



# THE 6 v 6 GAME

## U<sub>10</sub> CURRICULUM



THE FPS APPROACH TO PLAYER DEVELOPMENT IS BASED ON A CONSISTENT AND POSITIVE APPROACH TO GETTING YOUNG PLAYERS TO REACH THEIR FULL POTENTIAL.

THERE ARE 4 AREAS THAT WILL BE ADDRESSED IN THIS DOCUMENT:

- THE FPS PHILOSOPHY
- THE FPS METHODOLOGY
- THE FPS STRUCTURE FOR THE AGE GROUP
- THE FPS CURRICULUM – U<sub>10</sub> PROGRAM SPECIFIC



## COACHING GUIDELINES

### FPS METHODOLOGY



**AIM:** TO ALLOW PLAYERS OF ALL AGES AND ABILITIES, TO DEVELOP TO THEIR FULL POTENTIAL, IN AN ENJOYABLE, CHALLENGING AND POSITIVE ENVIRONMENT.

#### OBJECTIVES:

CREATE A CLEAR AND SIMPLE PATHWAY FOR PLAYER DEVELOPMENT.

ALWAYS KEEP THE PLAYER AT THE CENTER OF THE DEVELOPMENT PROCESS.

ALLOW PLAYERS AS MUCH ACTIVE TIME WITH A BALL EACH, AS POSSIBLE.

TEACH THE PRINCIPLES OF THE GAME.

TEACH "ROLES" NOT "POSITIONS".

MAINTAIN AND FURTHER A DEEP AND UNDERLYING PASSION FOR THE SPORT OF SOCCER AT ALL AGES.

ACKNOWLEDGE THAT PLAYERS WILL LEARN AND DEVELOP AT DIFFERENT SPEEDS.

TO KEEP A FRESH AND CURRENT OUTLOOK ON THE CHANGES IN YOUNG PLAYER DEVELOPMENT.



## FPS PHILOSOPHY

### MISSION STATEMENT:

*“THE MISSION OF FLORIDA PREMIER SOCCER IS TO ENHANCE THE SOCCER EXPERIENCE OF PLAYERS AND COACHES IN FLORIDA. WE PROVIDE OUR PLAYERS THE OPPORTUNITY TO DEVELOP AS ATHLETES AND AS PEOPLE BY FOSTERING AN IDENTITY OF EXCELLENCE. WE STRIVE TO PRODUCE PLAYERS WHO CAN COMPETE AT THE HIGHEST LEVEL OF SOCCER THROUGHOUT THE WORLD.”*

## FPS METHODOLOGY

OUR APPROACH TO PLAYER DEVELOPMENT IS SIMPLE AND BASED ON 3 KEY ELEMENTS:

**ENJOYABLE** - IT IS A PROVEN EDUCATIONAL FACT THAT YOUNG PLAYERS IN ANY SPORT, OR FOR THAT MATTER IN THE CLASSROOM, WILL BE MORE LIKELY TO EXCEL AND REACH THEIR FULL POTENTIAL IF THEY ARE ENJOYING THEIR SUBJECT MATTER. MAKING SOCCER FUN AND AGE APPROPRIATE IS A KEY CONCEPT IN ANY SUCCESSFUL PLAYER DEVELOPMENT MODEL.

**CHALLENGING** - FOR A YOUNG PLAYER TO DEVELOP TO THEIR MAXIMUM POTENTIAL THEY MUST BE IN AN ENVIRONMENT THAT IS DIFFERENTIATED BASED ON THEIR ABILITY. THERE NEEDS TO BE A CAREFULLY LAID OUT PLAN THAT IS PROGRESSIVE AND ALLOWS A YOUNG PLAYER TO FACE NEW CHALLENGES AT EACH STAGE. YOUNG PLAYERS LEARN AT DIFFERENT RATES AND ALSO IN DIFFERENT WAYS AND THERE HAS TO BE AN OPPORTUNITY FOR ALL PLAYERS TO BE ALLOWED TO SUCCEED IN THEIR OWN TIME.

**POSITIVE** - IT IS VITAL THAT A YOUNG PLAYER RECEIVES THE NECESSARY SUPPORT STRUCTURE THROUGHOUT THEIR DEVELOPMENT. THERE MUST BE CLARITY IN THE EXPECTATIONS AT EACH STAGE IN THE PROCESS AND THERE CANNOT BE UNNECESSARY PRESSURE APPLIED AT TOO YOUNG AN AGE OR PLAYERS WILL BE LOST TO THE SPORT. PLAYERS SHOULD BE ENCOURAGED TO LEARN FROM THEIR MISTAKES AND NOT FEEL AS IF THEY WILL BE BERATED FOR TRYING TO EXPRESS THEMSELVES.

## THE FPS STRUCTURE

GETTING STARTED PHASE	K-2 <sup>ND</sup> GRADE
FUNDAMENTAL PHASE	3 <sup>RD</sup> – 6 <sup>TH</sup> GRADE
TRAINING TO TRAIN PHASE	7 <sup>TH</sup> – 9 <sup>TH</sup> GRADE
TRAINING TO COMPETE PHASE	10 <sup>TH</sup> – 12 <sup>TH</sup> GRADE
TRAINING TO WIN PHASE	18+



