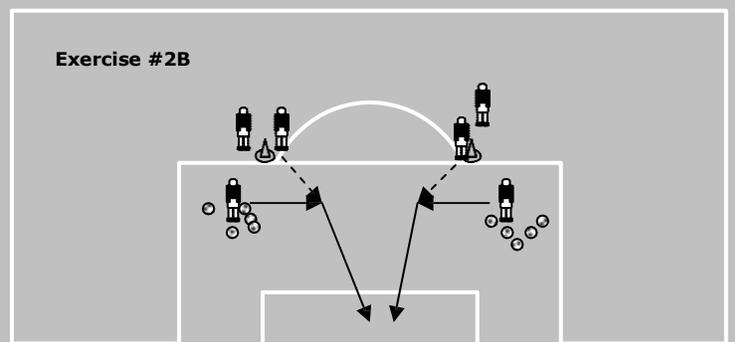
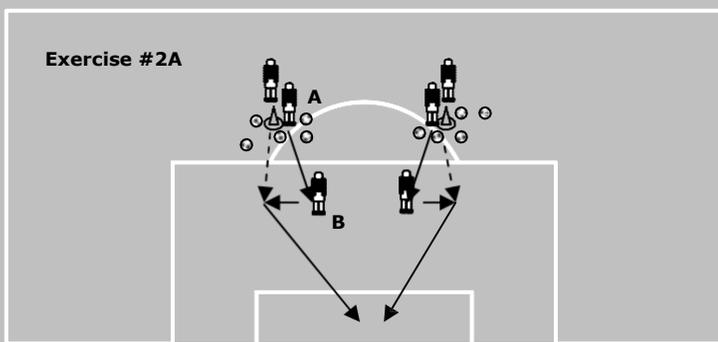
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	From the Flank	U10	Bantam	U10C
Exercise #1	Organization	Coaching Points		
<p><u>Instep, Side Foot, Bent</u>: Three types of shots: A) An Instep from 12 yards out. Shoot 5 dead balls in a row. B) Side Foot shot close in. Shooter receives a ball from another player on the post. Shoot five in a row. C) a Bent ball about 12 yards out. Again, shoot 5 in a row. Be sure to have a first touch square around a cone. No goal keepers on any of these shots to allow for two shooters at a time. <i>Time: 15 min.</i></p>		<p>A) Side Foot: Toes are above ankle, ankle is locked, short backswing, body facing towards target. B) Instep: Toes pointed toward ground, ankle locked, body and plant foot pointed toward target, knee over the ball. C) Bent: toes above ankle, hit the ball with inside of foot, follow through is high, try to bend ball with side foot. Stay 4:1 on the positive to instructional comments throughout the session. Allow 5 shots for muscle memory.</p>		
Exercise #2	Organization	Coaching Points		
<p><u>Cross/Overlap</u>: Players organized as shown in Exercise #2. Player A passes to Player B, Player A tells B to "hold" while he overlaps Player B. Player B passes to A and A crosses ball on the ground to Player C. Repeat on opposite side. <i>Time: 15 min.</i></p>		<p>The cross is played on the ground, 6-10 yards away from goal. Player C, must run to meet the ball in order to shoot with the inside of foot using the technique stated above. Practice both sides.</p>		
Exercise #3	Organization	Coaching Points		
<p><u>3v2 in the Box</u>: 3 attackers play against 2 defenders, coach is at the top of the box with plenty of balls, extra players are gathering balls and returning them to the coach. If ball goes out of box, coach plays new ball in box. Games last 1 minute then switch players. <i>Time: 15 min.</i></p>		<p>Make it a competition. Shoot as much as possible. Stress the proper technique is used when shooting, side foot vs. laces. Players around the box must pay attention.</p>		
