



TRAINING SESSIONS
10U

U10

Development of Skill and Small Group Tactics

COACH:

Coach must be enthusiastic and passionate. Must have the ability to demonstrate. Must be keen and sensitive as well as enjoy children. The coach must seek soccer education. Must respect the game and all who are involved with it. Focus on development rather than the result. Know more soccer rules.

TECHNIQUE:

Continued development on individual technique. Ball juggling. All players must have a ball. Control and receiving as well as passing skills should be heavily emphasized. Continued work on shooting. Activities must include lots of repetitions. Teach Goalkeeping skills. 75% of practice should be on technique. Encourage mastery of the ball. Left and right foot with everything.

TACTICS:

Build on small group activities like 2v1, 2v2, 2v3, 3v3-both offensively and defensively. Teach some positional responsibilities but don't spend a lot of time on it. Continue to rotate players in positions. Learn depth and cover as well as width. Teach throw-ins. Encourage flair and risk taking.

PHYSICAL:

Introduce stretching and cool downs. They need full rest periods and plenty of water breaks. Players are becoming stronger and faster. Prone to over heating and heat related injury. Players gaining better control over their bodies.

MENTAL:

Recognizes basic concepts of time and space but not always certain why. Their focus is on "me" and the "team." Still in need of positive reinforcement. Want to belong to a group. Enjoy friends. Adults outside of the family are accepted. They will blame others. They are more sensitive and serious about playing. Feelings get hurt easily.

NWSC U10 - Session 7

Topic: Defending 7v3:

(1 Hour minutes)

Coaching Points:

- *First Defender* - Immediate pressure by closest player to the attacker with the ball.
- *Second Defender* - Support Position of the 2nd defender is between the ball and the goal on the inside of the 1st defender.
- *Third Defender* - Everyone else balances by concentrating players to the middle of the field.
- *Anticipation Speed* – The ability to predict what will happen gained by playing experience.

Warm up: (15 minutes)

- *Toe Taps* - Dance 10 times using both feet on top of stopped ball and dribble.
- *Foundation* - Move ball between legs using inside of feet only.
- *Outside / Inside* – Dribble using outside, inside, outside, inside of foot.
- *Sole of Foot Pull* - Pull ball back between legs using bottom of foot.
- *Heel of Foot Pull* - Pull back between legs using heel of foot.
- *Step-on Roll* - Put foot on top of ball and roll ball.
- *Cut* - Cut ball with foot behind body.
- *Push, Stop, Push* - Dribble, stop ball with bottom of foot, repeat, etc.
- *Step Over* - Cross leg over ball and kick with outside of foot.

Match Related: (45 minutes)

- *1v1 Circle Drill* – In a circle players numbered 1 to 5 (10 players) with 3 balls, call out a number and 2 players play for 30 seconds to one minute passing and defending. (25 minutes)
- *7v3* - Attackers pass the ball from side to side and attack with goalkeeper, switch defenders often. (20 minutes)

Match Condition: (5 minutes)

- *Scrimmage.*

NWSC U10 - Session 8

Topic: Defending 7v3:

(1 Hour 15 minutes)

Coaching Points:

- *First Defender* - Immediate pressure by closest player to the attacker with the ball.
- *Second Defender* - Support Position of the 2nd defender is between the ball and the goal on the inside of the 1st defender.
- *Third Defender* - Everyone else balances by concentrating players to the middle of the field.
- *Anticipation Speed* – The ability to predict what will happen gained by playing experience.

Warm up: - (15 minutes)

- *Toe Taps* - Dance 10 times using both feet on top of stopped ball and dribble.
- *Foundation* - Move ball between legs using inside of feet only.
- *Outside / Inside* – Dribble using outside, inside, outside, inside of foot.
- *Sole of Foot Pull* - Pull ball back between legs using bottom of foot.
- *Heel of Foot Pull* - Pull back between legs using heel of foot.
- *Step-on Roll* - Put foot on top of ball and roll ball.
- *Cut* - Cut ball with foot behind body.
- *Push, Stop, Push* - Dribble, stop ball with bottom of foot, repeat, etc.
- *Step Over* - Cross leg over ball and kick with outside of foot.