# FPS REC CURRICLUM

	U8	U10	U12
CURRICULUM Methodology	FUNDAMENTAL	PRATICE TO DEVELOP THRU PRACTICE TO COMPETE	
COACHING STRUCTURE	2 V 1 TO 4 V 4	3 V 2 TO 6 V 6	5 V 3 TO 8 V 8
Coaching Emphasis	1 <sup>ST</sup> DEFENDER/ATTACKER	SUPPORTING DEFENDER/ATTACKER	COVERING DEFENDER/3 <sup>RD</sup> ATTACKER
TECHNICAL DEVELOPMENT	PROGRESSION OF SHORT PASSING, RECEIVING THE BALL, RUNNING WITH THE BALL AT DIFFERENT SPEEDS, REINFORCE TURNS & MOVES (LIMITED PRESSURE), SHOOTING WITH INSIDE OF THE FOOT AND LACES, INTRODUCTION OF BLOCK TACKLES, ROLE OF 1ST DEFENDER	INTRODUCTION TO LONG & DRIVEN PASSES, ALSO THE CHIP AND SWERVE PASSING, RECEIVING THE BALL IN THE AIR, TURNS & MOVES PROGRESSED, HEADING, SHOOTING (ACCURACY & POWER), PRESSURE & COVER, GK	PROGRESSION OF DIFFERENT TYPES OF PASSING UNDER PRESSURE, PROGRESSION OF CONTROLLING TECHNIQUES UNDER PRESSURE, TURNS & MOVES VARIOUS COMBINATIONS, ONE TWO TOUCH PASSING, CROSSING, DEFENDING SUPPORT & BALANCE
Tactical Awareness	RESTARTS, SUPPORT IN ATTACK, DEFENDING IN NUMBERS, ANGLES OF SUPPORT, DIAMOND FORMATION	PRINCIPLES OF PLAY, DEVELOPMENT OF ROLES & RESPONSIBILITIES WITHIN THE TEAM, DEVELOPING TEAM SHAPE & FORMATION, WHEN TO PRESSURE WHEN TO COVER, PROGRESSION OF ANGLES & DISTANCES OF SUPPORT, COMMUNICATION	INTERCHANGING OF POSITIONS TO CREATE SPACE, DEFENSIVE: BALANCE, ATTACK: WIDTH & DEPTH, COMBINATIONS IN DIFFERENT AREAS OF THE FIELD, SET PLAYS
PHYSICAL REQUIREMENTS	DEVELOPING SPEED AND AGILITY WITH BALL RELATED EXERCISES	STRENGTH DEVELOPED THROUGH HOPPING, SKIPPING AND OTHER BODY WEIGHT EXERCISES	MORE STRUCTURED AEROBIC TRAINING AND SHORT ANAEROBIC WORK
Psychological Needs	DEVELOPING CONFIDENCE AND PROMOTING A POSITIVE SELF IMAGE, EMPHASIS ON ENJOYMENT BUT ENCOURAGING DISCIPLINE AND COMPETITION WITHIN THE GROUP	FOCUS ON PLAYER PERFORMANCE RATHER THAN RESULT, IDENTIFYING ROLES & RESPONSIBILITIES WITH THE TEAM	DEVELOPING PLAYER PERFORMANCE AND INDIVIDUAL TARGETS,
BALL MASTERY	DRAG BACK PASS ON'S, DRAG BACK PUSH ON'S & SIDE ROLLS	1-2-3 STEP OVER, SLIDES & ROLL ACROSS	SLIDES REVERSED & DRIBBLE CUTS
Turns and Direction Change	HOOK TURN & BACK HEEL	CRUYFF & L TURN	DRAG FLICK & STEP OVER TURN (ZICO)
MOVES AND FAKES	SCISSORS & PUSH & GO	STEP OVER, DOUBLE SCISSORS & KNOCK & GO	MARADONA, NUTMEG, SHIMMY & FAKE PASS
Practice to Game ratio	2 PRACTICES PER WEEK	2 PRACTICES AND 1 GAME	2 PRACTICES AND 1 GAME
ISOCCKER ASSESSMENT	JUGGLING & DRIBBLING	FIRST TOUCH & PASSING	AERIAL CONTROL
Practice Time	75 MINUTES	75 MINUTES	75-90 MINUTES
FIELD DIMENSIONS	40X30 YARDS	60X40 YARDS	70X50 YARDS
Suggested Scrimmage	4 V 4 NO GOALKEEPERS	6 V 6 WITH GOALKEEPERS	8 V 8 WITH GOALKEEPERS
EQUIPMENT	SIZE 3 BALLS, CONES & PINNIES. GOALS 3 YARDS	SIZE 4 BALLS, CONES & PINNIES. GOALS 4 YARDS	SIZE 4 BALLS, CONES & PINNIES. GOALS 7 YARDS.
Curriculum Theme	US NATIONALS	PREMIER LEAGUE	CHAMPIONS LEAGUE
WEEK 1	RUNNING WITH THE BALL III	RUNNING WITH THE BALL AT SPEED	TURNS & MOVES V
WEEK 2	TURNS & MOVES IV	BALL CONTROL	PASSING 1 & 2 TOUCH
WEEK 3	1V1 ATTACKING	PLAYING OUT FROM THE BACK	AERIAL BALL CONTROL: HEADING & VOLLEYING
WEEK 4	PASSING	COMBINATION PLAY	TURNING WITH BACK TO PRESSURE
WEEK 5	RECEIVING	POSSESSION	ATTACKING IN THE FINAL 3RD II
WEEK 6	SHOOTING FOR ACCURACY	ATTACKING 2V1	FINISHING
WEEK 7	ATTACKING 2V1	ATTACKING IN THE FINAL 3RD I	SWITCHING THE POINT OF ATTACK
WEEK 8	GOAL KEEPING	GOAL KEEPING	GOAL KEEPING
WEEK 9	DEFENDING 1V1	DEFENDING 1V1 & 2V2	DEFENDING: BALANCE
WEEK 10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



## FPS REC CURRICLUM

AGE	U8	U10	U12
Theme	US NATIONALS	PREMIER LEAGUE	CHAMPIONS LEAGUE
1	RUNNING WITH THE BALL III	RUNNING WITH THE BALL AT SPEED	TURNS & MOVES V
2	TURNS & MOVES IV	BALL CONTROL	PASSING 1 & 2 TOUCH
3	1V1 ATTACKING	PLAYING OUT FROM THE BACK	AERIAL BALL CONTROL: HEADING & VOLLEYING
4	PASSING	COMBINATION PLAY	TURNING WITH BACK TO PRESSURE
5	RECEIVING	POSSESSION	ATTACKING IN THE FINAL 3RD II
6	SHOOTING FOR ACCURACY	ATTACKING 2V1	FINISHING
7	ATTACKING 2V1	ATTACKING IN THE FINAL 3RD I	SWITCHING THE POINT OF ATTACK
8	GOAL KEEPING	GOAL KEEPING	GOAL KEEPING
9	DEFENDING 1V1	DEFENDING 1V1 & 2V2	DEFENDING: BALANCE
10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



## COACHING GUIDELINES

THERE ARE FOUR MAIN PILLARS OF SOCCER, WHICH ARE EVIDENT AT EVERY LEVEL OF THE GAME:

**TECHNICAL, PHYSICAL, TACTICAL AND PSYCHOLOGICAL.**

THERE WILL BE DIFFERENT EMPHASIS PLACED ON EACH PILLAR OF THE GAME, DEPENDING ON THE AGE AND ABILITY OF THE PLAYER.

IT IS IMPORTANT THAT A COACH HAS CLEAR GOALS FOR THEMSELVES AND FOR THEIR TEAM PRIOR TO WORKING WITH ANY AGE GROUP.

### FUNDAMENTAL PHASE, 3<sup>RD</sup> TO 6<sup>TH</sup> GRADE

- TECHNICAL
- PHYSICAL
- TACTICAL
- PSYCHOLOGICAL

#### TECHNICAL:

AT THIS AGE WE SHOULD BE LOOKING TO PRACTICE WITH BOTH FEET SO THEY FEEL COMFORTABLE WITH THE BALL ON EITHER FOOT. WE WOULD LIKE TO SEE PLAYERS BE ABLE TO CHANGE PACE, DIRECTION AND BECOME CONFIDENT IN 1V1 SITUATIONS PERFORMING MOVES AND TURNS AT SPEED.

PLAYERS ARE EXPECTED TO HAVE CONSISTENCY IN SHORT PASSING WITH DIFFERENT SURFACES OF THE FOOT.

#### PHYSICAL:

PLAYERS AT THIS AGE FIND IT FUN TO BE ACTIVE. KEEP THEM MOVING WITH A BALL AS MUCH AS POSSIBLE.

IT IS WORTH NOTING THAT PLAYERS ARE DEVELOPING PHYSICALLY AT DIFFERENT RATES NOW SO EXPECT SOME LACK OF CO-ORDINATION IN SOME ACTIVITIES.

ANY FITNESS THAT THEY RECEIVE SHOULD BE AS A RESULT OF PLAYING THE GAME OF SOCCER. USE SOCCER GAMES TO IMPROVE BALANCE AND CO-ORDINATION.

COACHES SHOULD ONLY INTRODUCE FITNESS WITH THE BALL.

#### TACTICAL:

IN GAMES PLAYERS SHOULD PLAY IN A 6 V 6 FORMAT TO ENCOURAGE MORE TOUCHES ON THE BALL AND BEGIN SOME UNDERSTANDING OF THE TACTICAL GAME.

PLAYERS SHOULD ROTATE POSITIONS SO THEY UNDERSTAND THE ROLES AND RESPONSIBILITIES OF EVERY POSITION WITHIN THE 6 V 6 GAME.

