

# Around the Block

**Age: U10**

**Level: Warm Up with Ball**

**Objective: Passing and receiving the ball**



Scan the code to see the practice:



## Organization:

Set up a grid 20 x 20 yards. Split players into pairs with one ball for each pair. Player 1 starts with the ball and dribbles around any outside cone. When Player 1 comes back into the grid, they look to play a short pass into Player 2 who checks in for the ball. Player 2 repeats the sequence around a different cone and passes back to Player 1 who again checks in to receive the pass. Encourage players to move around the grid using different cones from all sides.

## Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Type of pass: Inside push pass, driven pass or lofted pass
- 3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "œL"•
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important

**Age: U10**

**Level: Technique with Passive Pressure**

**Objective: Shielding, turning and dribbling under pressure**



Scan the code to see the practice:



## Organization:

Set out a 20x20 yard playing area. Split the group into 2 teams. One team stands on the outside of the grid as the defending team, the rest of the players spread inside with a ball each. On the command from the coach the defenders run into the grid and attempt to knock out everybody's ball out of the square by tackling them. Both teams have a turn as defenders the winning team is the quickest team.

## Progression:

Make the grid smaller, limit the space available for the players.

## 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 (inside/outside hooks or drag backs)



# HalfWay Line Goal

**Age: U10**

**Level: Technique with Full Pressure**

**Objective: Passing and spacial awareness**



Scan the code to see the practice:



## Organization:

2 teams in a 60x40 grid with a halfway line marked with cones. The 2 teams attempt to keep possession inside the whole grid. If the ball is passed across the halfway line to a teammate who retains possession, 1 point is awarded. Develop players to be patient in possession and not to rush the scoring pass. Keeping possession is the key. All players are allowed to move in either side of the grid at all times. Develop the game by players receiving 3 points for playing a wall pass across the halfway line and back again in 2 touches.

## Coaching Points:

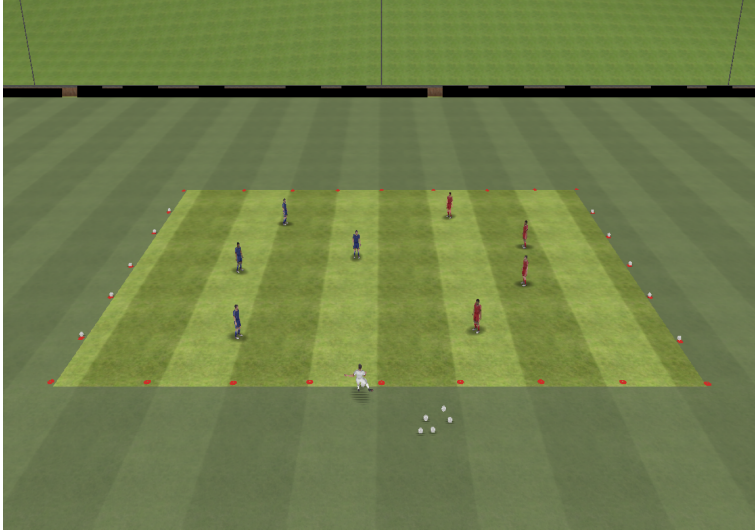
- 1: Make the game look easy with effective passing and control. Weight and accuracy of passes
- 2: Passing options and angles from team mates - around or through defenders
- 3: Possession or penetration - selecting the correct option
- 4: Communication is key for the success in keeping possession.
- 5: Control the speed of the game. Switching the play, limiting the amount of touches and settling the play can control the tempo of the game

# Soccer Quiditch

**Age: U10**

**Level: Small Sided Game**

**Objective: Striking the ball in a small sided game.**



Scan the code to see the practice:



## Organization:

Set out an area of approximately 40 x 30. Place 5 balls on discs spread out across each end line. Play a normal game but the object is to score by knocking the balls off their cones. Game is over once one team has knocked all their target balls off the cones.

## Coaching Points:

- 1: Accuracy before power: Build up power of strikes
- 2: Create space: Width and depth, interchanging position, combination play ideas.
- 3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 5: Positive: Run at the defenders diagonally to open up space.
- 6: Anticipate: Look for rebounds off the keeper.