Exercise #4	Organization	Coaching Points		
<p><u>5v5 w/ GK's</u>: (see pg. 34; doc. 310 133) <i>Time: 30 min.</i></p>		<p>Coaching is minimal. Fun and competitive. Encourage going forward to score goals.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U10 PASSING SESSION (PASS AND SHOOT)

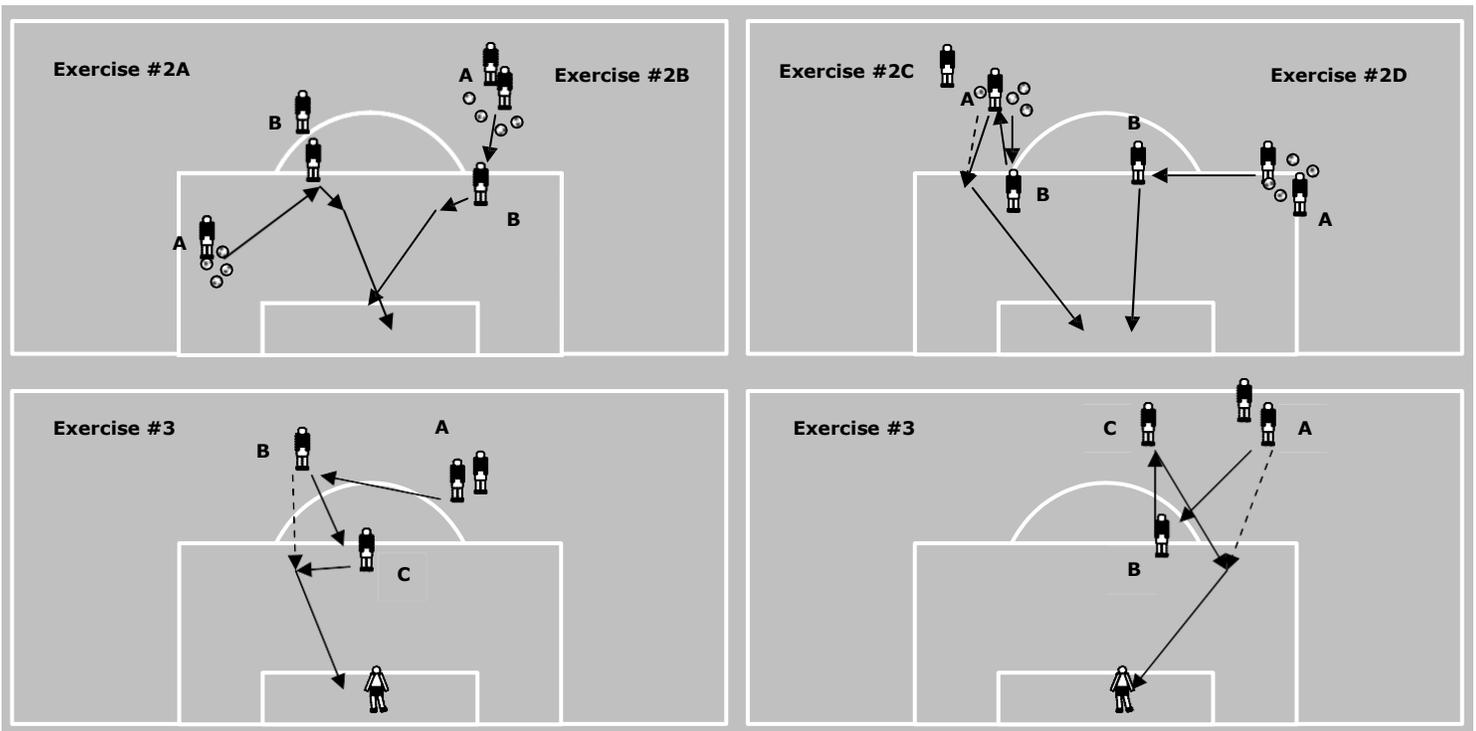
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Pass and Shoot	U10	Bantam	U10D
Exercise #1	Organization	Coaching Points		
<p><u>5v2</u>: 5 attackers form circle around 2 defenders and play keep away. Unlimited touches. Attacker who loses the ball becomes new defender. 10 consecutive passes w/out def. touching the ball = defenders stay in again. <i>Time: 10 min.</i></p>		<p>Passing is done with correct technique, inside of foot, ankle locked, toes above ankle. Players off the ball must move into support of player on the ball. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p><u>Pass/Shot 5 in a Row</u>: A) 2 lines formed at top of penalty area, 2 "bumpers" standing inside the box. No GK's. Player A performs a wall pass with Player B and shoots, then quickly runs back to repeat, 5 times in a row. Both lines shoot at same time. Other players gather balls. B) across the body shot, let ball run across body and shoot. C) Shooting from a small cross on the ground. <i>Time: 20 min.</i></p>		<p>Clean passing, clean technique (as above). Use 1-touch. Work hard when shooting. Concentrate on technique when player gets tired towards the end of 5 shots. A) and B) are executed with the laces, C) (shooting from a small cross) is done with the inside of the foot.</p>		
Exercise #3	Organization	Coaching Points		
<p><u>Zone Game (Pass in Zone for Point)</u>: Set 2 fields 20x30 yards, to accommodate entire team. 7 yard end zone at each end. Teams score a point by passing the ball to a teammate in the zone they are attacking. Player can be inside zone before the ball arrives or they can meet the ball in the zone. <i>Time: 15 min.</i></p>		<p>Proper technique and proper "weight" of the pass, play ball to where your teammate will be. Movement by players off the ball, make runs into the zone. Make it a tournament.</p>		