#### PSYCHOLOGICAL:

THE MAIN PSYCHOLOGICAL GOAL FOR PLAYERS AT THIS STAGE OF THEIR DEVELOPMENT IS TO HAVE FUN.

COACHES NEED TO MAINTAIN AN EXCITING AND POSITIVE EXPERIENCE TO THE GAME OF SOCCER TO ENSURE FUTURE PARTICIPATION TOGETHER WITH CHALLENGING GOALS THAT WILL CAPTURE THE PLAYER'S INTERESTS.

COACHES ARE LOOKING FOR PLAYERS WHO HAVE A GOOD ATTITUDE, A GOOD WORK ETHIC AND A STRONG PERSONALITY ON THE FIELD. PLAYERS SHOULD START TO UNDERSTAND THE CONCEPT OF TEAMWORK.

EMPHASIS IS STILL VERY MUCH ON PLAYER DEVELOPMENT VS. WINNING



## RECOMMENDED BREAKDOWN FOR A TYPICAL U10 PRACTICE SESSION

A TYPICAL SESSION FOR THIS AGE GROUP SHOULD BE 60-75 MINUTES

### **WARM-UP. 15 MINUTES**

BEGIN WITH A **FUN** ACTIVITY. THIS SHOULD PREPARE THE PLAYERS MENTALLY AND PHYSICALLY FOR THE REST OF THE PRACTICE.

### **2 x SKILL GAMES – UNOPPOSED AND OPPOSED. 25 MINUTES EACH**

THESE GAMES ARE DESIGNED TO BE HIGH ENERGY, FUN ACTIVITIES THAT REINFORCE THE BASIC TECHNIQUES WITHOUT PRESSURE.

### **SMALL-SIDED GAMES – OPPOSED 4 v 4 TO 6 v 6. 30 MINUTES**

EACH PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME.

THE SIZE OF THE FIELD SHOULD BE ABOUT 40 x 30 YARDS AND THE TEAMS SHOULD BE 4 v 4 WITH A SWEEPER / GOALKEEPER. FOR 6 v 6 THE FIELD SHOULD BE 60 x 40 WITH GOALKEEPERS.

### **COOL DOWN. 5 MINUTES**

SPEND FIVE MINUTES AT THE END OF EACH SESSION COOLING DOWN. REINFORCING BASIC TECHNICAL POINTS FROM THE SESSION WITH Q & A.

### **PLAYING THE 4 v 4 TO 6 v 6 GAME**

EVERY PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. REMEMBER THAT THE GAME IS THE BEST TEACHER OF ALL. YOUR MAIN AIM IS TO CREATE AN **ENJOYABLE, CHALLENGING, POSITIVE AND SAFE** ENVIRONMENT IN WHICH YOUR PLAYERS CAN DEVELOP. THIS SHOULD BE THE LARGEST PORTION OF YOUR PRACTICE – ABOUT THIRTY MINUTES IN LENGTH.

### **ORGANIZATION**

1) FIELD SIZE: 40 x 30 YARDS (4 v 4) TO 60 x 40 YARDS (6 v 6)

2) EQUIPMENT: USE CONES TO CLEARLY MARK OUT THE AREA OF THE FIELD.

USE UPRIGHT CONES OR FLAGS AS GOALS AND PLACE THEM ABOUT 6 FEET APART.

USE BIBS TO AVOID CONFUSION AMONGST PLAYERS.

PLAY WITH A SIZE 4 BALL.

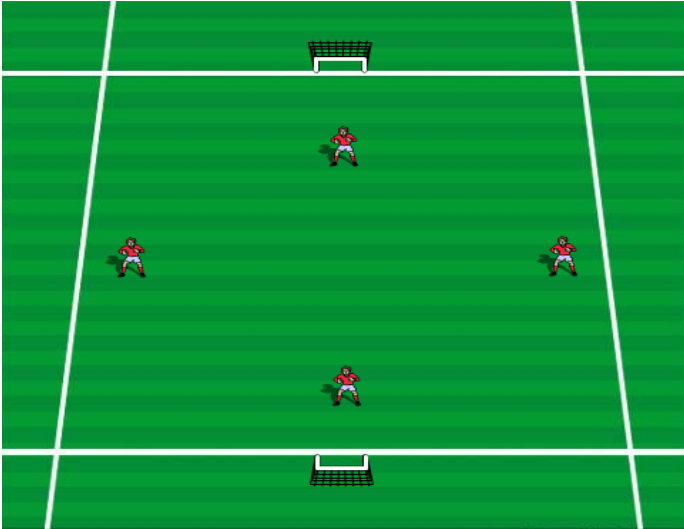
TEAMS HAVE A GOALKEEPER. EVERY PLAYER SHOULD HAVE THE OPPORTUNITY TO BE GOALKEEPER. USE THIS TIME TO BRIEFLY EXPLAIN THE ROLE OF THE GOALKEEPER IN THE GAME.

- 4 v 4 WILL PROMOTE PLAYERS GETTING MORE TOUCHES ON THE BALL AND BEING INVOLVED AS MUCH AS POSSIBLE. IT WILL ALSO CREATE MORE 1 v 1 SITUATIONS.
- 6 v 6 WILL INTRODUCE SOME OF THE MORE TACTICAL ELEMENTS OF THE GAME BUT STILL ALLOW FOR 1 v 1 OPPORTUNITIES.
- KEEP INSTRUCTIONS CLEAR AND TO A MINIMUM AND USE YOUR ENTHUSIASM TO KEEP ALL PLAYERS MOTIVATED.
- ALWAYS STRESS THE IMPORTANCE OF FAIR PLAY AND HAVE THE PLAYERS SHAKE HANDS / HIGH FIVE AT THE END OF EACH GAME.

BY THE END OF YOUR SESSION MAKE SURE THAT ALL YOUR PLAYERS HAVE ACHIEVED SOME MEASURE OF SUCCESS.



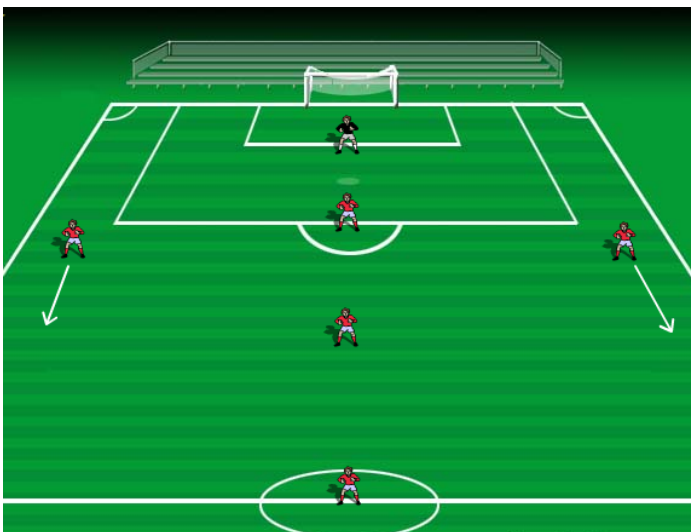
## 4 v 4 TO 6 v 6 GAME



### 4 v 4 GAME LAYOUT

4 v 4 GAME IN A 40 x 30 AREA, WITH A GK / SWEEPER. ONLY ONE PLAYER SHOULD BE ALLOWED TO USE THEIR HANDS BUT ENCOURAGE THEM TO PLAY IN A MORE FORWARD ROLE AS A SWEEPER. HAVE A SUPPLY OF BALLS AT THE SIDE TO KEEP THE GAME FLOWING AND TRY TO LIMIT STOPPAGES.

