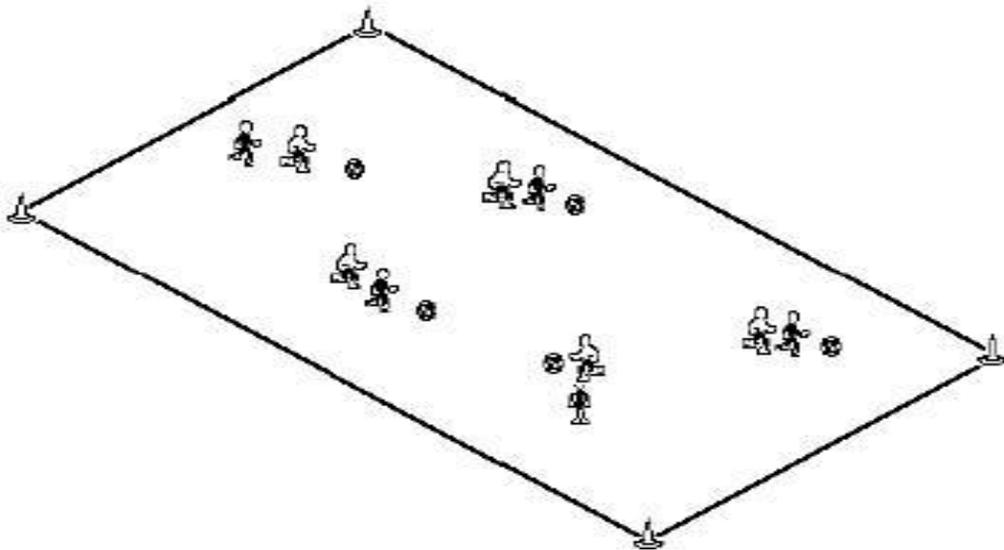


CHESTER SOCCER CLUB U10 PRACTICE SCHEDULE – WEEK 1

1) Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot to turn away from pressure. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot). Coach calls out moves (giving each move the name of a female or male U.S. National Team member is quite effective) or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* Have players work on moves to beat pressure, such as step over, double step over, etc, etc. *Version 3:* 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. Again, the coach can challenge the players by saying “I’m going to pick out two of you to demonstrate for the group.” Then ask the other players to watch the player closest to them. (15 minutes)

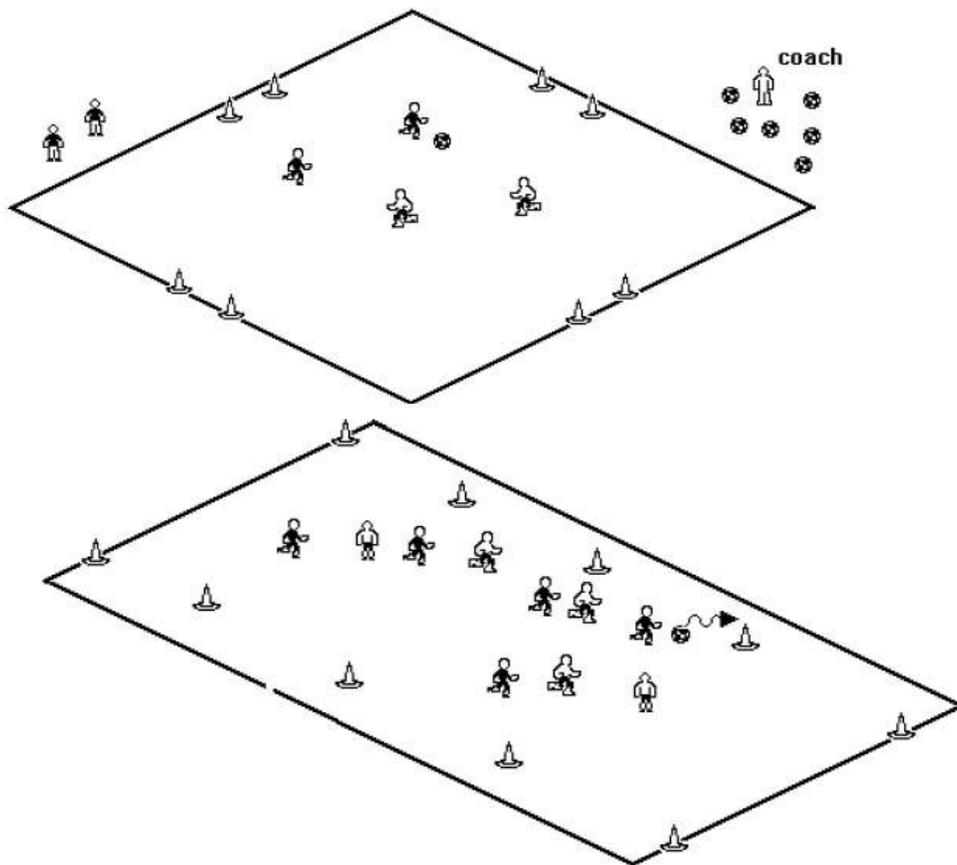
2) Shield-Steal---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (15 minutes)