Exercise #4	Organization	Coaching Points		
<p><u>5v5 Small Goals</u>: Field 35x45 yards. <i>Time: 30 min.</i></p>		<p>Minimal coaching. Fun and competitive</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U10 RECEIVING SESSION (TRAP AND SHOOT)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Trap and Shoot	U10	Bantam	U10E
Exercise #1	Organization	Coaching Points		
In 3's: Passing and receiving in triangles. Groups of three form a triangle, one ball. Players pass 2-touch around triangle. 7-10 yards away. <i>Time: 10 min.</i>		Receiving with the back foot so that the body is facing the triangle. Receive with toes above ankle, ankle locked, cushion the ball. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Pass/Trap/Shot 5 in a Row: A) Player A passes ball across to Player B who traps and shoots for five shots in a row. B) Player B has back to goal, Player A passes ball to B who receives with back foot and shoots, 5 in a row. C) Player A plays to B who plays back to A. A touches ball to either side and shoots. D) Player A plays square ball Player B touches and shoots. <i>Time: 15 min.</i>		Good technique (stated above) when receiving the ball. First touch sets up the player for the shot, try to trap and shoot as fast as possible, but stay relaxed and use good technique! Everything is 2-touch.		
Exercise #3	Organization	Coaching Points		
Patterns w/Shot: Coach can change patterns, be sure to perform the same pattern going the opposite direction. Keep it simple. <i>Time: 20 min.</i>		Player A plays ball across to B, B performs a wall pass with C. B shoots ball on goal, C turns to follow the shot and look for a rebound. Next, A plays to B who plays to C, C plays through ball to A, who collects and shoots. Look for good receiving techniques, everything is 2-touch.		
Exercise #4	Organization	Coaching Points		
5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 30 min.</i>		Coaching is minimal. Fun and competitive.		



