



U10 Session

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

February 2017: U10 Training Session

Warmup

Technical Warmup

Progressive activity to prepare for the training session.

Organization:

- See diagram
- Red cones 20 yards apart with orange cone in the middle.
- At least 2 players at each outer cone. Every player with a ball to start.

How to Play:

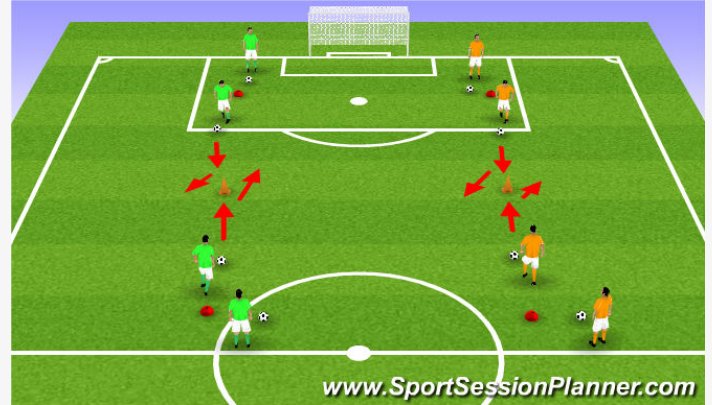
- Players on opposite ends begin at same time.
- Dribble to center cone, perform move or pattern, dribble to right (or direction coach indicates).
- Speed dribble or pass to opposite side.

Progressions:

- Many options with this activity.
- Dribbling, Passing, Adding passive defenders at center cone.

Coaching Notes:

- Focus on technique. Build up to game speed.



Skill Development

Skill & Fitness Grid

Fast-paced activity that focuses on dribbling, passing and fitness.

Organization:

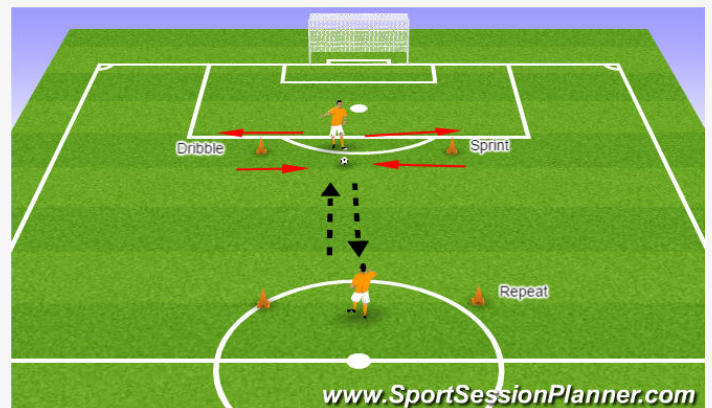
- See diagram
- Set up in groups of 2 with cones spread out appropriately.

How to Play:

- Pass to partner. Sprint around one of your cones.
- Partner passes back to you. Receive then dribble around other cone.
- Pass back to your partner. Sequence continues.

Coaching Notes:

- Demand maximum effort.



Final Game

3v3 Shooting Game

Fun game to end your practice session.

Organization:

- See diagram.
- 3v3 with goals.

How to Play:

- Choose a designated GK before game starts. Option to change throughout game.
- When your team is attacking, GK joins on the field.
- 1 point for a shot. 2 points for a goal. First team to 7 points wins!

Progressions:

- Add neutral players | Add numbers.

Coaching Notes:

- Encourage playing direct. Take a lot of shots!