ENCOURAGE THE TEAM TO ADOPT A DIAMOND FORMATION. THIS WILL PROVIDE WIDTH AND DEPTH AND PREVENT THE FIELD FROM BECOMING CONDENSED.



### 6 v 6 GAME LAYOUT

6 v 6 GAME IN 60 x 40 AREA WITH A GOALKEEPER. HAVE A SUPPLY OF BALLS AT THE SIDE TO KEEP THE GAME FLOWING AND TO TRY AND LIMIT STOPPAGES. A 3-1-1 FORMATION SHOULD ENCOURAGE 1 v 1 SITUATIONS.

LEFT AND RIGHT DEFENDERS NEED TO BE ENCOURAGED TO MOVE FORWARD AND SUPPORT ATTACKS.

START ATTACKS WITH GOALKEEPER BY HAVING HIM / HER ROLL THE BALL TO LEFT OR RIGHT DEFENDER IN A WIDE POSITION.



## BEATING AN OPPONENT – TURNS & 1V1 MOVES

CONCEPT	EXPLANATION
REPETITION	PLAYERS WILL NOT ALWAYS BE SUCCESSFUL
SLOW START	ALLOW PLAYERS TO BE SUCCESSFUL BEFORE PROGRESSING
LOW CENTRE OF GRAVITY	VITAL TO ALLOW QUICK CHANGES OF DIRECTION WITH ACCELERATION
OVER-EMPHASIZE	GET PLAYERS TO EXAGGERATE THEIR MOVEMENTS AND USE THEIR BODY IN 1V1 SITUATION
BE CONFIDENT	PRAISE EVERY ATTEMPT

BELOW ARE 6 TURNS AND 9 1 v 1 MOVES THAT WE WOULD WANT PLAYERS TO BE CONFIDENT OF PERFORMING, OR AT LEAST ATTEMPTING, BY THE END OF THE U10 PROGRAM.

### TURNS

#### DRAG BACK:

WITH BALL UNDER CONTROL, PLACE SOLE OF FOOT ON TOP OF BALL AND QUICKLY DRAG BALL ACROSS THE FRONT OF BODY. PUSH THE BALL AWAY WITH OUTSIDE OF SAME FOOT AND ACCELERATE INTO SPACE.

#### STOP TURN:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. PLACE SOLE OF FOOT ON TOP OF BALL TO STOP IT DEAD. QUICKLY PLACE SAME FOOT ON OTHER SIDE OF BALL BETWEEN DEFENDER AND YOURSELF IN A HOPPING MOTION. WITH KNEES BENT, BRING OTHER FOOT QUICKLY OVER THE BALL AND PUSH THE BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### INSIDE & OUTSIDE HOOK/CUT:

WITH BALL UNDER CONTROL, REACH WITH INSIDE OR OUTSIDE OF FOOT AND HOOK BALL BACK 180 DEGREES BEHIND BODY. KNEES SHOULD BE BENT AND BALL SHOULD BE PUSHED INTO SPACE. QUICKLY TAKE BALL AWAY IN OPPOSITE DIRECTION WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### CRUYFF:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. BRING LEG AROUND OUTSIDE OF BALL SO INSTEP MAKES CONTACT WITH BALL. PUSH BALL BACK AND UNDERNEATH BODY. WITH KNEES BENT PUSH BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### STEP OVER:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. BRING THE PASSING FOOT QUICKLY OVER THE TOP OF THE BALL WITHOUT TOUCHING IT. PLANT FOOT PAST BALL WITH TOE POINTING AWAY FROM DEFENDER. WITH BENT KNEES, QUICKLY TURN BODY 180 DEGREES AND TAKE BALL AWAY WITH OUTSIDE OF SAME FOOT OR INSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.



## **BEATING AN OPPONENT – TURNS & 1 v 1 MOVES**

### **MOVES**

#### **MATTHEWS OR FAKE:**

USE FULL BODY AND LUNGE TO ONE SIDE TO GET DEFENDER OFF BALANCE. PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

#### **PUSH & GO:**

A SIMPLE, SLOW APPROACH TOWARDS THE DEFENDER, PUSH THE BALL PAST THE OPPONENT AND ACCELERATE TO CATCH UP TO THE BALL. ENSURE THAT THE PLAYER GETS THEIR BODY IN-BETWEEN THE BALL AND THE OPPONENT AS THEY ACCELERATE AWAY.

#### **SCISSORS:**

SLOW APPROACH TO THE OPPONENT, BRING THE FRONT FOOT AROUND THE FRONT OF THE BALL, TO PROTECT IT FROM THE DEFENDER. AS THE WEIGHT SHIFTS TO THE FRONT FOOT PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

#### **DOUBLE SCISSORS:**

BODY FORWARD. REPEAT MOVEMENT ABOVE A SECOND TIME TO THROW DEFENDER OFF BALANCE. MOVEMENT SHOULD BE FLUID AND QUICK.

#### **STOP AND GO:**

USED WHEN DEFENDER IS EVEN WITH ATTACKER. BREAK MOMENTUM OF DRIBBLE BY STOPPING THE BALL WITH THE SOLE OF FOOT AND THEN QUICKLY PUSH FORWARD WITH TOE OR LACES OF OPPOSITE FOOT (CAN ALSO USE SAME FOOT). HESITATION WILL GET DEFENDER OFF BALANCE AND ALLOW ATTACKER TO ACCELERATE AWAY.

#### **PULL BACK:**

TO BE USED WHEN DEFENDER IS EVEN WITH ATTACKER. FEINT INITIALLY TO GET DEFENDER OFF BALANCE. USE SOLE OF FOOT TO PULL BALL BACK AND THEN PUSH BEHIND STANDING LEG AND ACCELERATE AWAY. YOU CAN ALSO LOOK AT THE "RONALDO" VARIATION WHERE HE SIMPLY CHOPS THE BALL BEHIND THE STANDING LEG AND ACCELERATES AWAY.

#### **INSIDE OUT:**

DRIBBLE AT DEFENDER WITH BALL CLOSE AND UNDER CONTROL. TOUCH THE BALL INSIDE TOWARDS THE DEFENDER WITH THE INSIDE OF THE FOOT AND THEN VERY QUICKLY TAKE THE BALL AWAY IN THE OPPOSITE DIRECTION AND PAST THE DEFENDER WITH THE OUTSIDE OF THE SAME FOOT. ACCELERATE PAST DEFENDER INTO SPACE. THIS CAN ALSO BE REVERSED FOR AN OUTSIDE-IN MOVE.

#### **MARADONA:**

PLACE SOLE OF FOOT ON TOP OF BALL AND SPIN QUICKLY AWAY USING THE SOLE OF THE OTHER FOOT. USEFUL IN GETTING OUT OF TIGHT SPACES.

#### **NUTMEG:**

TO BE USED WHEN A DEFENDER HAS BECOME SQUARE TO THE PLAY AND IS OFF BALANCE. QUICKLY PLAY THE BALL BETWEEN THE DEFENDERS LEGS AND RUN AROUND THE DEFENDER TO THE OTHER SIDE AND ACCELERATE INTO SPACE.



**AGE GROUP/PROGRAM: U10 TOWN WEEK # 1**

**THEME: RUNNING WITH THE BALL AT SPEED/ARSENAL**

**SESSION GOALS:**

- ★ Improve running with the ball technique
- ★ Changes in direction at speed
- ★ Shooting on the move

**COACHING POINTS:**

- ★ Use both feet.
- ★ Positive 1st touch into space with laces.
- ★ Keep ball in front but under control.
- ★ Head up between touches to see space.