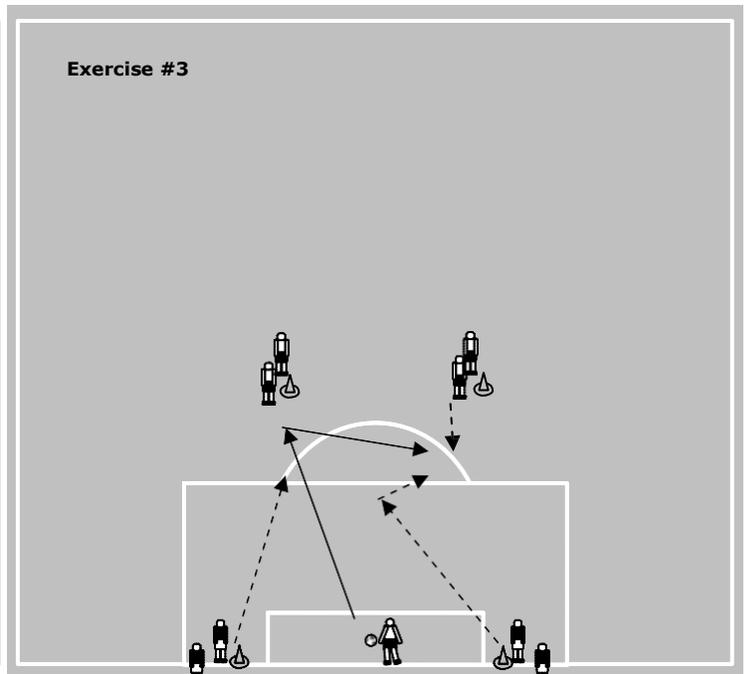
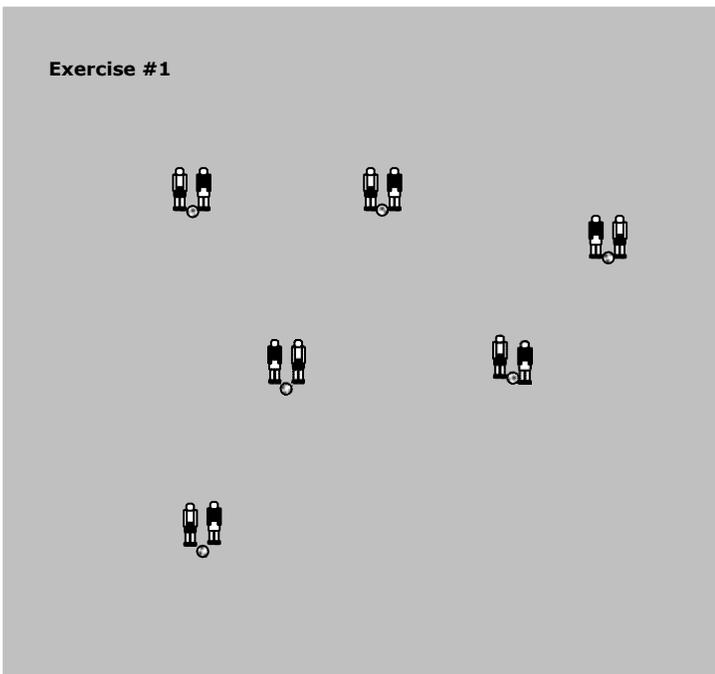
Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION

U10 CHALLENGING SESSION (TACKLING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Tackling	U10	Bantam	U10F
Exercise #1	Organization	Coaching Points		
<p>Standing block: In groups of two, one ball. Players stand facing each other, ball directly underneath the two of them. At the same, after counting 1, 2, 3 the two players will "tackle" (hit) the ball. <i>Time: 10 min.</i></p>		<p>Right foot to right foot and left foot to left foot. "Tackle" with the inside of the foot, ankle is locked, legs are bent but flexed (strong). Command from the coach is "1, 2, 3, hit". After the players hit the ball, they stop. Work both feet. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>1v1 GK's One Goal: Half the team line up 22 yards from goal (attackers). The other half is lined up beside the goal without a ball (defenders). Attackers dribble towards goal, defenders run out to meet them. Defender tries to keep attacker from shooting. Play is over when def. wins ball or ball goes out. <i>Time: 15 min.</i></p>		<p>Don't let the attacker shoot, go win the ball, stay "goal side", keep your feet moving. When a player does tackle, stress the technique stated above. This is a difficult skill to learn, be patient and encourage them.</p>		
Exercise #3	Organization	Coaching Points		
