

U10



Week 1

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Dribble, Turn and Dribble: (12 minutes) Place 3 cones in a straight line with the middle cone 10 yards apart from the end cones. Have the players 2-3 players at one end. At the coach's command the players will execute the following turn with the right foot and left foot pass the middle cone:</p> <ul style="list-style-type: none"> - Inside of the foot Cut - Outside of the foot Hook - Drag-back - Cruyff <ul style="list-style-type: none"> • Play 4 rounds of 2.5 minutes each with 30 second break in between rounds. Change the move after every round 		<p>Coach (C) - What surface of the foot do you use to dribble forward? (Run with the Ball) Player (P) - The laces. C - What surface of the foot do you use to turn? P - Inside (Big Toe), outside (Pinkie Toe) or bottom.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to End Zones : (15 minutes) In a 30Wx 20L grid with one yard end zones at each end. Players must score by dribbling and stopping the ball in the end zone. Scoring: 1 point if a player dribbles and stops the ball in the end zone. 10 points if a player scores after a turn, and dribbles into the end zone and stops the ball.</p> <ul style="list-style-type: none"> • Play 4 rounds of 3 minutes each with 3 minute break in between rounds. Switch attacking/defending teams every round 		<p>C - What should you do before turning? P - Look behind to see if there is space to turn into. C - Why should you accelerate after a turn? P - To get away from a defender or to get into space quickly.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to 4 Diagonal Goals: (22 minutes) In a 30Wx 40L grid with two diagonal goals on each end line 1 point if a player strikes the ball through a goal. 100 points if a player dribbles through a goal 1000 points if a player makes a turn and then dribbles through a goal</p> <ul style="list-style-type: none"> • Play 2 rounds of 10 minutes each with 2 minute break in between rounds. 		<p>C - What cues tell you to try to beat an opponent on the dribble? P - One defender to beat with space behind them. C - When would you use a turn in the game? P - To shield the ball from an opponent, when the ball is going out of bounds or to change direction.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging players to recognize when to dribble and turn with the ball past an opponent. • Play 2 rounds of 11 minutes with 3 minutes break in between rounds</p>	<p>Reinforce all the coaching points from all the activities.</p>	

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Week 2

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Control Box: (15 minutes) Two even groups in 30Lx20W grid. Players in the middle pass the ball to the players on the outside and take their place on the outside. The player on the outside who receives the ball, dribble into the middle and then connect a pass to a different player on the outside. Variations: one touch passing from outside players, weak footed passes by all players, players on the outside start with the ball and the players in the middle receive and turn and pass to another teammate. • Play 10 rounds of 1 minutes each, rotating players in and out after each round, with 30 seconds break in between rounds</p>		<p>Coach (C) - What is the first thing you should do before you make a pass? Player (P) - Call the person's name that you are passing to. Make eye contact. Watch the ball off your foot. C - What is the first thing you do before receiving a pass? P - Make eye contact with the passer. Get in line with the ball. Watch it all the way on to your foot. (Peripheral) C - What part of the foot do you use for short passes? P - Inside of the foot, or outside of the foot. C - Where should the non kicking foot be facing? P - At my target/teammate. C - What part of the foot should you use to receive the ball? P - The inside or the outside of the foot.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to End Zones: (18 minutes) Play a 3v3 game in a 30Lx20W yard grid with a 4 yard end zone. Scoring: Pass to a teammate making a timed run into end-zone: 10 points Dribble into end-zone: 1 point • Play 3 rounds of 5 minutes each with 1 minute break in between rounds</p>		<p>C - What are the visual cues to make a pass? P - When there is a defender on me and I have team mates close by in support positions. C - Who should provide support? P - The closest player(s) surrounding their teammate who has the ball. C - Where should support be provided? P - In front, behind and to both sides whenever possible.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to Four Goals: (18 minutes) Play a game to 4 goals. In a 40Lx30W yard grid, have the two teams play and score in any of the opponent's two goals Variation: The goal is worth the number of successful passes made prior to scoring. • Play 3 rounds of 5 minutes each with 1 minute break in between rounds</p>		<p>C - When do you provide support? P - When my teammate who has the ball has no more space and has a defender on them. C - Where should you provide support? P - To the right, left, in front and behind the player with the ball and in between defenders. C - Why do you provide support? P - So my team can move the ball up the field and maintain possession.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging players to recognize when and how to pass and receive the soccer ball. • Play 2 rounds of 11 minutes with a 3 minutes break in between rounds</p>		<p>Reinforce all the coaching points from all the activities.</p>