3) 2 vs. 2 to Four Cross Goals---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yds x 10yds. Have one team of 2 on deck, they come on when a team gets scored on twice. Game is continuous, they must run on immediately. (15 minutes)

4) End Zone Dribbling Game---Team comprised of 4-6 players depending on numbers and space. To score you must dribble into the opponent's end zone while under control (created with discs). Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. (20 minutes)

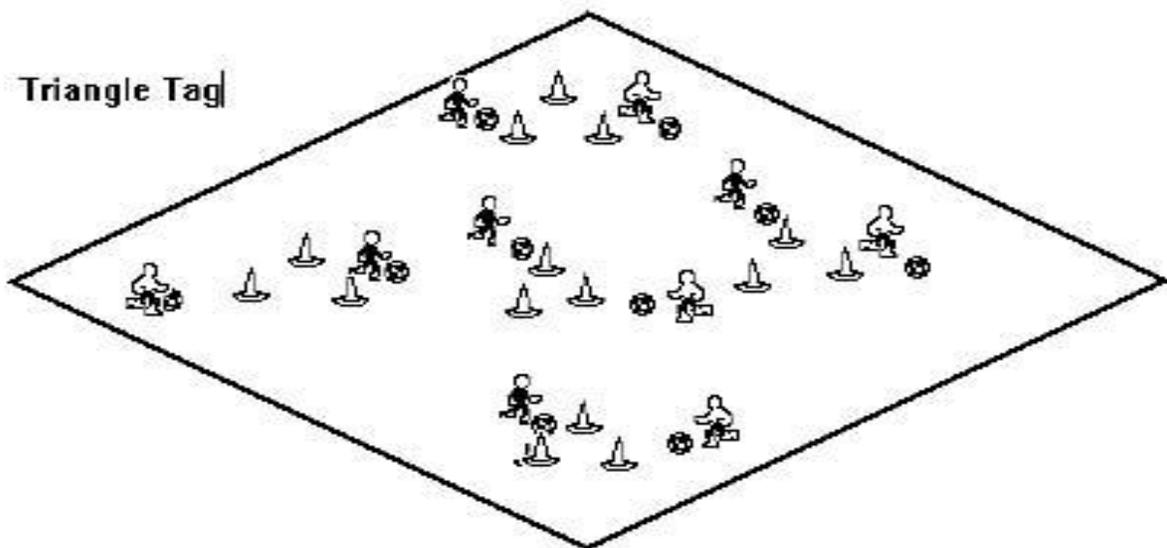
5) 4v4 To Goals---In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 4v4, perhaps stopping the game 1-2 times to highlight good dribbling and opportunities that are there to take people on in the right part of the field. (25 minutes)