<p>2v2 GK's One Goal: Half the team form 2 lines 25 yards from goal, the other half form two lines next to the goal. Goal keeper rolls ball out to attackers, two defenders go defend them. <i>Time: 15 min.</i></p>		<p>Don't let the attackers get a shot off. Do not over commit or "dive in." When the ball is away from the attacker's foot, defenders should tackle. Keep your feet moving.</p>		
Exercise #4	Organization	Coaching Points		
<p>5v5 w/ GK's: (see pg 34; doc. 310 133) <i>Time: 35 min.</i></p>		<p>Coaching is minimal. Fun and competitive.</p>		



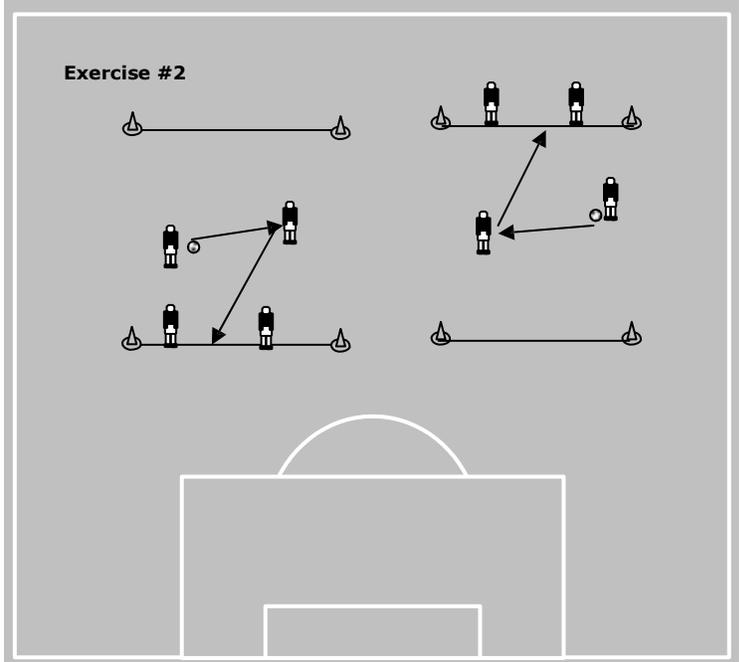
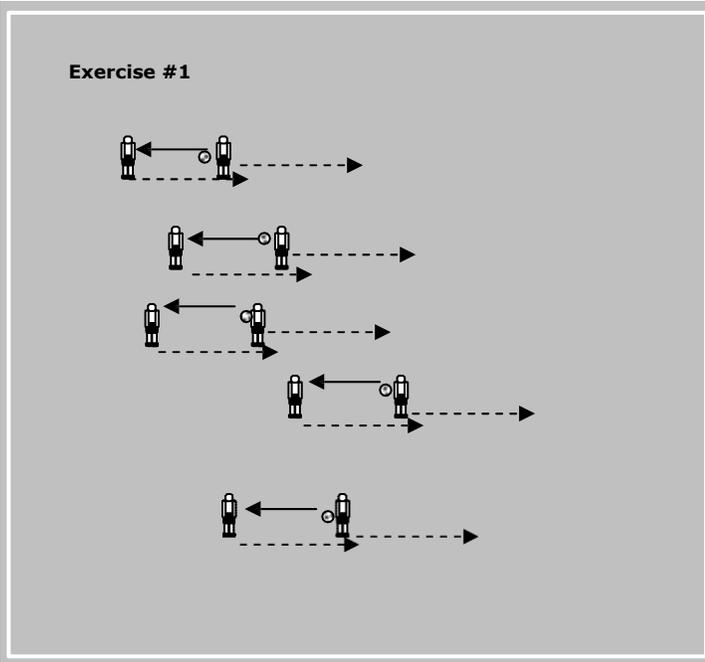
Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION

U10 HEADING SESSION (HEADING TO GOAL)

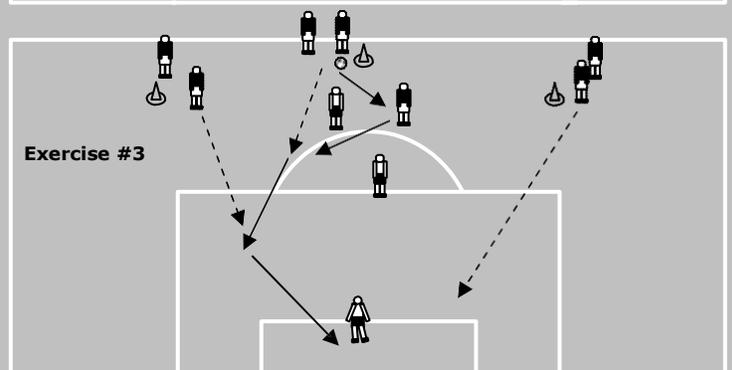
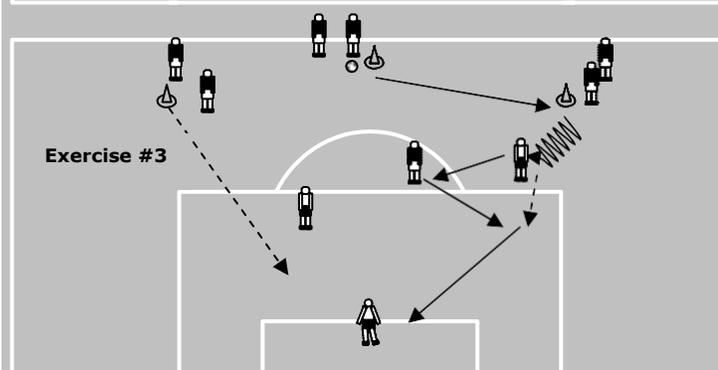
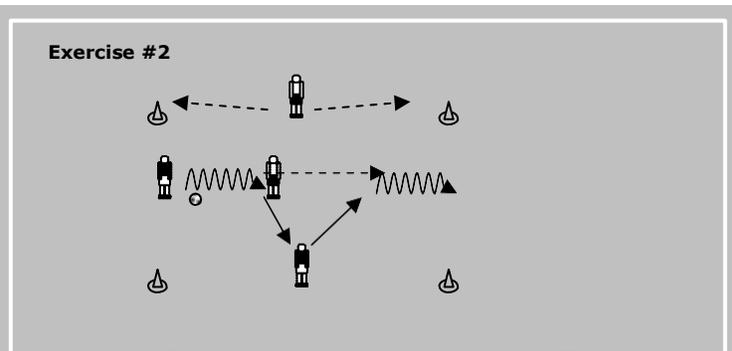
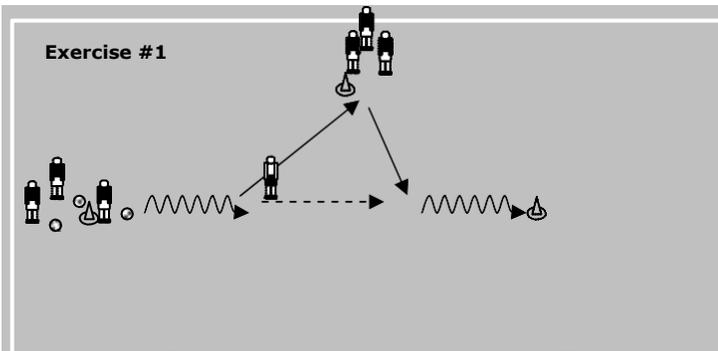
CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Heading to Goal	U10	Bantam	U10G
Exercise #1	Organization	Coaching Points		
<p>In Two's Brazil: All Body Parts: Player tosses ball to partner's right foot who plays ball back in the air with inside of foot. Then the pair moves backward and repeats, 10 reps. each foot for each player then change surface. Next, toss to head. Next, 2-touch - thigh, play back with foot. Chest back with foot. <i>Time: 10 min.</i></p>		<p>Focusing on heading. Keep eyes open, use forehead, run forward to attack the ball, bend at midsection, firm neck. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>2v2 Competition for Scoring in a Small Goal: In a grid 5x7 yards, the team not in possession of the ball are goalkeepers and must stand on the end-line. Team with the ball are free to move anywhere they choose. Player picks ball up with hands and tosses to partner who tries to head ball past the GK's for a point. If a goal is scored or saved, players reverse roles quickly, 3 minute games. <i>Time: 10 min.</i></p>		<p>Make it a competition. Same coaching points as stated above. Notice players who are heading with good technique and praise them.</p>		
Exercise #3	Organization	Coaching Points		
<p>Light Punt: In groups of 2, 1 ball, players 10 yards away from each other. One partner lightly punts ball to the head of the partner (toss ball if they cannot punt) who heads it back to partner. 10 reps. and switch. <i>Time: 10 min.</i></p>		<p>Get body underneath the ball. Try to direct ball back to partner with forehead. Use legs to try to propel ball back to partner. Same coaching points as above.</p>		
Exercise #4	Organization	Coaching Points		
<p>5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 45 min.</i></p>		<p>Minimal coaching. Competition and fun.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U10 ATTACKING SESSION (WALL PASS)

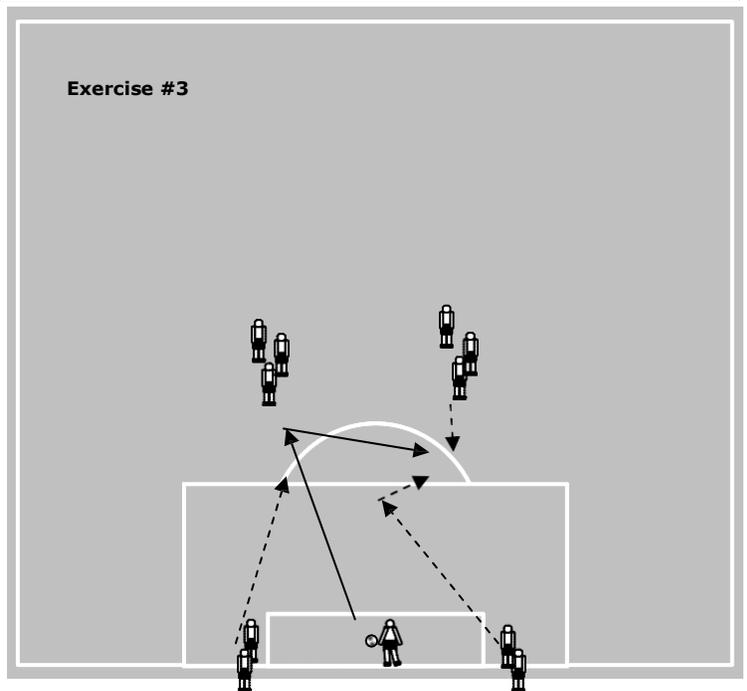
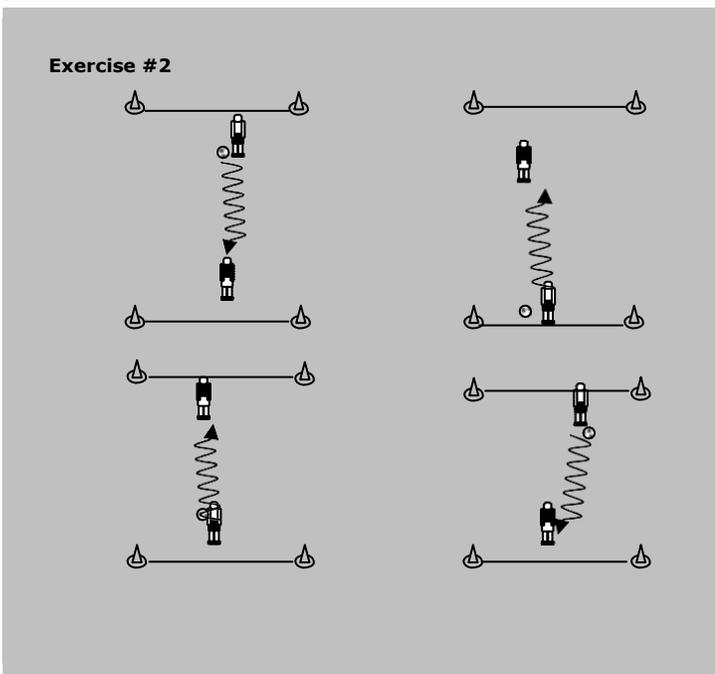
CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Wall Pass	U10	Bantam	U10H
Exercise #1	Organization	Coaching Points		
<p>Wall Pass: Players form 2 lines (no more than 3 player per line) as shown, 12 yards apart. 1 PASSIVE defender (does not move, does not try to steal ball) stands 6 yards from the ball. Player dribbles towards def., when he gets close to def., player passes to "bumper" in the other line and runs behind def. to meet the return pass. Dribble fast to cone. <i>Time: 15 min.