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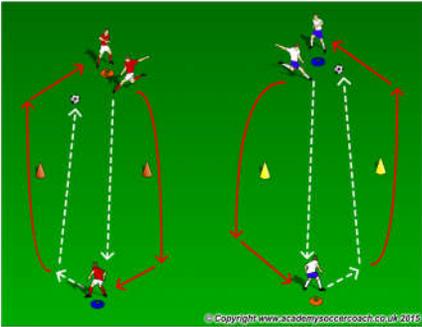
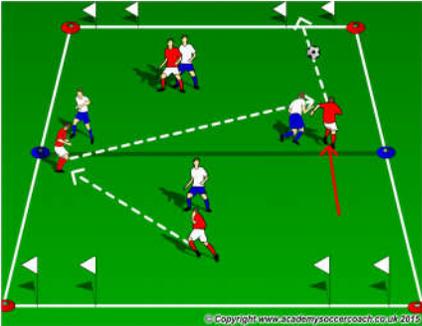
Week 3

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Shuffle and Catch: (10 minutes) In a 30Wx40L yard grid. GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out: "Scoop" – Players will place their ball on the floor and go and scoop another ball "Up" Players will toss the ball high, jump and catch the ball</p> <p>Variation: The GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.</p> <ul style="list-style-type: none"> • Play 3 rounds of 3 minutes each with 30 seconds break in between rounds 		<p>Coach (P) - What shape are the hands when catching a ball waist height or above? Players (P) - Diamond shape, curving your hands to the shape of the ball. C - What do your hands look like when catching the ball waist and below? P - Pinky's together and shovel the ball in. C - Why do you need your body behind every shot? P - In case I drop it, my body will keep it out of the goal.</p>
<p>Stage 2 Small Sided Activity</p>	<p>GK Wars (Hands Only): (14 Minutes) In a rectangle 15Wx20L with a halfway line, place a 4-6 yard goal at each end. GK's will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse) -When a GK gets scored on, change the GK. Or after 45 seconds. Whichever comes first.</p> <ul style="list-style-type: none"> • Play 3 rounds of 4 minutes each with 1 minute break in between rounds 		<p>C - What does it mean to be on your ball line? P - If I draw a line from the center of the ball to the center of the goal I should be standing on that line C - When do you get into the ready position? P - When the shooter takes a prep touch and pulls their leg back for a shot, I get my knees bent, shoulder width apart, hands relaxed, weight balanced.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 including GK's: (16 minutes) In a 30Wx40L area place two goals with cones or corner flags. GK's will try to make as many saves as they can and distribute the ball to their team.</p> <ul style="list-style-type: none"> • Play 2 rounds of 7 minutes each with 2 minute break in between rounds 		<p>C - When do you provide support? P - After I distribute the ball to a teammate. C - Why do you support the ball? P - I want to support my teammates for an option for a back pass.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6 Game (20 minutes) • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. • Play 2 rounds of 9 minutes with 2 minutes break in between round</p>		<p>Reinforce all the coaching points from all the activities.</p>