**UNDERSTAND YOUR AUDIENCE:**

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

**WARM UP: RUNNING WITH THE BALL**

**SET UP: 20 X 10 YARD AREA**

**PROGRESSION**



First players in lines 1 and 2 run with ball at speed down their lane then pass it to the next player in the opposite line and join back of new group.

Both groups work at same time.

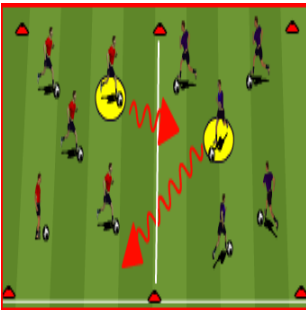
Receiving player takes positive 1st touch and repeats the exercise in opposite direction.

1. Move players to other side of grid to practice using left foot for dribbling and passing.
2. Make it competitive – first team to 20 passes.
3. Have both ends start with ball
4. Add gates to pass through

**CORE GAME 1:**

**SET UP: 10 X 10 YARD AREA**

**PROGRESSION**



Make two 10x10 squares, 20 yards apart. Each player has a ball. Coach numbers players 1-5 and puts 5 players in each square.

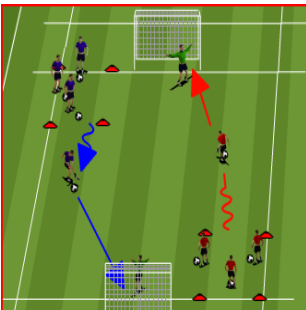
Coach calls out number and that player dribbles across to opposite square and continues dribbling.

1. Only use 1 foot.
2. Make it competitive – first player across wins point
3. Players must dribble around a top corner cone

**CORE GAME 2: FAST BREAK**

**SET UP: 40 X 30 YARD AREA**

**PROGRESSION**



Create 2 squares to one side of goals. Each player has a ball. Number players 1-4.

Have 2 GK's in goal. Coach calls out number and player dribbles out of square, towards goal and shoots.

They then stay in opposite square and continue dribbling.

1. Place time restriction – must shoot within 5 seconds. Reduce time.
2. when coach calls number, a defender from opposite square advances to create a 1v1 before shooting (coach calls 1, then number 2 advances as defender without ball)

**SMALL SIDED GAME**

**SET UP: 60 X 40 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**

**ISOCCER TEST:**

**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN      WEEK # 2      THEME: BALL CONTROL/CHELSEA**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Develop a quality 1<sup>st</sup> touch on the move</li> <li>★ isoccer</li> </ul>	<ul style="list-style-type: none"> <li>★ Keep eye on ball</li> <li>★ Use different surfaces to control and receive</li> <li>★ Get in line with the ball, and choose surface early.</li> <li>★ Receive ball with a purpose – take touch into space.</li> <li>★ Soft touch to keep ball under control.</li> </ul>	<ul style="list-style-type: none"> <li>★ Lengthened attention span</li> <li>★ Refined gross &amp; motor skills</li> <li>★ Developing an understanding of team play</li> <li>★ Desire to play rather than being told</li> </ul>

**WARM UP: IN PAIRS      SET UP:      PROGRESSION**



Each player has a ball. Start with ball in hands. Players drop ball to ground and use sole of foot to squeeze ball in front and dribble.

Repeat with other foot.

1. Squeeze with inside of foot.
2. squeeze with outside of foot
3. Turn 180 degrees.

**CORE GAME 1: RECEIVING THE BALL      SET UP: 20 X 20 YARD AREA W/ 5 YARD SQUARE IN MIDDLE      PROGRESSION**



Half the group has soccer balls around outside 20x20 square. The other players stand inside smaller square without a ball.

Players in middle run to any of the outside players to receive a ball, pass it back and then run through the middle box before receiving a pass from a different player. Players must say 'yes please' to receive the ball.

Play for 90 seconds and switch players from inside to outside.

1. Receiving players are limited to 2 touches.
2. Outside players start with ball in hands and throw ball in air.
3. Receiving player must receive, turn and pass to an open outside player.

**ISOCCKER      TEST: 8 DRIBBLING CONTINUED      TEST: 9 DRIBBLING CONTINUED**

For more information visit [www.isoccer.org](http://www.isoccer.org)

Duration is 20 seconds.

SET UP: Place each player in a 10x10 yard square with one cone in the middle. Dribble the ball back & down the designated lane using either foot. Use only your right foot at the far line and the left foot at the start line. Use any turn. Each completed turn counts as 4 points. Partially counted turns count as 1 point. Restart if you turn with the wrong foot or if the ball does not cross the line before you turn.

Duration is 20 seconds.

SET UP: Place each player in a 10x10 yard square with one cone in the middle. Treat the middle cone as a defender. Start to the left of the 1<sup>st</sup> cone and dribble towards the defender. Scissor around the ball with your left foot and push the ball with the outside of your right foot. Dribble around the far cone and repeat the scissor move in the opposite direction. Each completed loop counts as 4 points. Partially completed sections counts as 1 point. Restart if you do not complete the scissor properly or if the ball does not go around either of the outside cones.

**SMALL SIDED GAME      SET UP: 60 X 40 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**  
**ISOCCKER TEST:**  
**BALL MASTERY:**



AGE GROUP/PROGRAM: U10 TOWN

WEEK # 3

THEME: PLAYING OUT FROM THE BACK/MAN UTD

**SESSION GOALS:**

- ★ Moving the ball up field from defense to attack
- ★ Players being comfortable receiving the ball close to their own goal
- ★ Quality of passing

**COACHING POINTS:**

- ★ Use both feet.
- ★ Receive ball on the front foot – GK throw must be in front of receiving player.
- ★ Look up – awareness of field.
- ★ Positive touch into space and accelerate.
- ★ Weight and accuracy of pass.
- ★ Be aggressive to attack the space in front.

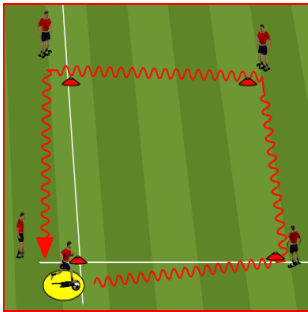
**UNDERSTAND YOUR AUDIENCE:**

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

**WARM UP: DRIBBLE AROUND THE SQUARE**

SET UP: 15 x 15 YARD AREA

**PROGRESSION**



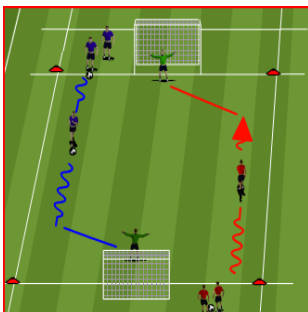
In groups of five players are to dribble around the square and make a short pass into the next player when they arrive at the cone.

1. Change direction
2. Use both feet
3. Make a longer pass at the halfway mark
4. Play a wall pass with the next player

**CORE GAME 1: PLAYING OUT WITH ATTACKING**

SET UP: 25 x 25 YARD AREA

**PROGRESSION**



Place 2 groups to the side of each goal as shown.

Each GK starts with ball – keep supply of balls in each goal. GK's roll ball to the side and a player runs onto the ball and dribbles before passing to opposite GK.

Player joins back of opposite group.

