



# U10

**1-2 Practices a week**

**50 - 60 minutes**

**Short activities with quick transitions - no more than 10 - 15 minutes on an activity**

*50% of time should be individual skills; 50% focused on small-sided games*

<b>Priorities:</b>	<b>Reinforce U8 Priorities</b>	<b>Attacking and defending in pairs</b>
	<b>Passing and receiving player combinations</b>	<b>Shooting</b>
	<b>Basic Goalkeeping</b>	<b>Small Sided games (3v3 &amp; 4v4)</b>

## Skills to introduce

	<b>Physical Literacy Skills</b>	
Speed - Explosive first step	Sprinting Technique	
	<b>Dribbling Skills</b>	
	Receiving - Chest	
	<b>Passing</b>	
Pass and Receive up to 12 yards	Ground - instep (outside of foot)	
	<b>Shooting</b>	
Half Volley	Volley	
	<b>Goalkeeping</b>	
Positioning	Catching Techniques	
	<b>Attacking Principles and Techniques</b>	
support with and without the ball attacking in small groups (3s & 4s)	transition play communication	finishing Positional Play
	<b>Defensive Principles and Techniques</b>	
Pressure and cover (2v1 & 2v2) Positional Play	Recovery Communication	Transition play
	<b>Concepts of the Game</b>	
Set Plays	Advantage	Free kicks - indirect