Match Related: (45 minutes)

- *5v3 and 2v1* - Pass interception by reading the game and anticipation passing options to defend, 2 or 3 touches with the ball (switch defenders often). (25 minutes)
- *7v3* - Attackers pass the ball from side to side with goalkeeper (switch defenders often). (20 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 9

Topic: Corner Kicks:

(1 Hour 15 minutes)

Coaching Points:

- *Corner Kicks* - Keeper keep your position and hold it until the ball is in play, attacking team makes run at goal, defending team plays “mark” position.

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *One crosser, 2 attackers, and goalkeeper.* (10 minutes)
- *One crosser, 2 attackers, 1 defender and goalkeeper.* (10 minutes)
- *One crosser, 2 attackers, 2 defenders and goalkeeper.* (10 minutes)
- *One crosser, 2 attackers, 3 defenders and goalkeeper.* (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 10

Topic: Goal Kicks:

(1 Hour 15 minutes)

Coaching Points:

- *The Goal Kick* - Can be anywhere in the penalty box area, all opposing players must be outside of the penalty area, no second touch by the kicker, ball must leave the penalty box area attacking team use space and width, defending team “mark.”

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *Creative Dashes* – Set two sets of cones 10 –15 yards apart, separate team into 2 lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice, and then use a ball. (15 minutes)
- *6v3* - Practice goal kicks and receiving and moving the ball down the pitch. (30 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

Ladder Drills: (15 minutes)

NWSC U10 - Session 11

Topic: Group Attack / Space and Width:

(1 Hour 15 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *4v2 and 4v1* – 10x 10 grid, with defender(s) in the middle. (20 minutes)
- *7v4* – 25x 25grid with 4 defenders. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 12

Topic: Group Attack / Space and Width:

(1 Hour 15 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *4v2 and 4v1* – 10x 10 grid, with defender(s) in the middle. (20 minutes)
- *7v4* – 25x 25grid with 4 defenders. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 13

Topic: Finishing:

(1 Hour 15 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Fundamental* - Practice from 8-yard line (use 3 goals). (10 minutes)
- *2-touches/1 touch* – With goalkeeper. (10 minutes)
- *1v1* - Starting at opposite ends of field with goalkeeper. (10 minutes)
- *1v1* - Defenders start from side of field with goalkeeper. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

NWSC U10 - Session 14

Topic: Finishing / Turns:

(1 Hour 15 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *2-touches/1 touch* – With goalkeeper. (10 minutes)
- *1v0* – Starting at end line receive pass, turn and finish, with goalkeeper. (10 minutes)
- *1v1* - Starting at end line receive pass, turn and finish, with goalkeeper. (10 minutes)
- *2v1* - Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 15

Topic: Finishing / Fast Break:

(1 Hour 15 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- *Improving Speed With The Ball* – Action speed with the ball.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Volley Shots* - At goal with each foot. (15 minutes)
- *2v1* - With goalkeeper. (15 minutes)
- *3v2* – With goalkeeper (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 16

Topic: Short Passing / Wall Pass:

(1 Hour 15 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- *Improving Speed With The Ball* – Action speed with the ball.

Passing builds on the following:

- Use the entire foot (inside, laces, outside).
- Look up while dribbling (look up).
- Control the ball (control).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *In Two's Between Cones* – Passing using inside, laces, and outside of foot. (5 minutes)
- *Triangle* – In groups of 3, dribble and pass, maintaining eye contact and movement. (10 minutes)
- *2v0* – Wall pass with goalkeeper. (15 minutes)
- *2v1* – Wall pass with goalkeeper and defender. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 17

Topic: Short Passing / Wall Pass:

(1 Hour 15 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- *Improving Speed With The Ball* – Action speed with the ball.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Triangle* – In groups of 3, dribble and pass, maintaining eye contact and movement. (10 minutes)
- *Short Pass / Long Pass* – In line of 3, pass to middle player, who passes back, then long pass to 3rd player, repeat other way, changing middle player often. (10 minutes)
- *Short Pass / Wall Pass* – In line of 3, 1st player pass to middle player, who wall passes back, to 2nd player who makes run and passes to 3rd player, repeat other way, changing middle player often. (10 minutes)
- *4v1 and 4v2* – On 10 x 20-yard grid, attackers limited to 2 or 3 touches, shift area of play, switch defenders. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

NWSC U10 - Session 18

Topic: Long Passing:

(1 Hour 15 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate using laces. (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- *Improving Speed With The Ball* – Action speed with the ball.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *Partner Long Passes* – Pair up into partners and pass to each other moving in and between the other players (space and movement). (5 minutes)
- *Long Pass in 3's* – Between 2 cones, two players pass to each other with defender in the middle. (10 minutes)
- *4v4v3 Long Pass* – In 2 grids, begin with 1 middle defender putting pressure, move to 2 defenders putting pressure. (15 minutes)
- *4v3 and 3v1* – On 20 x 20-yard grid, attackers limited to 2 or 3 touches, shift area of play. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 19

Topic: Long Passing:

(1 Hour 15 minutes)

Coaching Points:

- Plant your foot (plant).
- Pass to the front of your teammate using laces. (space).
- Good pace on the ball (pace, speed, accuracy, and timing).
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *Partner Long Passes* – Pair up into partners and pass to each other moving in and between the other players (space and movement). (10 minutes)
- *Long Pass in 3's* – Between 2 cones, two players pass to each other with goalkeeper in the middle. (10 minutes)
- *4v3+4* – On 25 x 25-yard grid, attackers limited to 2 or 3 touches, shift area of play, with 4 target players. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 20

Topic: Group Attack – Penetration:

(1 Hour 15 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.

Warm up: (10 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *2v1* - Defender runs from trailing side of pitch with keeper. (15 minutes)
- *4v3+4* - With 4 target players at each end of the pitch to receive pass and attack. (15 minutes)
- *4v3+4* – With 1 target player on all 4 sides of perimeter. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 21

Topic: Group Attack – Penetration:

(1 Hour 15 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *3v3+1+4* – 35x35-grid, 1 attacker with 4-end zone players to help with pressure. (20 minutes)
- *3v3+1+4* - 35x35 grid, 1 attacker, support players on all 4 sides. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 22

Topic: Group Attack – Penetration:

(1 Hour 15 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *4v1 and 4v2* – 4 players in a square, 1 or 2 defenders in the middle, 1 or 2-touch, switch when defender steals ball. (20 minutes)
- *2v2+1 and 3v2 +1* - With target player in middle grid, award points when pass to target players. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 23

Topic: Group Attack – Possession:

(1 Hour 15 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent. (5 minutes)
- *Pressure* - With opponent. (5 minutes)

Match Related: (45 minutes)

- *4v4v3* – 3 teams, 1 team defends and 2 teams attack, when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders.

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 24

Topic: Group Attack – Possession:

(1 Hour 15 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

Match Related: (45 minutes)

- *4v2 and 4v1* – 4 attackers try to keep the ball away from defenders. Rotate players. (20 minutes)
- *5v2 and 3v1* – Work on consecutive passes and switch defenders often. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 25

Topic: Passing – Crossing:

(1 Hour 15 minutes)

Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *1v0* - No defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *1v1* - With crosser, light pressure, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *2v1* - With crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 26

Topic: Passing – Crossing:

(1 Hour 15 minutes)

Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).

Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Match Related: (45 minutes)

- *1v0* - No defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (20 minutes)
- *2v1* – 1st attacker passes to crosser, 2nd attacker from side, practice both sides of pitch. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 27

Topic: Receiving the Ball:

(1 Hour 15 minutes)

Coaching Points:

- Always be moving.
- Angle and lock your foot in the direction you want to go.
- Place the ball three feet in front of you.
- Demonstrate movement, angle the foot in the direction you want to go, lock the foot, receive the ball, and place the ball three feet in front of you.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *2 Players* - Pass and receive using one foot then the other. (15 minutes)
- *In Two's Between Cones (2 sets, 4 players)* – Receive ball with inside, laces, and outside of foot, pass the ball back, and run to opposite cone. How many passes can each team successfully make? (15 minutes)
- *4v2 and 4v1* – 4 players in square, defenders in the middle, pass, 1 or 2-touches, switch when defender steals ball. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 28

Topic: Receiving the Ball:

(1 Hour 15 minutes)

Coaching Points:

- Always be moving.
- Angle and lock your foot in the direction you want to go.
- Place the ball three feet in front of you.
- Demonstrate movement, angle the foot in the direction you want to go, lock the foot, receive the ball, and place the ball three feet in front of you.

Warm up: (15 minutes)

- *Circle Drill* – ½ of team with ball dribble and pass to other players in circle (center circle) switching being in the center. Passer runs around receiver and receives a wall pass.

Match Related: (45 minutes)

- *3 Player Line Passes* – Player in middle receives pass with one foot, turns and passes to other player with opposite foot. (15 minutes)
- *6v5* – Teams shoot at 4 goals. (30 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 29

Topic: Receiving the Ball:

(1 Hour 15 minutes)

Coaching Points:

- Always be moving.
- Angle and lock your foot in the direction you want to go.
- Place the ball three feet in front of you.
- Demonstrate movement, angle the foot in the direction you want to go, lock the foot, receive the ball, and place the ball three feet in front of you.

Warm up: (15 minutes)

- *1v1 Circle Drill* – 1v1 in center circle for 30 seconds.

Match Related: (45 minutes)

- *Lob Drill* – 1 player lobs ball to 2nd player who practices receiving it and then makes move. (15 minutes)
- *Lob Drill Passive Defender* - 1 player lobs ball to 2nd player who practices receiving it and then makes move with passive defender. (15 minutes)
- *4v4+1* – 1 player always-on offense, with 2 keepers. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 30

Topic: Receiving the Ball:

(1 Hour 15 minutes)

Coaching Points:

- Always be moving.
- Angle and lock your foot in the direction you want to go.
- Place the ball three feet in front of you.
- Demonstrate movement, angle the foot in the direction you want to go, lock the foot, receive the ball, and place the ball three feet in front of you.

Warm up: (15 minutes)

- *1v1 Circle Drill* – 1v1 in center circle for 30 seconds.

Match Related: (45 minutes)

- *3v1* – In corners of pitch how many consecutive passes. (15 minutes)
- *2v2* - In penalty area with keeper. (15 minutes)
- *4v3+4* – With 4 perimeter players. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 31

Topic: One v. One - Top Gun:

(1 Hour 15 minutes)

Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Conditioning* – Speed and endurance.

Warm-Up: (15 minutes)

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.
- *Thigh* - Throw the ball up in the air, trap the ball with your knee, settle the ball to your feet, and move off quickly, repeat.
- *Chest* - Throw the ball up in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly, repeat.
- *Head* - Throw the ball up in the air, trap the ball with your head, settle the ball to your feet, and move off quickly, repeat.

Match Related: (45 minutes)

- *1v1* – One player standing on the 6 yard line serves a long ball to a player standing at the midfield strip, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (20 minutes)
- *1v1* – One player standing on the end line serves a ball to a player standing at the 18-yard line, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

NWSC U10 - Session 32

Topic: One v. One - Bogies In The Sky:

(1 Hour 15 minutes)

Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Back to Pressure* – Control the pressure, shield the ball, turn, face, challenge, and beat the defender.
- *Conditioning* – Speed and endurance.

Warm up: (15 minutes)

- *Toe Taps* - Dance 10 times using both feet on top of stopped ball and dribble.
- *Foundation* - Move ball between legs using inside of feet only.
- *Outside / Inside* – Dribble using outside, inside, outside, inside of foot.
- *Sole of Foot Pull* - Pull ball back between legs using bottom of foot.
- *Heel of Foot Pull* - Pull back between legs using heel of foot.
- *Step-on Roll* - Put foot on top of ball and roll ball.
- *Cut* - Cut ball with foot behind body.
- *Push, Stop, Push* - Dribble, stop ball with bottom of foot, repeat, etc.
- *Step Over* - Cross leg over ball and kick with outside of foot.

Match Related: (45 minutes)

- *Bogies In The Sky 1v 1* – The server is 35 yards from the goal, the attacker checks off one goalpost while the defender checks off the other, the attacker's objective is to face the defender, beat her, and finish, use goalkeeper. (20 minutes)
- *Bogies In The Sky 1v 1* – Attacker plays with a defender on her back inside the penalty box, alternate to the flanks, use goalkeeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

NWSC U10 - Session 33

Topic: Finishing – Three-Tier Shooting:

(1 Hour 15 minutes)

Coaching Points:

- *Dribbling* – Use quick touches to improve technical speed.
- *Finishing* - Place the non-kicking foot alongside the ball, 8-10 inches to the side (foot by ball), strike the ball with the laces (laces), look at the ball, lean forward, and drive the ball (look, lean, and drive).

Warm up: (15 minutes)

- *Technical Speed* - 2 cones 15 yards apart, 4 stations with 3 players, use inside and outside of both feet for figure 8's around cones, dribble up then dribble backwards, step-overs, rivolinos, rolls, and passes, make it competitive with races.