</i></p>		<p>Attacker must dribble to get def. to commit before passing to partner. Attacker must accelerate behind def. after playing the ball. "Bumper" must open body to the field and play ball with the "back foot" (in this example, the left foot.) As players get comfortable with this, attackers try to disguise the pass to the "bumper." Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>Wall w/2 "bumpers": 1v1 in grid 10x15 yards with 2 neutral "bumpers" who must stay on sidelines. Objective is for attacking player to use the "bumpers" to create a wall pass to get behind def. Point is scored when the ball is stopped on the end line. <i>Time: 10 min.</i></p>		<p>Same coaching points as above apply. "Bumpers" must move along endline to provide a good angle for the attacker to pass them the ball. 2 touch limit for "bumpers."</p>		
Exercise #3	Organization	Coaching Points		
<p>4v2 Going to Goal: 3 lines start 25 yards from goal as shown. 1 attacker starts at top of penalty box. 2 defenders. Play starts with a pass from center attacker to wide attacker. Look to play wall pass with another attacker and get shot on goal. <i>Time: 15 min.</i></p>		<p>Same coaching points as above. Do not require that they play a wall pass in order to score. Let them choose the method of attack but encourage wall pass if the opportunity is present (2 v 1).</p>		
Exercise #4	Organization	Coaching Points		