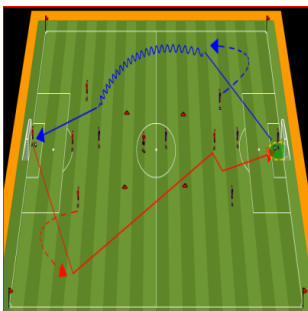
Switch GK's after a few minutes.

1. Switch to other side of goal.
2. Place 2 players in middle of area. Player who receives ball now must pass to player in middle who turns and shoots. Passing player moves to middle and repeat.
3. Passing player performs give and go with middle player and shoots – then replaces middle player.

**CORE GAME 2: TACTICAL 6 V 0**

SET UP: 60 x 40 YARD AREA

**PROGRESSION**



Set up 2 teams of 6 in the same formation – 3-1-1. Each GK starts with a ball.

On coach command, each GK throws ball to one of the 2 full-backs and the team tries to score as quickly as possible.

The other team is NOT ALLOWED to defend. First team to score gets the goal. Play first team to 5.

1. Place certain restrictions on the pattern of play – e.g. full back must pass to center mid before team can shoot.
2. Full-back must pass to central defender before team can shoot.
3. All players, except GK, must be across half-way line before team can shoot.

**SMALL SIDED GAME**

SET UP: 60 x 40 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**

**ISOCER TEST:**

**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN**

**WEEK # 4**

**THEME: COMBINATION PLAY/SPURS**

**SESSION GOALS:**

- ★ Develop communication skills
- ★ Passing sequence
- ★ Work as a team to create goal scoring opportunities

**COACHING POINTS:**

- ★ Communication
- ★ Weight and accuracy of passing
- ★ Movement to support.
- ★ Change of speed and direction.
- ★ Be aggressive.
- ★ Can players disguise their intentions by using different surfaces and movements?

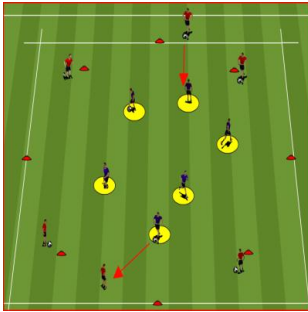
**UNDERSTAND YOUR AUDIENCE:**

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

**WARM UP: COMBINATIONS**

**SET UP: 30 YARD CIRCLE**

**PROGRESSION**



Half the group inside the circle with a ball with the other half on the outside as target players.

Players on the inside run up to an outside player and pass, then receive the ball back before looking to pass to someone else on the outside.

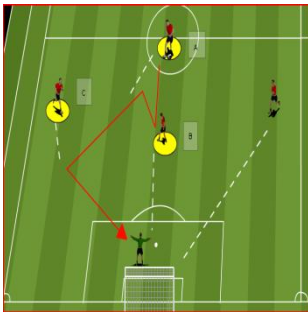
Start with 2-3 touch and work through the following

1. Change feet
2. 1 touch
3. Change over
4. Wall pass
5. Overlap

**CORE GAME 1: 4 v 0 TO GOAL**

**SET UP: HALF FIELD**

**PROGRESSION**



Half a field with wide players on the sideline. Player A will pass into player B's feet who returns the ball back to A. A passes out to a wide player, C. This player takes a touch and shoots on goal whilst A follows up with the opposite wide player.

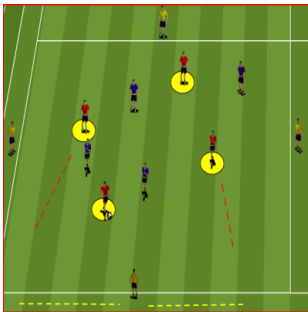
- When player A takes a touch, this should be a visual cue for B to check away
- Play should be one or two touch
- A's pass to C should be in front into space
- Head up for passing, crossing and shooting
- C's should check away also to create space

1. Player A throws the ball into the air so they control the ball before playing B
2. Player C should start more central and nearer the half way line. When A takes their touch, C should get high and wide
3. A should join the attack when C strikes across goal
4. Play 4v1

**CORE GAME 2: 4 v 4 + TARGET PLAYERS**

**SET UP: 40 x 40 YARD AREA**

**PROGRESSION**



Play 4v4 in the middle with 4 Target players on the outside. The two teams in the middle must try and play to a target player to get a point.

When they find a target player that play must maintain possession with that team i.e. any of the four team members that initially passed them the ball.

1. Teams in the middle have to make 3 passes before they can find a target player
2. Limit touches
3. Move two target players into the middle

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**

**ISOCER TEST:**

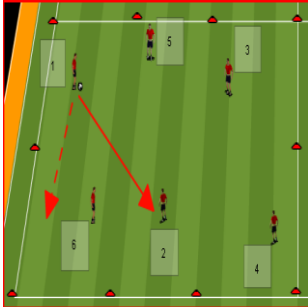
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN      WEEK # 5      THEME: POSSESSION/LIVERPOOL**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Communication skills</li> <li>★ Movement of players within the team</li> <li>★ Shape</li> <li>★ Speed of play</li> </ul>	<ul style="list-style-type: none"> <li>★ All players on their toes</li> <li>★ Players must look for space to move into</li> <li>★ Communication</li> <li>★ Quality 1<sup>st</sup> touch</li> <li>★ Smooth passing</li> </ul>	<ul style="list-style-type: none"> <li>★ Lengthened attention span</li> <li>★ Refined gross &amp; motor skills</li> <li>★ Developing an understanding of team play</li> <li>★ Desire to play rather than being told</li> </ul>

**WARM UP: SEQUENCE PLAY      SET UP: 30 x 20 YARD AREA      PROGRESSION**



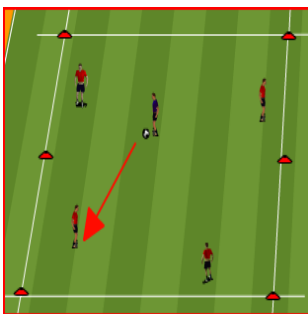
Split group into 2 teams and number 1 through 6 (use whatever numbers you have).

Players must pass in sequence.

Player 1 passes to Player 2 who passes to 3, etc. Start with players passing the ball using their hands – insist that no ball should hit the ground.

1. Reverse the numbers so players have to think in advance.
2. Put the ball on ground and players pass instead of throw.
3. Receiving player must call out next number BEFORE receiving the ball.

**CORE GAME 1: 4 v 1      SET UP: 10 x 10 YARD AREA      PROGRESSION**



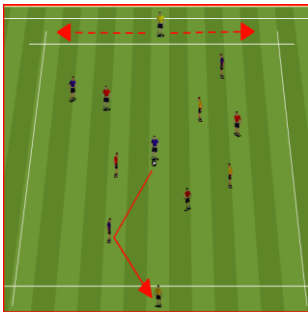
4 attackers vs. 1 defender in the area. Defender starts with ball and passes to an attacker to start exercise. Attackers look to keep possession and score a goal for making 4 consecutive passes.

If defender wins ball, they score a point by dribbling to any of the outside cones.

Change defender after 2 minutes.

1. Increase number of passes to score a goal.
2. Limit touches of team of 4 – each player is allowed no more than 3 touches.
3. Limit to maximum of 2 touches per player in possession.

**CORE GAME 2: 4 v 4 + 2 NEUTRAL PLAYERS TO END ZONE      SET UP: 60 x 40 YARD AREA      PROGRESSION**



Have two teams of 4 inside the area with two neutral players inside making it 6v4 to the team in possession.

Neutral player plays for team in possession – put them in a different colored pinney from 2 teams.

To score a goal a team must pass the ball to one of the target players and get the ball back to retain possession.

