

## Outline of Drills and Info Covered in U-10 Training

### Coaching Techniques (general)

- Coaching Training Sessions
  - o Have a written plan
    - Share with assistant coaches (send out day before)
  - o Get to training early
    - Cones on the field
    - Plan for pre-practice period
  - o Warm Up
  - o Stretching (dynamic, static) Does it prevent injury? Why do it?
  - o Recap of game and key lessons for training session
  - o Skills/exercises/games (that reinforce key lessons)
  - o Half-time
    - Review of lessons, tactical implications, etc.
  - o More skills/exercises/games (that reinforce key lessons)
  - o Scrimmage (designed, if possible, to reinforce key lessons)
  - o Closing comments

### U-10 Field Training:

#### Objectives:

Offense: Maintain Possession, Advance the Ball, Score

Defense: Regain Possession, Delay Opponents, Prevent Scoring

#### Principles:

Offense: Penetrate, Width, Depth, Mobility, Creativity

Defense: Delay, Concentrate, Depth, Balance, Composure

#### Techniques:

#### Objectives

Running

ALL

Instep Kick

Score

Dribbling

Maintain Possession, Advance Ball, Score

Throw in

Advance Ball

Push Pass

Maintain Possession, Advance Ball

Ball Control

Maintain Possession

Tackling                      Regain Possession, Prevent Scoring  
Goal Keeping                      Regain Possession, Prevent Scoring  
*Jockeying*                      *Delay*  
*1<sup>st</sup>/2<sup>nd</sup> Defender*      *Delay, Regain Possession, Prevent Scoring*  
*Find Open Space*      *Maintain possession, Advance Ball, Score*

First Practice = Evaluation and get to know each other

1. Free Play – Let the kids play keep away while you watch the effort and take notes.
2. Running – Do Run, March, Skip, Skip with hop, backwards, backwards drop 2 hand touch, sideways, sideways with push off,
3. Touch & Vision: Do Toe taps, Do In-betweens – facing each other. Look at each other's waists. Do toe taps, in between with ball in peripheral vision. Then do red/green lights.
4. Lunges left, right...sell them!(defenders look at you, not ball), Back moves, Turn arounds.
5. Name game...pass, pass and follow, throw (continue to evaluate)

Dribbling Technique Demonstration SAY SHOW DO REVIEW

1. Eyes Ahead
2. Ball close to body
3. Use both feet
4. Use inside and outside of feet
5. Ability to change directions quickly

Dribbling Drills

- a) Dribble through cones: Both feet. Right foot inside, outside. Left foot inside, outside. Progression: Relays, Coach signals with hands. If player doesn't stop when hand goes up, player goes back to start line.
- b) Dribble line: Coach blows whistle and person at back of line has to sprint to the front. They must file in behind coach so coach maintains speed.
- c) 4 passive defenders. Player has to use a proper move to get by each defender. Defender can be coaches. Can make use a different move on each defender. No cross in front.
- d) Crab soccer. If ball is touched, you sit down.
- e) Sharks & Minnows (one player doesn't have a ball and tries to steal from others and kick out of square. Whoever loses a ball also becomes a shark until everyone is a shark.
- f) Hungry Hippos – 2 defenders, try to stop offense. Anyone stopped goes on defense. Have them use moves. Tell them to pair up on defense. Defenders have to take ball back to start line.

- g) Pass, receive, beat defender, shoot. Line up 2-3 lines of passers, receiver is in front of defender, when receiver gets ball they have to make move past defender and try to score. Then Passer becomes receiver, receiver becomes defender, and defender becomes goal keeper.

*Extra Techniques:*

*Moves: Faint, Cutback, Push-Push-Cut, Matthews, step over tap, scissors, maradonna, fake kick*

*Skipping with the ball (helps with exploding)*

*Backmoves, rolling the ball*

**Instep Kick Technique Demonstration: SAY SHOW DO REVIEW**

- a. Knee bent
- b. Head over knees
- c. Ankle locked & toe pointed down
- d. Arms out to sides
- e. Rotate hips
- f. Whip through ball and strike with laces

**Instep Kick Drills:**

- a) Shooting Gallery (set up goal and box in front) players pass to next player, one touch for control, then shoot.
- b) Stagger two lines, then pass the ball between them. The one who starts closest to the goal shoots, the other defends. (Progression: serve from the other side)
- c) Run around cones then take pass in front, 1 touch & shoot. Focus on timing, planting.
- d) Dribble one on one in front of the goal (Two lines, one for offense one for defense)
- e) 3 people in penalty box + 1 goal keeper. First one to take 2 shots that either reach goal or past goal wins. Becomes goal keeper for next round.
- f) Knockout – 1 goal keeper, 1 shooter. If shooter makes, shooter goes to back of line, next person in line becomes keeper, keeper is out. If shooter misses, keeper goes to back of line, shooter becomes keeper. Keep playing until only one player remains. FUN!
- g) Long Shots! 3v3, two goal keepers. 2 defense/midfield, can't go past half line, 1 striker can't go past half line. 2 points for goal scored by midfield, 1 pt for goal by striker.
- h) 4 v 4, 4 goal keepers, 6 strikers.
- i) 4v2 in front of goal – good progression from passing exercise

**Passing Technique & Ball Control SAY SHOW DO REVIEW**

1. Foot next to ball, aiming at target

2. Bend knee slightly
3. All weight on plant foot, arms for balance
4. Rotate leg 90 degrees with inside of foot pointed at target
5. Lock ankle with toe pointed slightly up
6. Body over ball, eyes on ball, strike middle of ball with toes slightly up.