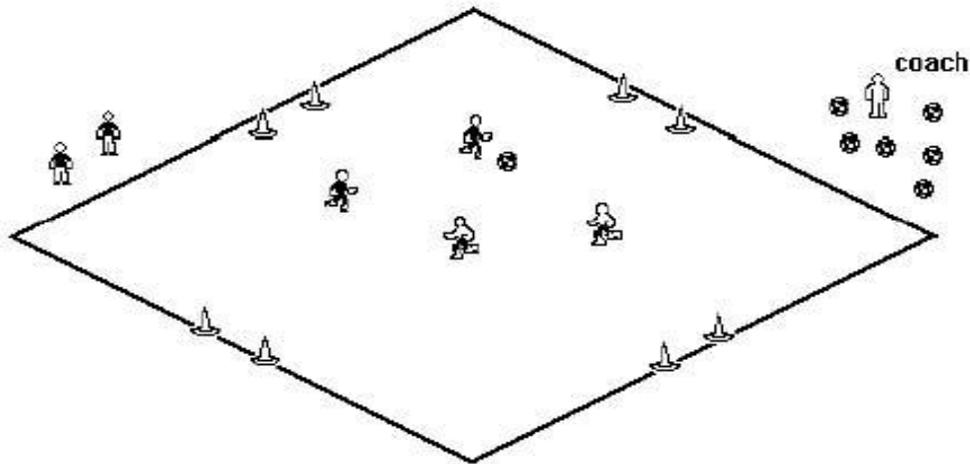
CHESTER SOCCER CLUB U10 PRACTICE SCHEDULE – WEEK 2

1) Ball Tag---In a space about 40yd X 30yd give every player a ball. Each player can pass their ball onto anyone else's ball for one point, and can hit the coach's ball for 3-5 points. *Version 2:* beat your score from last time by two points. *Version 3:* use your weaker foot only to dribble. *Version 4:* Put people in pairs. One person is being chased while other does the chasing. Once the chaser hits the ball of the chassee with their ball, the roles reverse. *Version 5:* make two teams to make more dynamic and see which team has the least chasers at the end. (10 minutes) **2)**

Triangle Tag---Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long. Every triangle has a pair of players, each with a ball. Similar to the game tag, one player is being chased and one is "it". However the player who is "it" tags the player by kicking their ball and hitting the other player's ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their own triangle. Neither player can go through the triangle. *Version 2:* Allow the player being chased to go through the triangle. When in the triangle they are safe. However, after going through triangle, player must go completely around triangle before they can go through triangle again. They cannot stop inside the triangle. *Version 3:* Allow pairs to move from triangle to triangle (incorporates speed dribbling and traffic). Two pairs can be at the same triangle at the same time, but players only compete with their partner still. Note: To increase difficulty, do not count hitting a player below the knee as a tag. (15 minutes)



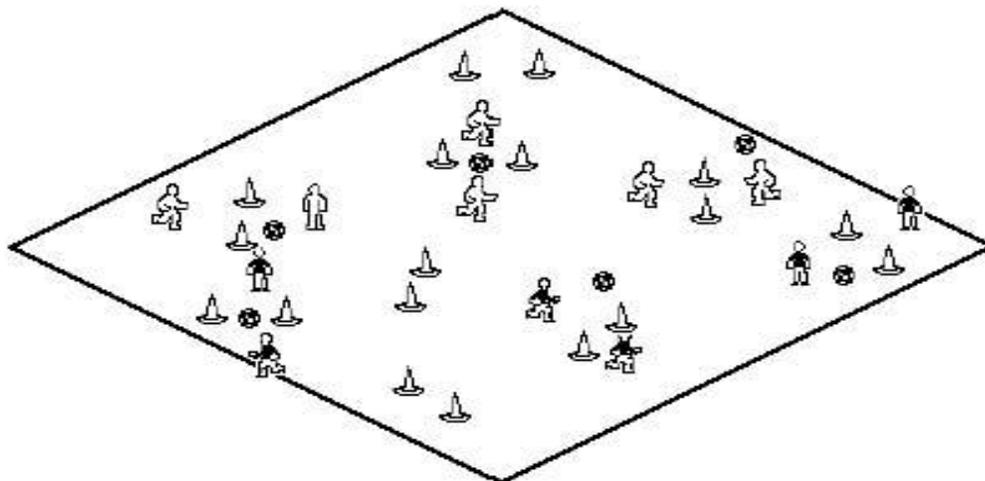
3) 2v2 to Four Cross Goals---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 15yd x 15yd. Have teams of 2 on deck, one pair at each end. They come on when the team defending their “end” gets scored on twice. The team that won that game stays on. Game is continuous, and the new team must run on immediately with a ball. Stress finding open space and attacking it with speed. *Version 2:* force players to be comfortable on the ball by taking a minimum of 4 touches every time they get the ball. (15 minutes)