1. Players have to make 3 passes inside before they can pass to a target player
2. 5 passes inside also equals a goal.
3. Team must go from one target player to the other to score a goal.
4. Take out the neutral players and make it 5v5

**SMALL SIDED GAME      SET UP: 30 x 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN**

**WEEK # 6**

**THEME: ATTACKING 2 v 1/MAN CITY**

**SESSION GOALS:**

- ★ Dribbling at speed
- ★ Angles of support
- ★ Quality of finish

**COACHING POINTS:**

- ★ Speed of play
- ★ Quick decisions
- ★ Quality in execution
- ★ Awareness

**UNDERSTAND YOUR AUDIENCE:**

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

**WARM UP: BALL MASTERY**

**SET UP: 30 X 25 YARD AREA**

**PROGRESSION**



Each player has a ball and performs the required ball mastery, turns and moves.

Give them 60 seconds to perform each one as many times as they can, and for the turns and moves they should perform each one after 5 touches whilst dribbling around the area for 60 seconds.

1. Make sure they use both feet.
2. Make it competitive by getting them to keep their scores

**CORE GAME 1: 2 v 1 COMBOS TO GOAL**

**SET UP: 25 X 15 YARD AREA**

**PROGRESSION**



Put a GK in goal. Have 2 attackers. Play starts with one attacker passing to other attacker and then attacking goal for a shot.

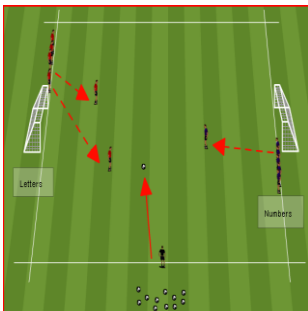
Vary starting position by having attackers receive the ball in different situations – side by side, one in front of the other etc.

1. Introduce defender. Defender starts by passing ball to either attacker and then defends the goal. Create a counter goal for defender to score in if they win possession.
2. Introduce certain combinations – overlap, give and go.

**CORE GAME 2: NUMBERS & LETTERS**

**SET UP: 60 X 40 YARD AREA**

**PROGRESSION**



Split group into 2 teams. Put GKS in each goal. Place each team next to a goal at opposite ends. Give the players of team 1 numbers 1-6 and players of team 2 letters A-F.

The coach rolls out a ball and shouts out one number and two letters to create a 2v1 scenario.

When the ball goes out of play, all players go back and another number and two other letters are called out.

1. Call out two numbers and one letter
2. Create even number situations by having 2v2 also.

**SMALL SIDED GAME**

**SET UP: 30 X 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**

**ISOCER TEST:**

**BALL MASTERY:**



AGE GROUP/PROGRAM: U10 TOWN

WEEK # 7

THEME: ATTACKING IN THE FINAL 3<sup>RD</sup>  
NEWCASTLE

**SESSION GOALS:**

- ★ Dribbling at speed
- ★ Angles of support
- ★ Quality of finish
- ★ Combinations

**COACHING POINTS:**

- ★ Speed of play
- ★ Quick decisions
- ★ Quality in execution
- ★ Awareness

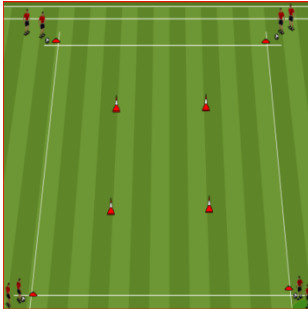
**UNDERSTAND YOUR AUDIENCE:**

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

**WARM UP: FOUR CORNERS**

**SET UP: 20 x 20 YARD AREA**

**PROGRESSION**



Each player has a ball. Split into four groups, one at each corner. First player in each group dribbles to cone in middle, performs a move and then accelerates to the next group.

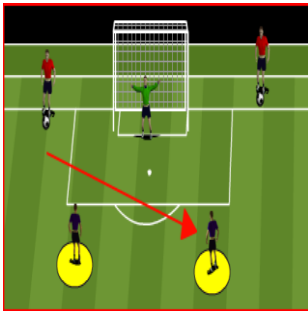
Everyone goes the same direction. Begin with Matthews where player lunges in one direction and pushes ball away with outside of opposite foot.

1. Introduce scissors.
2. Introduce double scissors.
3. Introduce Ronaldo chop.

**CORE GAME 1: 2V1/2V2 TO GOAL**

**SET UP: 30 x 30 YARD AREA**

**PROGRESSION**



Using the final 3rd of a field.

Defender starts the activity by passing to one of the 2 attackers –on the attackers' first touch, and then the defender may move, make their run and close down the attackers to make a 2v1 situation.

If defender wins ball, they can turn and shoot to score a goal.

1. Defender starts by passing the ball in.
2. Attackers have to make 2 passes before they can shoot.
3. Play 2v2.

**CORE GAME 2: 3 ZONES**

**SET UP: 60 x 40 YARD AREA**

**PROGRESSION**



Full 6v6 Field or split a playing area into 3rds with a goal at each end. In the two end zones place a player from each team. In the middle zone, set up a 3v3 + 2 support players. The coach will start the play by passing a ball into the middle zone; the team in possession will be able to use the two support players to create a 5v3 situation.

Depending on ability you may want to add a third support player to create 6v3. When a team has made 3 passes then can go forward to their designated goal. Only two of the 3v3 can go forward to create a 3v1 in the final 3rd. Once there, the 3v1 can make their own decisions. Rotate positions.

1. Raise the number of passes in the middle
2. Increase the numbers in the final 3rd to 4v2
3. Limit touches

**SMALL SIDED GAME**

**SET UP: 30 x 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**

**ISOCER TEST:**

**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN      WEEK # 8      THEME: GOALKEEPING/DIVING**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Awareness of GK position</li> <li>★ Diving technique</li> <li>★ Confidence</li> </ul>	<ul style="list-style-type: none"> <li>★ Watch the ball all way in to your hands before moving on.</li> <li>★ Get the footwork right.</li> <li>★ Absorb the shot.</li> <li>★ Gain psychological edge over opponent.</li> </ul>	<ul style="list-style-type: none"> <li>★ Lengthened attention span</li> <li>★ Refined gross &amp; motor skills</li> <li>★ Developing an understanding of team play</li> <li>★ Desire to play rather than being told</li> </ul>

**WARM UP: BALL FAMILIARITY      SET UP: 30 X 30 YARD AREA      PROGRESSION**

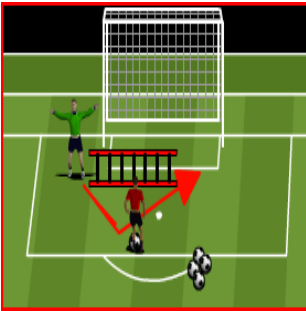


Each player has a ball and on coach command they are asked to perform the following whilst moving lightly on their toes within the area.

Juggling with different parts of the hands whilst on their toes, Palms, Backs of hands, Fingers, Fist, Arms only

1. Players move around the area on their toes moving the ball:
2. Figure of 8 through legs without the ball touching the ground
3. Moving the ball around their waist.
4. Players dribble (on the ground) around the area and on coach command keepers dive on top of ball smothering it two hands on ball bringing it close in to chest.
5. Players launch the ball and then catch the ball at their highest point with one knee raised and shouting 'Keeper!'