### Passing Drills

- a. Horizontal line drill
  - i. Stay on toes
  - ii. Come forward to the ball
  - iii. Mix up two touch and one touch
  - iv. Passing through cones to improve accuracy
  - v. Receive ball and move around a cone
- b. Triangle drill
  - i. Simple pass through
  - ii. Pass and rotate – count to see who does best.
- c. Box drills
  - i. Pass back and forth around the box (4 people)
  - ii. One goes to middle for passive defense, others run/pass to open space
  - iii. One goes to middle for active defense (5 people)
  - iv. Pass, give back, go
  - v. Pass, Follow, Pass Across, Follow, Shoot
- d. Accuracy Drills
  - i. Shoot the Squirrel (players line up on either side of rectangle. One player or coach tries to run down the middle. Players try to hit them with the ball.)
  - ii. Star Wars shootout (similar to above but have 2-3 players run down the middle and call out “we are the Jedi knights”, then those kicking the balls say “Welcome to the Darkside!” The last Jedi who survives getting hit with a ball wins.
  - iii. Coconuts Drill
- e. Keep Away
  - i. Regular keep away. (Coach can be neutral player)
  - ii. Keep away in contiguous boxes. If defenders get ball back past line, sides switch.
  - iii. Keep away, 3 v 1, after 5 passes, pass across to 1 v 1. 2 who don’t pass transition. Work on ball control plus pulling away defender for 1 v 1. 1pt for success or fail.
  - iv. Diamond – 4 v 2, need to pass ball into the point zone to score. If 2 take ball away, two players drop out on offense, and defense gets control.

- v. 3v3, only score by passing the ball into the point zone
- vi. 4 v 4 with two swing players—really focuses on possession...pass into point zone
- vii. Crazy eights. 4 balls on cone on either side. 5 players per team. Have to knock 4 balls off the cones before the opponents do. If ball goes past grid line, throw in. Gets harder as balls are removed. No playing goal keeper!

Throw in: SAY SHOW DO REVIEW

- 1. Feet on ground
- 2. Hands in W
- 3. Arms bent behind neck
- 4. Knees bent, leaning back
- 5. Move body as a whip or catapult
- 6. Release ball high

Throw-in/Ball Control Drills

- a. Accuracy – Circle drill where ball is passed, trapped, then thrown back at feet. Also can be used for passing, heading, etc.
- b. Length/height – Line boys up across Goal Post or equally high fence from each other. Have them practice throwing the ball back and forth to each other across the fence
- c. Tactics—Break into groups of three...one throws, one receives, one defends. There is a goal set up about 20 yards away. Thrower can throw over defender. Thrower can throw at feet. Thrower comes into play immediately and helps receiver. Have receiver indicate with thumb up or down if he wants overhead or at feet. One point when goal is scored for thrower and receiver. Switch positions after 5 throws.

Tackling SAY SHOW DO REVIEW

- a. Setup just like receiving the ball
- b. Lower body, lean forward, strike through center of ball and push through with body weight. Have team grab shoulders.

Jockeying SAY SHOW DO REVIEW

- a. Close in to 2-3 feet from opponent
- b. Stand on balls of feet with legs at 45 degree angle, in line with the goal.
- c. Watch ball and opponents legs, not head or shoulders
- d. Attack ball/tackle if opponent stumbles or if you have backup

First Defender, Second Defender (Pressure, Cover) SAY SHOW DO REVIEW

- a. Closest defender to opponent with the ball should become First defender unless someone else calls. First defender closes in, jockeys, and tackles if opportunity arises.
- b. Someone closer to goal calls second defender. Closes in to within 10 feet of opponent. Is prepared to defend if opponent gets past first defender. Also looks to block outlet opportunities

#### Defensive Drills

- a. 1v1 with separate goals for each pair. Rotate.
- b. 1v1, 2v2, 3v3 progression drill

#### Heading SAY SHOW DO REVIEW

- a. Tense neck and shoulders and strike the ball like a hammer
- b. Key to accuracy: look where you intend the ball to go.
- c. Mistakes to look for: looking down and striking with the top of the head; closing eyes
- d. Sitting practice
- e. Knees diving practice:
  - i. Player kneels with hands at side
  - ii. Coach or player throws ball 2 ft in front
  - iii. Player dives, head with forehead, lands on hands
- g. Check: eyes open, use forehead, increase difficulty by throwing to the sides
- h. Standing heading practice
- i. Heading back and forth, throw to side
- j. Heading in 3s in a triangle
- k. 5 v 5 headers catch stop, no goal keepers