U10 Week 4

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Partner Defending: (10 minutes) Partners are 7-10 yards away from each other passing a ball back and forth. On the coach's whistle or "go" command, whatever player has the ball puts their foot on top of it. The player without the ball acts as the defender and closes down on the ball. Repeat for 5 Minutes making sure both players get numerous chances to close down on the ball. Variation: Now the attacker can dribble towards the defender to make it a bit more game like.</p> <ul style="list-style-type: none"> • Play 4 rounds of 2 minutes each with a 30 second break in between rounds 		<p>Coach (C)- What are the visual cues to go and pressure the ball? Player (P) - The closest player to me is in possession of the ball C- What determines your angle of approach? P - I need to know which foot is their strongest foot so I can "take that away" C- What does your body stance look like when defending? P-Closest foot to the ball pointing at the ball, furthest foot from the ball pointing in the direction I want the player to go, bending at the knees. C - What should you do when you are the pressuring defender? P - I should close down fast on the attacker and be about an arms length away. (Touching distance)</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to 4 Goals: (20 minutes) In a 20Wx30Lyard grid with two goals on each end line 1 point player strikes the ball through either goal 10 points if player dribbles through either goal 20 points if a player wins the ball from a tackle and immediately scores.</p> <ul style="list-style-type: none"> • Play 4 rounds of 4 minutes each with a 1 minute break in between rounds 		<p>C - Who should pressure the ball? P - The closest players to the ball. C - Why do we pressure the ball? P - Delay the attackers progress forward until I have support and can win the ball with my teammates. C - When should you win the ball? P - Attacker takes a poor touch, ball is bouncing, the ball moves in a negative direction (towards their own goal).</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 to 4 Goals: (20 minutes) In a 30Wx40Lyard grid with two goals on each end line 1 point player strikes the ball through either goal 10 points if player dribbles through either goal 20 points if a player wins the ball from a tackle and immediately scores.</p> <ul style="list-style-type: none"> • Play 2 rounds of 9 minutes each with a 2 minute break in between rounds 		<p>C - What are the visual cues to not pressure too closely? P - Attacker has received the ball with space around them, good first touch and their head is up. C - What should you do if there are no covering defenders behind you? P - I should try and Delay the attack and not allow the attacker to beat me with a dribble, pass or shot. C - When should you try to tackle the attacker? P - When I am sure I can win the ball or my covering team mate tells me too.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 40Wx60L field, Red team will play a 1-2-3, and the White team will play 1-1-3-1 • Play the game encouraging players to recognize when and how to apply pressure on the opponent. • Play 2 rounds of 11 minutes with a 3 minute break in between rounds</p>	<p>Reinforce all the coaching points from all the activities.</p>	

U10 Week 5

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Shooting Through the Cones: (10 minutes) Place 2 disc cones 15-20 yards apart with a 6 yard goal in the middle. Position players at the outside cones with no more than 3 starting at any 1 cone. Players will take a preparation touch then strike the ball through the cones to the player waiting on the opposite side. This player receives and prepares the ball in 1 touch and plays back across the space. All players follow their shot to the opposite side but cannot run through the goal. Variation: Coach can add a goalkeeper into the middle goal.</p> <ul style="list-style-type: none"> • Play 4 rounds of 2 minutes each with a 30 second break in between rounds 		<p>Coach (C) - What surface of the foot do players strike the ball with? Player (P) - The laces by keeping the toe down and the ankle locked. C - What surface of the ball should players strike? P - The middle in order to keep the ball low. C - Where is the non kicking foot placed when shooting? P - Next to the ball with the toe pointed toward the goal.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to 6 Goals: (20 minutes) In a 20Wx 30L grid with and 3 goals on each end line play 3v3. Each goal should be 3 yards wide. Coach can add goalkeepers if needed. Players must score by shooting through any of their 3 attacking goals.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • Striking the ball into the goal from the attacking half of the field: 1 point. • Striking the ball into your attacking goal from the defensive half of the field: 10 Points. <ul style="list-style-type: none"> • Play 4 rounds of 4 minutes each with a 1minute break in between rounds 		<p>C - Who should take shots? P - Any player within shooting range that has a clear ball path to the goal. C - What should you do before taking a shot? P - Look up to see where the open goal is (or GK) then watch the ball leave my foot. C - When should you shoot? P - Any time you have a clear path to the goal.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 to 4 to Four Goals: (20 minutes) In a 30Wx 40L grid with two goals of 3 yards on each end line, play 4v4 to goal. Players will try to score by shooting through either of their attacking goals.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • Striking the ball into the goal from the attacking half of the field: 1 point. • Striking the ball into your attacking goal from the defensive half of the field: 10 Points. <ul style="list-style-type: none"> • Play 2 rounds of 9 minutes each with a 1minute break in between rounds 		<p>C - When shooting, where should you aim? P - Low, by keeping your body over the ball and striking through the ball. C - Why should you crash the goal after a shot? P - To finish and shot which didn't make it to the goal or may be going wide.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 40Wx60L field and a big goals on each end line, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging players to recognize when and how to shoot. • Play 2 rounds of 11 minutes with a 3 minute break in between rounds</p>		<p>Reinforce all the coaching points from all the activities.</p>

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Week 6

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>5 Cone Dribbling Moves: (12 Minutes) Set up 5 cones in the shape of a cross with the outer cones 10 yards from the center cone. Have the players perform the following moves at the center cone: 1- Outside tap - Inside take 2- Fake and Take 3- Circle Take 4- Roll in and Take • Play 4 rounds of 2.5 minutes each with 30 second break in between rounds. Change the move after every round</p>		<p>Coach (C) - What part of the foot do you use to dribble forward quickly? Player (P) - Laces C - What part of the foot do you use to change directions? P - The inside, outside of the foot. C - What should players do after we change direction? P - Accelerate into space C - Why do you need to play with your "head up"? P - To see where the space is to attack, to see where my team-mates and opponents are.</p>
<p>Stage 2 Small Sided Activity</p>	<p>2v2 to Two Corner Goals and End -Zone Goals: (15 minute minutes) In a 20x20. The attacking team will try to dribble the soccer ball through any of the diagonal goals .If the defending team get possession of the ball they will soccer by dribbling the ball into the end zone and stop it. Scoring: - Dribbling the ball through a goal 10 points - Dribbling the ball after performing one of the moves 100 point • Play 4 rounds of 3 minutes each with 1 minute break in between rounds. Switch attacking/defending teams every round</p>		<p>C - What are the visual cues that you should take on a defender? P - When I am in a 1 v 1 situation with space behind the defender to attack. C - What move can you use to make the defender lose his balance? P - Outside tap. Inside take, Fake and Take or be creative and make up your own. (Improvisation) C - When should you change speed? P - After changing direction to dribble past an opponent</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 to End-zones: (22 minutes) In a 30Wx40L. Teams of 4 compete to dribble the soccer ball into the opponent's end-zone. Scoring: - Dribbling the ball into the end-zone and stopping it 10 points - Dribbling the ball after performing one of the moves into the end-zone and stopping it 100 point • Play 2 rounds of 10 minutes each with 2 minute break in between rounds.</p>		<p>C - What are the visual cues that you should try and dribble forward quickly? P - When I have time and space, or only 1 defender in front of me. C - Where on the field should you be most aggressive when dribbling? P - Near the opponent's goal / end-zone or out on the flanks where there is more space and less defenders. C - Why would you choose to dribble instead of pass? P - To draw in defenders to create space for my team-mates in the attack.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging players to recognize when to dribble the ball past an opponent. • Play 2 rounds of 11 minutes with 3 minutes break in between rounds</p>	<p>Reinforce dribbling techniques and tactics throughout</p>	

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Week 7

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Passing , Split and Dribble Square: (15 minutes) 3 teams in a 20x20 square. The Yellow team - Will pass the ball around inside the grid. They are trying to connect as many passes as they can and split white with a pass. Red team - Will pass the ball around the outside of the grid and try to split the teams inside with a pass. White team - Each player has a ball and will try to split the passers, by dribbling between them. Try to complete as many splits as you can in 2 minutes.</p> <ul style="list-style-type: none"> • Play 6 rounds of 2 minutes each, rotating players in and out after each round, with 30 seconds break in between rounds 		<p>Coach (C) - What is the first thing you should do before you make a pass? Player (P) - Call the person's name that you are passing to. Make eye Contact. Watch the ball off your foot. C - What is the first thing you do before receiving a pass? P - Make eye contact with the passer. Get in line with the ball. Watch it all the way on to your foot. (Peripheral) C - What part of the foot do you pass/receive with? P- Inside/outside</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v2 to goal: (18 minutes) In a 30Lx20W grid. Scoring: - Every pass made before a goal counts as a point (you must score) - Any one touch pass that connects with a teammate is 5 bonus points - Any combination pass (give and go, overlap) is worth 10 bonus points</p> <ul style="list-style-type: none"> • Play 3 rounds of 5 minutes each with 1 minute break in between rounds 		<p>C - What surface of the foot do you use to redirect the ball when receiving it (First Touch?) P - The inside of the foot to push the ball into space or away from defenders? C - Where should teammates support the player with the ball? What shape? P - In-front, behind and at either side of the player with the ball making a triangle or diamond.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>5v5 to goal: (20 minutes) In a 40Lx30W grid play 5v5. Red team will play a 2-3 and the White team will play a 1-3-1. Scoring: - Every pass made before a goal counts as a point (you must score) - Any one touch pass that connects with a teammate is 5 bonus points - Any combination pass (give and go, overlap) is worth 10 bonus points</p> <ul style="list-style-type: none"> • Play 3 rounds of 6 minutes each with 1 minute break in between rounds 		<p>C - When should you move into a supporting position for your teammate? P - As soon as the ball is passed to my teammate C - Why should you constantly be mobile and changing your position on the field? P - To provide passing lanes (options) for my teammates. (Support positions)</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging players to recognize when and how to pass and receive the soccer ball. • Play 2 rounds of 11 minutes with a 3 minutes break in between rounds</p>		<p>Reinforce the techniques associated with passing/receiving</p>

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Week 8

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>2v2 w 2 goals (10 minutes) In a 15Wx20L grid 2 GK per team, each with their own goal, one goal 10 yards in front of the other. 12 yards in between middle goals GK try and score goals back and forth. If the ball goes through the first goal, 1 point If the ball scored in both goals, 5 points</p> <ul style="list-style-type: none"> • Play 3 rounds of 3 minutes each with 30 second break in between rounds 		<p>Coach (C) - What should your ready position look like? Player (P) - My eyes are fixed on the ball, the head is still, the weight of my body is forward my knees are bent, my elbows are in front of my body with hands ready. C - What are the shape of your hands when "Scooping" the ball off the ground? P - My little fingers are touching and I make my hands as big as I can. C - What should your hand shape be to catch a shot above your waist? P - Hands in a general diamond formation with my fingers curved to match the ball shape.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 handball to 4 goals (14 minutes) In a 20Wx30L GK play handball, working on throwing techniques to pass the ball. Score by throwing, drop kicking or shooting into either goal No player can travel more than 2 steps with the ball in their hands</p> <ul style="list-style-type: none"> • Play 3 rounds of 4 minutes each with 1 minute break in between rounds 		<p>C - What should you do to cut angles and make the goals smaller? P - I should be off the goal line and directly in front of the ball, this way i make the goal smaller. C - Why should you shuffle your feet between the goals instead of cross them over? P - So I can have my hips and shoulders facing any shots as often as possible.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 game (16 minutes) In a 30Wx40L Live game Any goal scored in under 5 seconds of possession is 10 points</p> <ul style="list-style-type: none"> • Play 2 rounds of 7 minutes each with 2 minute break in between rounds 		<p>C - What should you do when 1v1 with a striker to keep him from scoring? P - Come out of the goal quickly with my arms forward, hands low to the sides of my body and getting set when the striker takes a prep touch and pulls their leg back. C - Why might you parry the ball instead of catching it? P - I don't think I can safely catch it so I parry/punch the ball away from danger</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6 Game (20 minutes) • On a 60Lx40W field, the Red team will play a 1-2-3 and the White team will play 1-1-3-1 • Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. • Play 2 rounds of 9 minutes with 2 minutes break in between round</p>		<p>Reinforce all the coaching points from all the activities.</p>

