

Gate Keepers

Age: U10

Level: Technique with Passive Pressure

Objective: Dribbling and turning with the ball



Scan the code to see the practice:



Organization:

Set up a grid 20x30 yards Place many mini goals around the area. (Try to have as many goals as there are players) Object for players to dribble around grid and score as many goals as they can in 45 seconds. Two players are gatekeepers and run around the grid blocking the gates to stop players dribbling thru the goals. Work for 45 seconds and the change the two gatekeepers. Let every player have a chance to be a gatekeeper.

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 with numerous goals

Age: U10

Level: Technique with Full Pressure

Objective: Tracking and challenging for the ball.



Scan the code to see the practice:



Organization:

Set up a 30x30 playing area. Place numerous sets of small goals around the area. Each goal should be about 1 meter wide. Divide players into pairs with one ball per pair. One player plays as the attacker the other as the defender. The attacker attempts to keep possession of the ball and score a goal in any of the sets of goals within a 1 minute. To score the attacker must dribble through a goal and maintain possession. When possession is lost the players change roles. Scores should be kept to develop a competitive edge.

Coaching Points:

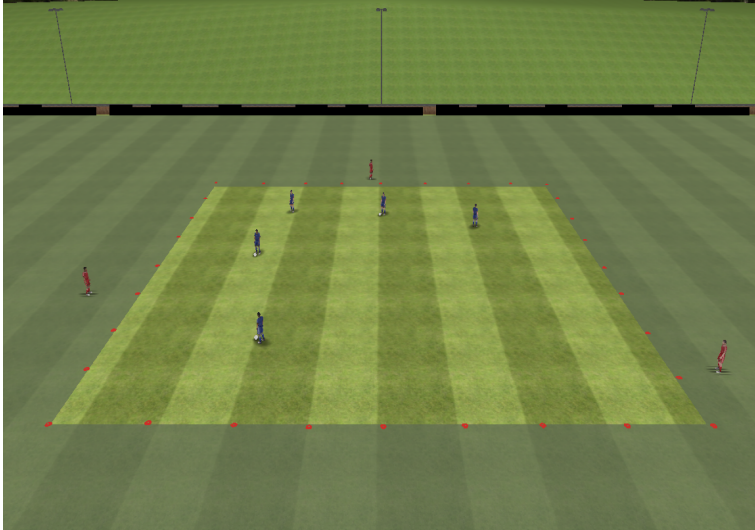
- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat 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

Defending in Small Groups

Age: U10

Level: Technique with Full Pressure

Objective: Winning back the soccer ball



Scan the code to see the practice:



Organization:

Set up a 40x40 playing area. Split your team into a numbers up situation with 3 defenders and 5 attackers. The attackers have two or three balls between them inside the grid and must pass to each other keeping possession. The defenders start on the outside of the grid, then on the command of the coach they enter the area and try to kick-out the attackers' soccer balls. If a ball is kicked out, the attackers try to keep possession of the remaining balls until they have all been kicked out of the area. Once the game has ended players can switch to give each player turns at both keeping possession and defending.

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



Man Marking Game

Age: U10

Level: Small Sided Game

Objective: Beating a defender in a game environment.



Scan the code to see the practice:



Organization:

Set out a 40 x 30 yard area. Play a 6v6 with goalkeepers. Each player has an assigned man marker on the opposition team. Players can only challenge their assigned man-marker. The object for the defensive team is to prevent their counterpart from receiving the ball and scoring.

Coaching Points:

- 1: Create space as a team by spreading out
- 2: Shift the ball across the field and expose opportunities to dribble 1v1
- 3: Attitude and confidence of players to beat defenders on the dribble
- 4: Commit the defender, change direction with a move and then accelerate past them
- 5: Positive: Run at the defenders diagonally to open up space.