Match Related: (45 minutes)

- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *2v2 Games to Goal* – 3 small and 1 large goal games, switch partners and fields every 5 minutes. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 34

Topic: Finishing - 1v1 Shooting:

(1 Hour 15 minutes)

Coaching Points:

- *Finishing* - Practice long range shooting (look, lean, and drive).
- Encourage players to focus on shooting the ball from long range.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *1v1 Shooting* – A pair of goals is 36 yards apart, the attacking player can only shoot anywhere inside her own 18 yard box, 3 minutes per pair, have 1v1 games to small goals at 3 other stations, rotate players. (20 minutes)
- *6v6 Shooting* - A pair of goals is 36 yards apart, the attacking players can only shoot anywhere inside their own 18 yard box. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

NWSC U10 - Session 35

Topic: Finishing / Turns:

(1 Hour 15 minutes)

Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *1v0* – Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)
- *1v1* - Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)
- *2v1* - Starting at end line receive pass, turn and finish, with goalkeeper. (15 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 36

Topic: Group Attack / Space and Width:

(1 Hour 15 minutes)

Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

Warm Up: (15 minutes)

- *Cats and Dogs* – 2 cones 10 yards apart, 2 players face each other, move laterally changing speeds, 1st to get to cone wins, 2nd time use ball, make movers, and explode to goal. (Reaction Speed)

Match Related: (45 minutes)

- *4v2* – Set up square with defenders in the middle. (20 minutes)
- *6v4* – Rectangle grid with 4 defenders and keeper. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage*.

NWSC U10 - Session 37

Topic: Group Attack – Possession:

(1 Hour 15 minutes)

Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.
- Focus on possession, opening up, penetrating pass, and making runs to for penetration to try and score.

Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent maintain possession with moves, defender does not try and tackle the ball. (5 minutes)
- *Pressure* - With opponent, try and maintain possession defender tries to tackle the ball and then maintain possession. (5 minutes)

Match Related: (45 minutes)

- *4v4v4* – Three teams, one team defends (4 players) and two teams attack (8 players), when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders. (20 minutes)
- *Arena Ball* – Three teams of four each, field is 40x30, two teams are on the field, one team is on the end lines, each team must pass the ball to one of the players on their attacking end line, who must one touch pass back to try and score. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 38

Topic: Dribbling / Possession:

(1 Hour 15 minutes)

Coaching Points:

- Conditioning – Speed and endurance.
- Use the entire foot, especially laces (explode).
- Look up while dribbling (look up).
- Control the ball (control).
- Focus on dribbling to maintain possession, while making moves with the ball.

Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribble and pass to players on the outside of the circle and then make a run to receive it back with a wall pass (pass to teammate with same color penny). (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass, 2 passes, (pass to teammate with same color penny). (5 minutes)
- Inside the circle player's pass to players on the outside who switches places, continuously change places while passing, (pass to teammate with same color penny). (5 minutes)

Match Related: (45 minutes)

- 2v2+2 or 3v3+2 - With 2 target players at each end of the pitch to receive pass and attack. (20 minutes)
- 4v4+4 – With target players on all 4 sides of perimeter. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 39

Topic: Overall Review:

(1 Hour 15 minutes)

Coaching Points:

- Always be looking –up and see the field, other players, and try to envision what is going to happen.
- Control the ball dribbling, passing, receiving, finishing or defending.
- Always be moving into space with or without the ball.
- Execute the move or play.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *4v2 and 4v1* - 6 by 6 square 4 offensive players who move along their side of the square, 1 or 2 defenders in the middle, 2 touches and then 1 touch, player who loses the ball switches with the defender. (20 minutes)
- *4v3 and 2v2* – 15 by 15 square. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*

NWSC U10 - Session 40

Topic: Overall Review:

(1 Hour 15 minutes)

Coaching Points:

- Always be looking –up and see the field, other players, and try to envision what is going to happen.
- Control the ball dribbling, passing, receiving, finishing or defending.
- Always be moving into space with or without the ball.
- Execute the move or play.

Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Starting with the ball to one side, step over or in front so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and stop the ball with the sole of the first foot. Lift leg from inside to outside.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

Match Related: (45 minutes)

- *4v2 and 4v1* - 10 by 10 square 4 offensive players who move along their side of the square, 1 or 2 defenders in the middle, 2 touches and then 1 touch, player who loses the ball switches with the defender. (20 minutes)
- *4v3 and 2v2* – 15 by 15 square. (25 minutes)

Match Condition: (15 minutes)

- *Scrimmage.*