<p>5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 35 min.</i></p>		<p>Competitive and fun. Coaching is minimal, praise wall passing when it occurs.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U10 DEFENDING SESSION (DELAYING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Delaying	U10	Bantam	U10I
Exercise #1	Organization	Coaching Points		
In 2's; 1v1 Passive: In grids 7x12 yards players play 1v1 line soccer but defenders are passive. No tackling. When attacker gets to end line, switch roles. <i>Time: 10 min.</i>		Players practice delaying the attacker. Stay "goal side" (in this case in between the end line and the ball). Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
1v1 Line Soccer: In grids 7x12 yards, players play 1v1 line soccer. Points are scored by stopping the ball on the end line. 2-3 minute games; make it a competition. <i>Time: 15 min.</i>		(see pg. 49; doc. 310 146) Defender must be patient. This is difficult for young players, encourage them, tell them they are great.		
Exercise #3	Organization	Coaching Points		
2v2 GK's: Half the team form 2 lines 25 yards from goal, the other half form two lines next to the goal. Goal keeper rolls ball out to attackers, two defenders go defend them. <i>Time: 15 min.</i>		Don't let the attackers get a shot off. Do not over commit or "dive in." When the ball is away from the attacker's foot, defenders should tackle. Keep feet moving.		
Exercise #4	Organization	Coaching Points		
5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 35 min.</i>		Coaching is minimal. Fun and competitive.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION