

**Age: U10****Level: Warm Up with Ball****Objective: Dribbling at speed & running with the ball.**

Scan the code to see the practice:



## Organization:

Set out a 30 x 30 yard playing area.

Each player must have a ball and starts by standing on one side of the grid.

The grid is a stadium, e.g., Wembley, and has 4 sides that can be named:

Scoreboard End, Royal Box, Players Tunnel and Fans Terrace.

The coach shouts a specific sideline name, i.e., Scoreboard End.

On this command all the players must turn and dribble towards the sideline called and get there as quick as possible.

At each sideline the players perform a specific action.

Scoreboard End - Celebrate like there team have scored a goal.

Royal Box - Curtsy to the Queen.

Fans Terrace - Jump around like a celebrating soccer fan.

Players Tunnel - Hand across your chest for the National

You can also get the players to perform actions whilst they are dribbling around the within the square:

Queens coming - Boys bow, girls curtsy to the Queen

Goal - Players celebrate like they have scored a goal

Referee - Players pull out an imaginary yellow card

Ronaldo - Players fall over looking to get a free kick

National Anthem - Stand to attention with your hand across your chest



# Wembley

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The aim of the game is for the players is to dribble from one sideline to the other as quickly as possible.

Encourage players to dribble faster by giving penalties to those players who are last. Make sure it is not the same player all the time.

The coach can also add additional fun items into the game when players are dribbling inside the square.

On command, you can instruct players to get a Free-Kick - where the players fall to the ground and fake an injury.

If the coach shouts Referee - players have to stop their ball and stand still as if they were statues.

If the coach shouts Fan On The Field - players must dribble away from the coach who tries to kick their ball out of the square.

## Progression:

You can progress this activity by having the players race to each side or by changing the side call during the dribble.

The players will then need to change direction with the ball.

## Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

# Gladiators

**Age: U10**

**Level: Technique with Passive Pressure**

**Objective: Dribbling and shielding the ball under pressure.**



Scan the code to see the practice:



## Organization:

Set out an area 20 x 20 yards. Each player has a ball and dribbles around the grid. Each player attempts to kick another player's ball out of the grid whilst maintaining control of their own. If a player's ball is kicked out of the grid, they retrieve the ball and wait on the side line until the game has finished. The winner is the last remaining gladiator.

## Coaching Points:

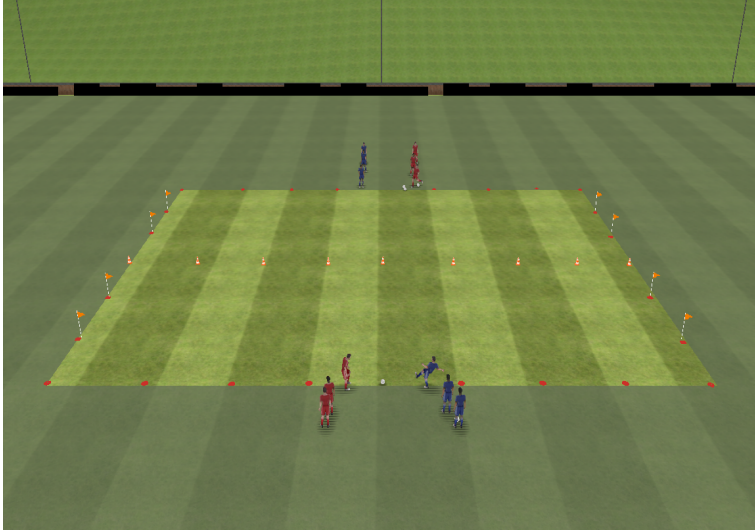
- 1: Close control and ball familiarity - Keep the soccer ball close to you
- 2: Head up as often as possible - Know where the defenders are and where the goals are
- 3: Avoid and beat defenders with quick turns or skills
- 4: Keep body in between defender and ball to protect it
- 5: Encourage players to try specific turns and skills for themselves (drag-back or scissors)

# 1v1 to Goals

**Age: U10**

**Level: Technique with Full Pressure**

**Objective: Beating a defender with turns and skills**



Scan the code to see the practice:



## Organization:

Set up a grid 10x40 yards with two goals at each end. Players stand 10 yards apart near to the halfway line of the area. The designated defenders stand together on one side with the soccer balls. With the designated attackers the other side with no soccer balls. The defending player passes the ball across to the attacker and then closes the ball down attempting to tackle them. The attacker on receiving the ball, looks to dribble the ball through any of the goals at either end. Encourage the attacking players to use turns to get away from the defender and create space to dribble through a goal. If the defender wins the ball the roles reverse and the defender becomes the attacker and tries to score in any of the goals. The players change roles after each go.

## Coaching Points:

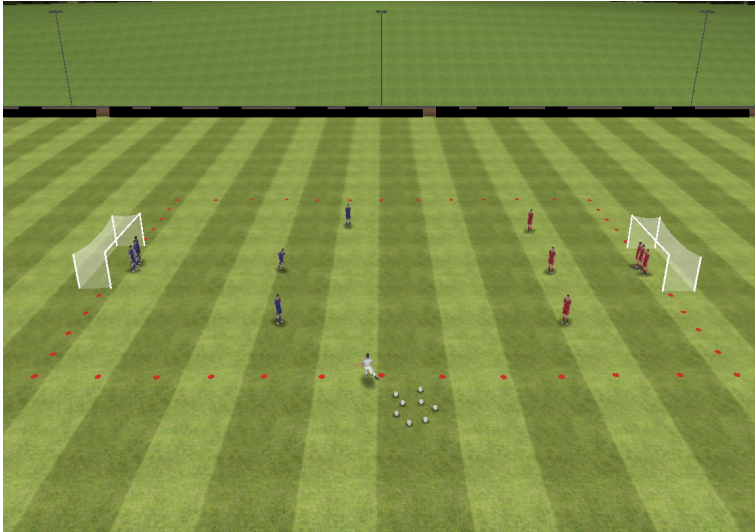
- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat the defenders with a move
- 5: Make the most of any space and team mates you may have
- 6: Protect the ball from defender either during the move or after you have beaten them

# Change Soccer

**Age: U10**

**Level: Small Sided Game**

**Objective: Small sided game to reinforce topic of the day**



Scan the code to see the practice:



## Organization:

Set up a grid that is large enough for your players to play 3v3 or 4v4. Create two teams, then split each team into two groups. One group plays a 3v3 within the area, the other group link arms and stand on the goal line. The group positioned in the goal cannot break their linked arms to make a save, they must move together along the goal line only. The group playing on the field try to score a goal. When the coach shouts change the field players change roles with players within the goal. Coach should shout change every few minutes. The coach should look to reinforce his topic for that day in a game environment.

## Progression:

With the younger players you may need parents help organize the players. It is a great game for playing small sided games without separating the players into 2 fields

## Coaching Points:

- 1: Let the game be the teacher
- 2: Make sure the players are going to the correct goal to score
- 3: Encourage the topic you have been attempting to teach that day