#### Corner Kicks (Defense) SAY SHOW DO REVIEW

- a. MARK OFFENSE AND GET GOALSIDE
- b. Midfield drops back to help
- c. All but one forward drops back to mid-field
- d. (Offense)
- e. Move to lose defensive players
- f. Midfield moves up into penalty box
- g. Defense moves up if other teams Forwards have dropped back for Defense

#### Corner Kick Drills

- a. Take practice kicks
- b. Before you kick call FREEZE. See who is out of position on defense or offense.
- c. Let kids take kicks

Goal Kicks (Offense)            SAY SHOW DO REVIEW

- a. Kick wide towards touchline
- b. Leave gaps...kick to gaps if players are covered
- c. Center defensive players should stay goal side of opponents

Goal Kicks (Defense)

- a. Form an umbrella and mark other players and look to mark open space
- b. Try to intercept balls and score

Penalty Kicks            SAY SHOW DO REVIEW

- a. Shoot for side of goal. Low strike is most effective.
- b. Goal Keeper may want to cheat to strong side
- c. Don't practice until the Tournament

Goal Keeping            SAY SHOW DO REVIEW

- a. Hands concave to ball
- b. Feet together or knee bent pick up position
- c. Dive cushion with waist, ball
- d. Come out cover position

Goal Keeping Exercises

- a. Warm Up – back to back pass over head through legs, pass side to side
- b. Ropes to show position

Offside

- a. Demonstrate
- b. Offside is determined at the point the ball leaves the teammates foot. If you are onside then, you can run past other players to get the ball and still be “onside”.
- c. Offense: Keep an eye out for last defender, and don't run past them until ball has been kicked
- d. Defense: Try to move up quickly when your team is advancing the ball so that you can force the other team offside. Everyone must move up as a team.

Strategy:

- a. Configurations to maximize diamonds, etc.
- b. 3 3 2 – Can be impactful if you can get your outside midfielders to run forward on wing. Otherwise, you may end up with insufficient firepower up front.
- c. 3 2 3 – Can cause you to lose the middle of the field.
- d. Bringing the Defense forward. Can make a big difference in goal scoring.

- e. Getting all players to move as a team...stay within 10-15 yards of their nearest teammates

## Sample Practice

### Warm Up:

5 minutes – Push, Push Cut

1 whistle – Toe Taps 2 whistle – side to side – long whistle – fall on another's ball

### Quick Talk:

Why pass the ball? (keep possession, advance the ball, save energy)

When? (see an open man, under pressure)

Is passing dangerous? (yes. you temporarily give up possession of the ball. How do we minimize the danger? Get open and visible! Good passing technique. Good ball control.

Soccer is a big game of keep away with a goal at one end. If you never give up the ball you can't lose, but if you don't advance the ball and score, you can't win.

How?

- a. Foot next to ball, aiming at target
- b. Bend knee slightly
- c. All weight on plant foot, arms for balance
- d. Rotate leg 90 degrees with inside of foot pointed at target
- e. Lock ankle with toe pointed slightly up
- f. Body over ball, eyes on ball, strike middle of ball with toes slightly up.

### Line Drill –

Pass between the cones

Pass around the cones

### Box Drills -

Reinforce coming to the ball to control it. Firm passes

Pass back and forth around the box (4 people)

One goes to middle for passive defense, others run/pass to open space

One goes to middle for active defense (5 people)

Pass, give back, go

Two box keep away – 5 passes = 1 point, 10 passes = 3 points

Number each player.

4 v 4 or 5 v 5 with two floaters (can use coaches)

Closing conversation:

Did your passing improve?

What did you do better?

Anything new you want to try in the game on Saturday?

### Coaching During Games

- Be on time—30 minutes early
- Have lineup cards for ref and lineup printouts for asst. coaches
- For younger kids, might have
  - Marker to write positions on hands
  - Take electrical tape to tape laces or double knot
- Warmup
- Technique practice drills (not too cardio-intensive)
- Assign Captains
- Tell kids positions
- Cheer
- During Game
  - Observe players and take notes (mental or better yet on paper)
  - Encourage players – positive feedback
  - Share observations with substitutes and with parents
  - SIT DOWN, CROSS ARMS, OBSERVE and ENJOY
- Halftime
  - Bring team together in huddle
  - Ask kids for their observations (doing well, other team doing well)
  - Share own positive observations
  - Share what we should focus on in 2<sup>nd</sup> half
  - CHEER
- Debrief at End of Game
- Mercy Rule Options

- Change lineup (difficult sometimes)
- Have only shoot/play with left foot
- Play two touch
- Target player

General Tips, Resources:

[www.teamsnap.com](http://www.teamsnap.com) – great team organization software

Skills and Strategies for Coaching Soccer – Alan Hargreaves – Great book. Advanced. Not so fun as effective.

Teaching Soccer Fundamentals – Nelson McAvoy – Not as complete as Hargreaves but shorter, easier, good for 6-10 yr olds

Soccer Practice Games – Joe Luxbacher – good for mixing up your drills. 125 games to choose from

Soccer Goalkeeping – Lincoln Phillips – Good primer if you know nothing about goalkeeping.