**CORE GAME 1: LADDER      SET UP:      PROGRESSION**



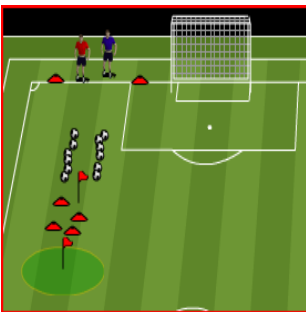
The goalkeeper side shuffles through the ladder (OR CONES) and get his/her feet set on the other side.

The server strikes the ball as soon as the goalkeeper gets their feet set. The server hits 6-8 balls.

- Watch the ball all the way into the hands.
- Get the footwork right.
- Absorb the shot.

1. Volleys.
2. Half volleys.
3. High balls.
4. Low dives.
5. Collapse dives.

**CORE GAME 2: HEAD TO HEAD OBSTACLE COURSE      SET UP:      PROGRESSION**



The two Goalkeepers start at the same time and battle each other to see who can finish at the final flag first.

The exercise proceeds as follows; start at the flag behind the balls, turn and sprint to the cone and back, quick knee jumps over the balls, battle for pole position to the flag placed in the middle, side shuffle through the cones, and sprint to the final flag.

Goalkeepers go through the balls and cones using different combinations.

1. Balls: circles around each ball, Cones: backwards side shuffle.
2. Balls: one leg hops, Cones: forwards and backwards.
3. Balls: high knees sideways, switch half way, Cones: forwards, backwards.
4. Start on stomach, back, and sitting (don't use your hands to assist getting up).

**SMALL SIDED GAME      SET UP: 30 X 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

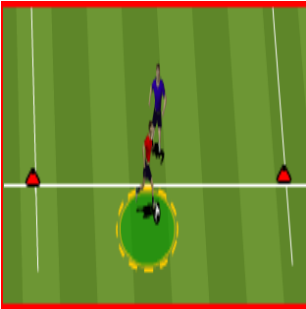
**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN      WEEK # 9      THEME: DEFENDING 1v1 & 2v2/EVERTON**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Correct defending technique</li> <li>★ Speed of approach</li> <li>★ Decision making</li> </ul>	<ul style="list-style-type: none"> <li>★ First 5 yards be explosive (close the space down)</li> <li>★ Be patient</li> <li>★ Correct defensive technique</li> <li>★ Communication &amp; cover</li> </ul>	<ul style="list-style-type: none"> <li>★ Lengthened attention span</li> <li>★ Refined gross &amp; motor skills</li> <li>★ Developing an understanding of team play</li> <li>★ Desire to play rather than being told</li> </ul>

**WARM UP: 1v1 INVISIBLE WALL      SET UP: 8 YARD LINE      PROGRESSION**



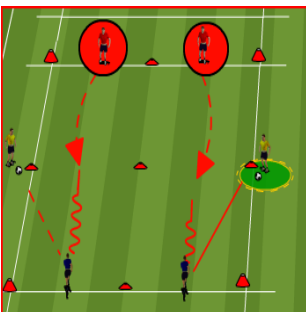
Start without the ball to begin with, forward & defender stand opposite each other.

Neither can cross the line. Defender says "Go!" and the forward has to lose the defender and get to either cone first to win.

Then introduce the ball.

1. Keep score for a minute. The winners move up and the losers move down.

**CORE GAME 1: DEFENDING 1v1: FRONT PRESSURE      SET UP: 20 x 10 YARD AREA      PROGRESSION**

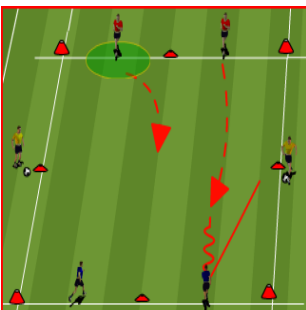


Defender is at side of area and server is opposite attacker. Server passes ball to attacker to start play. Defender moves as the ball is moving to close attacker down. Attackers must dribble the ball across the opposite end line to score a point.

Defender must win the ball or force the attacker out of bounds to the sides to win 2 points. If defender dribbles over the attacker's line they get 5 points. Rotate positions.

1. Defender starts by serving ball in and closing down immediately.
2. Attacker can score by passing to server as opposed to dribbling over end line – means pressure must be quicker to prevent penetration.

**CORE GAME 2: PRESSURE & COVER      SET UP: 20 x 20 YARD AREA      PROGRESSION**



Same rules as previously but now play 2v1.

1. Play 2v2

**SMALL SIDED GAME      SET UP: 30 x 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

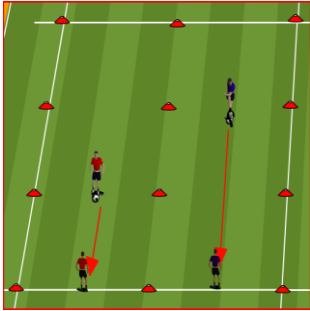
**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U10 TOWN      WEEK # 10      THEME: SHOOTING/ASTON VILLA**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Shooting with laces for power</li> <li>★ Decision making in front of goal (composure)</li> <li>★ A variety of finishes</li> </ul>	<ul style="list-style-type: none"> <li>★ Positive first touch.</li> <li>★ Use laces to shoot and aim across the goal.</li> <li>★ Strike through the ball and follow through.</li> </ul>	<ul style="list-style-type: none"> <li>★ Lengthened attention span</li> <li>★ Refined gross &amp; motor skills</li> <li>★ Developing an understanding of team play</li> <li>★ Desire to play rather than being told</li> </ul>

**WARM UP: SHOOTING IN 2'S      SET UP: 15 X 5 YARD AREA      PROGRESSION**

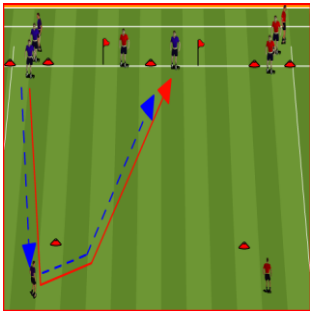


Players start 5 yards away facing each other with one ball. The players volley the ball back and forth, making sure they use their laces.

- Lock ankle and strike the ball with the laces
- Accuracy, weight and timing
- Head over the ball and non-kicking foot pointing to the target
- Follow through

1. Alternate feet.
2. Go from no bounce volleying to 2 bounces volleying and finish on the ground.
3. Start 5 yards apart and you can move back to 10 yards.

**CORE GAME 1: HIT THE CORNER      SET UP: 25 X 40 YARD AREA      PROGRESSION**



Split the goal into 2 with the use of a cone, and set the blue team on one side and the red on the other, with a target player at the top facing them. Blue player passes to the blue target player and follow their pass, the target player takes a positive first touch inside and shoots at the blue GK then follows their shot to become the next GK and the old GK joins the back of the line. The red team goes. Blue use right foot, and the red team uses their left foot.

1. Change the lines
2. Change the side the GK stands, now you are trying to score past the other team

**CORE GAME 2: 2 v 1 SHOOTING      SET UP: 40 X 30 YARD AREA      PROGRESSION**



GK in both goals, with pairs standing at either side of a goal at both ends. Player 1 dribbles towards the GK and Player 2 supports, Player 1 shoots across the goal and Player 2 is there for rebounds. Then they join the back of the new line and next time they go, Player 2 will shoot. After they have shot Player 3 and 4 advance towards the other goal.

- Be positive and dribble at speed
- Shoot across goal
- Timing of support

1. Player 1 can pass to Player 2 instead of shooting
2. Alternate sides to change striking foot.
3. Give a time limit to make more realistic

**SMALL SIDED GAME      SET UP: 30 X 20 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.

**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**