4) 6 vs. 6 scrimmage game---Regular scrimmage to small goals without goalkeepers (20 minutes)

CHESTER SOCCER CLUB U10 PRACTICE SCHEDULE – WEEK 3

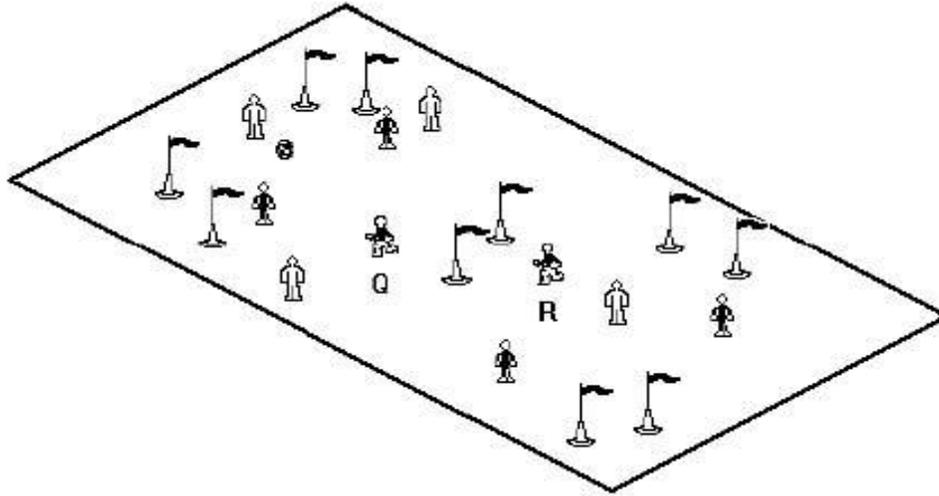
1) Gates Passing---This game will start out as a review of dribbling. Dribble through as many gates as you can in an allotted amount of time. Then, a similar game will be played, where the players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Similar to previous game, have them pass only with their left foot or right foot, or the outside of their foot. They can not go back through the same gate twice in a row. (15 minutes)



2) Piggy in the Middle---In this game, two players are working together by playing two touch around a ball or cone that is placed between them. Each player should be at least 5 yards away from the object in between them. The goal is to have a positive first touch so that the passer can see past the object in the middle and make a pass to their team mate without hitting the ball/cone in the middle. Their team mate then returns the ball in the same fashion with two touches and not hitting the object. The ball can go around either side of the object. Pairs count the number of passes without a mistake to compare to the other pairs. The pair with the highest number of consecutive passes gets to take on the coaches in front of the whole group. (10 minutes)

3) 5 Goal Game---4v4+2 in 25x30 grid. Five 2yard goals are spread out throughout the grid. The plus 2 players are always on the attacking team. The teams score by passing through any of the goals to a teammate. Must receive with inside of foot, then outside, weak foot inside/outside are different expectations that can be put on the players. First team to 10 points wins. Players need to be able to see where the open goals are, and receive with a “picture” of what is around them.

