

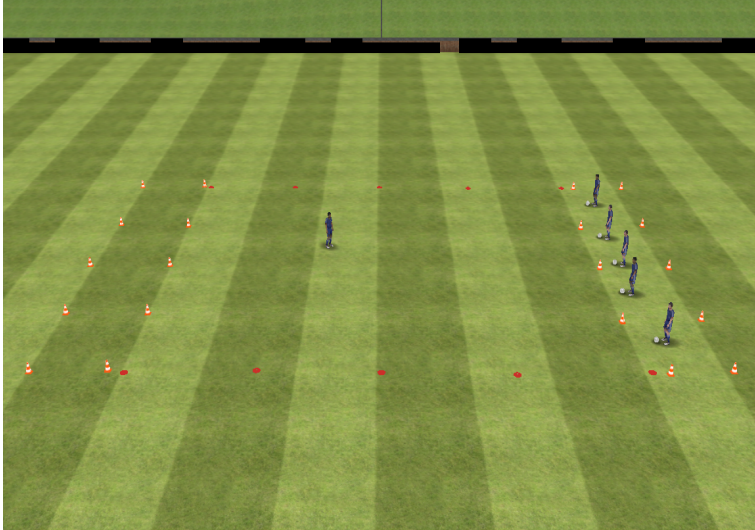


British Bulldogs

Age: U10

Level: Technique with Passive Pressure

Objective: Dribbling and running with the ball.



Scan the code to see the practice:



Organization:

Set out a 40 x 30 yard area. Players should spread out on the 30-yard line facing the coach in the center with a ball each. The players are British Bulldogs. The coach is the dogcatcher. The coach calls out 'British Bulldogs Charge!'. Upon the command of the coach, the bulldogs must attempt to dribble their ball from one end of the grid to the other avoiding the coach who will attempt to kick their ball out of the grid. If a player's ball goes out of the grid they become a dogcatcher with the coach. When there are more catchers than dogs, ask the catchers to link arms with a partner to allow the dogs more dribbling space.

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)

1v2 Diagonal Defense

Age: U10

Level: Technique with Full Pressure

Objective: Role of 2nd defender.



Scan the code to see the practice:



Organization:

Set out a 20 x 10 area. Place 4 goals in the grid with 2 goals at each end of located in the corners. Duplicate the area as needed. Defenders start in the opposite corner to the attacker. The drill begins by the defenders passing the ball diagonally to the attacker. One attacker then attempts to score by running or passing the ball, through either goal. The defenders attempt to win the ball or force the attacker and the ball out of the area. Players rotate roles. Add scores to bring competitive edge to the drill.

Coaching Points:

- 1: 1st Defender: Close and lock the ball, make play predictable, do not allow penetrative passes or shots. Make any challenge with leading foot
- 2: 1st Defender: Sideways on, quick feet shoulder width apart, low into the challenges
- 3: 1st Defender: intercept pass if possible, do not let attacker turn, try and avoid 1v1 with attacker facing up.
- 4: 1st Defender: When numbers down, make play predictable and close off one of the passing options
- 5: 2nd Defender: Communicate with defender 1. Connect with defender 1 as to impact any predictable pass
- 6: 3rd Defender: Balance the defensive shape out, hold line just below 2nd defender make covering runs if needed

2v2 Diagonal Defense

Age: U10

Level: Technique with Full Pressure

Objective: Attacking 2v2 against defenders.



Scan the code to see the practice:



Organization:

Set out a 30 x 20 area. Set out 2 cone goals three yards apart in the corners of each end line as goals. The defender starts the drill by passing the ball diagonally to an attacker. The attacker then attempts to score in one goal on the opposite side of the area. If the defender wins the ball, roles switch and they then become the attacker.

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



ONLINE CURRICULUM

(U10 Season 3 / Week 06)

3v3 Plus Servers

Age: U10

Level: Technique with Full Pressure

Objective: Combination in and around the penalty area.



Scan the code to see the practice:



Organization:

Set out a 40 x 30 area.

Place three servers at the bottom of the grid and then 3 v 3 inside the grid, plus a goalkeeper.

The ball is served into an attacking player. The attackers play to score.

The attackers can play the ball back to the servers if needed.

The defenders try to get the ball out of play or into the serving players.

Rotate the roles each go > Attackers become defenders > Defenders become servers > Servers become attackers.

Offside rules apply.

Progression:

You can give the attackers a time limit in which they have to score.

Limit the number of touches each player has (2/3 touches).

Allow a server(s) to come into the area and join up with the attackers to overload the offensive players.

Coaching Points:

1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

2: Shoot on sight: Remember you don't have to beat the player just create enough space for shooting opportunity.

3: Accuracy before power: Build up power of strikes.

4: Anticipate: Look for rebounds off the GK.



ONLINE CURRICULUM

(U10 Season 3 / Week 06)

3v3 Plus Servers

5: Create space: Width and depth to attack. This creates more space and passing / shooting options.