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Week 9

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>Numbered shooting: (10 minutes) 4 goals in a 30x30 grid. Players are assigned a number. They dribble around the area and upon hearing the coach call out their number, they score at the closest goal. Variation: score at the farthest goal Variation: Score with their weak foot Variation: Multiple shooters Variation: multiple shooters but only one shooter per goal</p> <p>Play 4 rounds of 2 minutes each with a 30 second break in between rounds</p>		<p>Coach (C) - What part of the foot do you use to strike a powerful shot on goal? Player (P) - The laces. C - Where should your plant foot be placed/ pointed? P - Placed by the ball and pointed at the goal or target. C - Where should your shoulders be positioned right as you shoot? P - In front of or in line with my hips.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 shooting with 3 zones: (20 minutes) In a 30Wx40L grid. Scoring: Goal from nearest zone 1 point Goal from middle zone 5 points Goal from farthest zone 10 points Variation: Make one zone more points to work on that distance</p> <p>Play 5 rounds of 3 minutes each with 1 minute break in between rounds</p>		<p>C - When should you shoot with your inside of the foot? P - When I am closer to the goal and am trying to place the ball with accuracy. C - What should you do immediately after taking a shot? P - Follow the ball to the goal for any rebounds.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 shooting: (20 minutes) In a 30Wx 40L grid. Live game. Any goal scored from 1 touch is 10 points Any goal scored from a volley/half volley is 50 points</p> <p>Play 2 rounds of 9 minutes each with a 1 minute break in between rounds</p>		<p>C - Why should we use a larger touch just before shooting? P - To get enough space to prepare the ball before I shoot. C - Why would you use your toe when you shoot? P - I didn't have time to prep the ball out from my feet or to surprise the Gk with a shot.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 Minutes) On a 40Wx60L field the Red team will play a 1-2-3, and the White team will play 1-1-3-1 Coach the team to create shooting chances from all over the field Play 2 rounds of 11 minutes with a 3 minute break in between rounds</p>		<p>Positively reinforce shooting techniques: plant foot next to the ball, shoulders in line with hips, toe down and ankle locked for laces shots, follow through to the target</p>

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Week 10

Stage	Organization	Diagram	U10: Coach Interventions
<p>Stage 1 Technical Warm-up</p>	<p>4v2 Keep Away: (10 minutes) In a 10x10 all players have partners. 2 sets of partners around the perimeter of the grid and 1 set in the middle. The groups on the outside try to pass to each other and look for the moment to play the ball from end to end. The team in the middle work together to pressure and cover the ball. Once they have won the ball, they must dribble out of the grid; under control. After they get out of the grid, the pair who lost the ball become the defenders.</p> <ul style="list-style-type: none"> • Play 4 rounds of 2 minutes each with a 30 second break in between rounds. 		<p>Coach (C) - What should your feet look like when in a defensive stance? Player (P) - Staggered, with my heels off the ground. C - What should your angle of approach be when pressuring? P - Slightly curved, cutting off one side. C - When should you pressure the ball? P - When I am the closest defender to the ball.</p>
<p>Stage 2 Small Sided Activity</p>	<p>3v3 to Big Goals: (20 minutes) In a 20Wx 30L grid and a big goal on each end line, play 3v3. Each goal should have a goal keeper in it. If a team loses possession of the ball, they should try to win it back within 7 seconds. If they do and score, the goal is worth 5 bonus points.</p> <ul style="list-style-type: none"> • Play 4 rounds of 4 minutes each with a 1 minute break in between rounds. 		<p>C - When your teammate is pressuring the ball, where should you be? P - Covering (behind the pressing defender and to one side;) making sure the ball doesn't split the space between us. C - Where should you force the attacker when pressuring? P - Force the play toward my covering teammate. C - When should you tackle the ball? P - When I am sure I can win it; when the attacker takes a bad touch and/or has his head down.</p>
<p>Stage 3 Expanded Small Sided Activity</p>	<p>4v4 to Big Goals: (20 minutes) In a 30Wx 40L grid with a big goal on each end line, play 4v4 to goal. Using pressure and cover, the defending team tries to keep the attacking team from penetrating through them and scoring.</p> <ul style="list-style-type: none"> • Play 2 rounds of 9 minutes each with a 1 minute break in between rounds. 		<p>C - What can you tell your teammate to help them with their position? P - Force them inside or force them outside. C - Why should you restraint when tackling the ball? P - If the attacker has good control of the ball and his head is up, I need to show restraint so I do not get beat. C - Where should you recover to if you get beat? P - Behind the ball and in line with the ball and the goal.</p>
<p>Stage 4 Conditioned Game</p>	<p>6v6: (25 minutes) • On a 40Wx60L field and a big goals on each end line, the Red team will play a 1-1-3-1 and the White team will play 1-2-3 • Play the game encouraging players to recognize when and how to tackle the ball. • Play 2 rounds of 11 minutes with a 3 minute break in between rounds</p>		<p>Reinforce all the coaching points from all the activities.</p>