4) 5v5 scrimmage game---Regular scrimmage to small goals without goalkeepers (20 minutes)

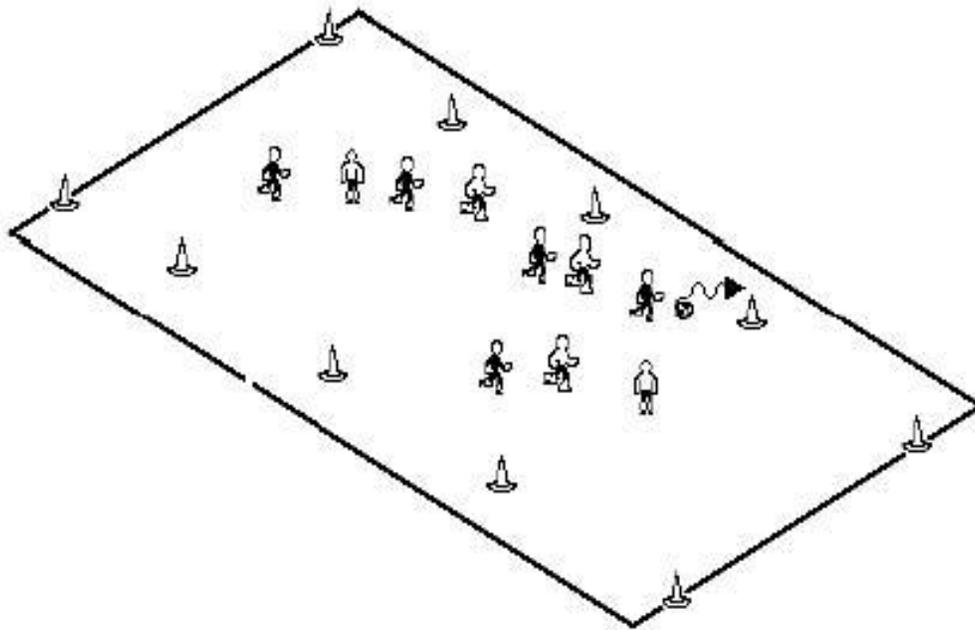


CHESTER SOCCER CLUB U10 PRACTICE SCHEDULE – WEEK 4

1) Two Team Passing Competition---Split your group into two teams, with about 6 players on each team. Create two passing areas side by side that are about 7x7yards each. Both teams place three players outside the grid on opposite sides of the grid (one player behind the next.) The object of the game is to pass the ball using one touch with the inside of the foot only across both lines to a team mate. Then follow your pass, and join the back of your team mate's line. Each successful pass across the grid to a team mate is one point. Play for three minutes and see which team gets the most consecutive passes without a mistake. (10 minutes)

2) Numbered Passing---Number the players on your team and have them move around and pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. Try to add balls to add challenge to the activity. Stress proper passing technique as well as having receiver's show for the ball and communicate. *Version 2:* You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. *Version 3:* As players get comfortable, you can limit their touches to 2 touches. (15 minutes) **3) 4 vs. 4 Endzone Game**---Teams comprised of 4-6 players

depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the endzone until after the ball has been passed. Stress recognizing opportunities and timing of passes. (15 minutes) **4) 4v4 To Goals---**In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 4v4. Perhaps stop 1-2 times to highlight good passing / receiving technique. (20 minutes)

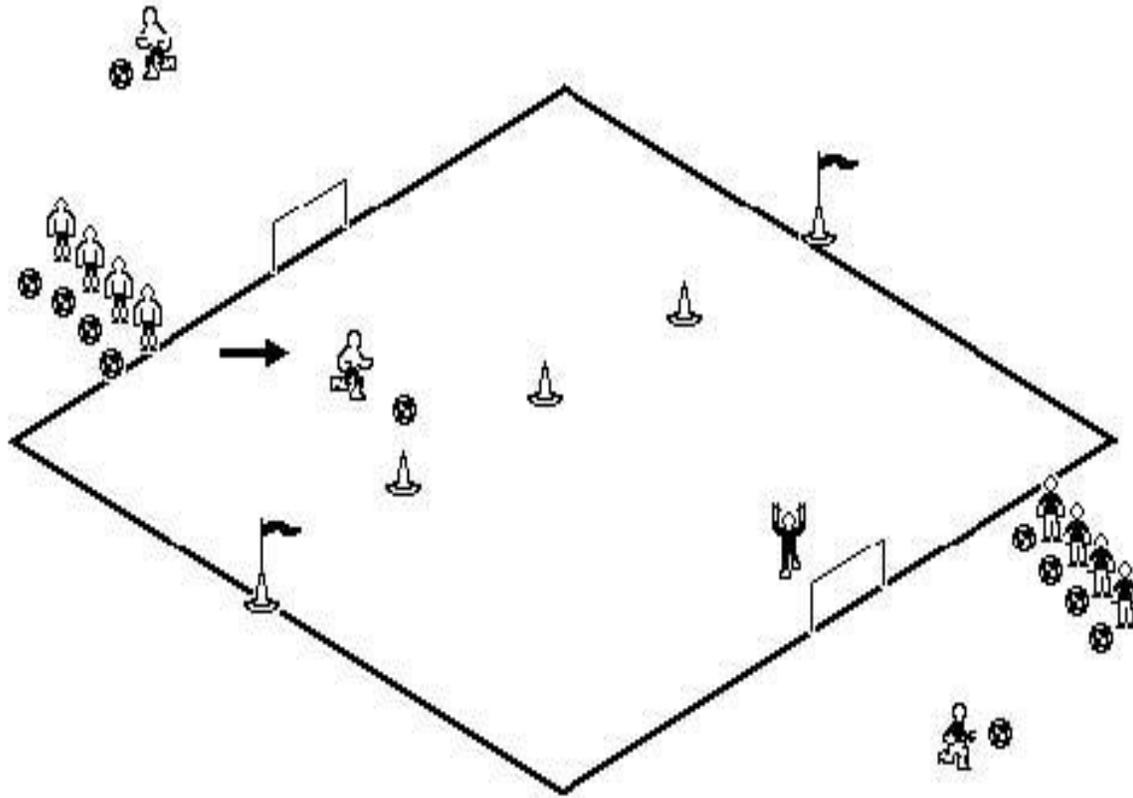


CHESTER SOCCER CLUB U10 PRACTICE SCHEDULE – WEEK 5

1) Free Dribble---Everyone with a ball. Review dribbling with speed (laces/instep dribble). Coach reviews moves to beat players. Matthews (Christine Lilly), Rivaldo (Marin Meinert), Double Lollipop (Jenna Klugel). Make sure that each move has a name. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session. *Version 2:* 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. Again, the coach can challenge the players by saying “I’m going to pick out two of you to demonstrate for the group.” Then ask the other players to watch the player closest to them. (15 minutes)

2) Soccer Shootout---In this game, players are paired up 5-10 yards from a ball that is placed midway between the two of them. Each takes turns at dropping another ball from their own hands, and then shooting the ball (with their instep/laces) onto the ball in the middle. If they hit the ball “on the fly” they get two points. If they hit it on or after the ball has bounced, they get one point. The first player to 10 points wins. If this game is too difficult for them, play the same game but kicking the ball from the ground. Have the winners play the winners etc. (10 minutes)

3) Shoot Keep Retrieve---On a field that is only 20 yards in length, with full size goals, divide your group into two teams. Player P takes their turn to dribble at least one touch, OR all the way to the half way line (10 yards). Player P takes their turn to dribble at least one touch, OR all the way to the half way line. Player P then shoots. Once player P shoots, they become the goalie at their end. Player Q tries to save player P's shot, then retrieves the ball, and goes to the back of their team's line. As soon as player P has shot, player R must take at least one touch, and then can shoot OR dribble to the half way line and shoot at player P, who has now become the keeper in their goal. P retrieves, and joins the end of their line, and Q becomes keeper for the next shooter from P's line. First team to ten goals wins. (15 minutes)



4) 5v5 game---With goalkeepers who rotate every 3-4 minutes. To score players must use their laces/instep, and shoot from 6 yards or more for the goal to count. (20 minutes)