


Documents

Document Title	Category	Document Date	Document Type	Action Type
1. U10 Possession, Peter McGahey				
2. U10 Dribbling, Mike Barr				
3. U10 Foot Coordination and Speed, Matthew Callahan				
4. U10 Passing, Chris Brown				
5. U10 Shooting, Eddie Henderson				
6. U10 Tackling, Ian Barker				
7. U10 Dribbling, John Werner				

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Sequence Order Passing	1). Divide group into 3 groups of 4 players. 2). Have each group number themselves 1 through 4 3). Object is for the groups to pass through the sequence while moving through out the field Variations: - Race through the sequence. 1 st team to complete order sits down - Go backwards through the order. 4 ..3..2..1		1). Instant Activity. 2). Stimulate the players for the practice to come – both mentally and physically. 3). Work on moving off the ball. 4). Passing Technique
2			
COMBAT	1). Divide the group into two teams of 6 each team wearing a different color. 2). Organize all the balls in one area and have the players form. Two lines on either side of the balls. 3). Coach will toss out a ball and say a color. - If the coach says nothing – both teams send out 3 players. - If the coach calls out a specific team color – that team sends out 3 players while the other team only send out 2 4). Object once the ball is tossed out is to get the ball back to the coach. Variations: - Change the number of players who go out to play - Coach can change their position. There by changing the location of the target		1). Having the players build (pass) the ball toward a target and being rewarded for doing this under control 2). Players off the ball - working on making the field bigger when your team has the ball. 3). Players off the ball – working on moving into a place where the person on the ball can see them and there is a clear path for the ball to travel to them. 4). Player on the ball making good decisions on where the ball should go – toward the target/objective and away from the defenders 5). Quality of passing – making your teammate look good with your pass



Lesson Plan

3	<p>4 v 4 to targets</p> <p>1). Divide the group into two teams of 6 each team wearing a different color. 2). Set-up a field that is wider than it is long with three small goals on each end line. 3). Play 4 v 4 on the field with two players from each team standing behind the end line that their team is attacking. 4). Scoring: - +1 point for any ball passed through small goal - +5 points for any ball passed through small and received by your teammate. Hints: Players behind the end line can move and cover behind any of the 3 goals that the chose.</p>		<p>Same as Above – except now the learning environment is looking more like the game.</p>
4	<p>6 v 6 w/ GK</p> <p>1). Divide the group into two teams of 6 each team wearing a different color. 2). Play 6 v 6. 5 Field Players and 1 Goalkeeper for each team. 3). Scoring: - + 1 for any goal 4). All regular rules apply</p>	<p>Field size: 45 yards long by 35 yards wide with appropriate size goal on the end line (6 by 12).</p>	<p>Final part of practice. MUST look like the game.</p>

Author: Mike Barr



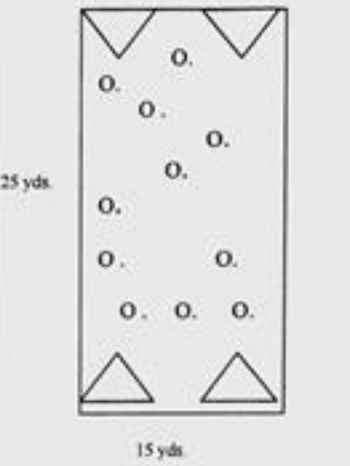
National Youth Certificate Course

Lesson Plan



Topic: Dribbling

Age: U10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 WARM-UP</p> <p>Twelve players, each with a ball. Six scrimmage vests. Cones. 15 x 25 yard grid.</p>	<p>A. All twelve players dribbling while trying to touch their teammates knees.</p> <p>B. All twelve players dribbling within the grid at the coach's command leave their ball and collect and dribble with first available ball.</p> <p>C. Dribbling moves at coach's command: pull with sole of the foot, cut with outside of the foot, cut with the inside of the foot, step over, Cruyff and Matthews. All moves done at speed.</p> <p>D. Find your home.</p> <ul style="list-style-type: none">• Small triangle grids made in each corner of the 15 x 25 grid. Players are distributed evenly in each triangle grid. At the coach's command the players dribble with speed into the triangle grid diagonally across from the original triangle.• Same as above but add a dribbling move as all players move diagonally.	 <p>The diagram shows a rectangular grid measuring 25 yards in height and 15 yards in width. Twelve players, represented by the letter 'O', are positioned within the grid. At each of the four corners, there is a smaller triangle grid. Two of these triangles are oriented upwards (top corners), and two are oriented downwards (bottom corners). The players are distributed across the grid, with some positioned near the triangles.</p>	

Author: Mike Barr



National Youth Certificate Course

Lesson Plan

Topic: Dribbling

Age: U10

2 POSSESSION		
<p>20 x 30 yard grid.</p>	<p>Six players with a ball each. One defender on each dribbler. Dribbler attempts to maintain possession for one minute. If the defender wins the ball (s)he attempts to maintain possession. Execute four repetitions switching the defender on each repetition.</p>	
3 FOUR GOAL GAME		
<p>20 x 25 yard grid. Cones placed two yards apart to make four small goals.</p>	<p>4 v 4 players matched man-to-man. Four balls. X players begin each with a ball. Dribble through the cones to score a goal (from inside or outside). If Y wins a ball s(he) attempts to score. One minute playing – one minute resting. Second repetition Y players begin with a ball each. Four repetitions total.</p>	
4 FOUR GOALS ACROSS		
<p>40 x 20 yard grid. Four goals made with cones on each touchline.</p>	<p>Player X serves to player Y who attempts to dribble through any of the four goals set across the grid. If Y wins the ball s(he) attempts to counterattack and dribble through the opposite goals. Play until three goals are scored. Six players in the grid. Six players are outside the grid – active rest – working on dribbling moves and turns.</p>	

Author: Mike Barr



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Lesson Plan

Topic: Dribbling

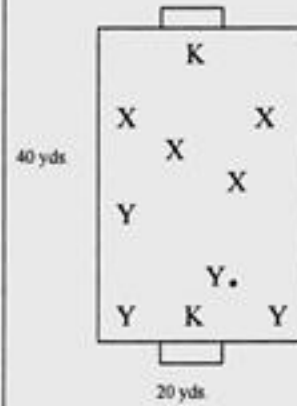
Age: U10

5 4V4 WITH TWO KEEPERS

40 x 20 yard grid with age appropriate goals at each end.

One goalkeeper in each goal, four X players and four Y players.

- A. One restriction – players cannot score on a one-touch finish to encourage dribbling.
- B. No restrictions.



6 COOL-DOWN

20 x 25 yard grid.

Every player with a ball slow pace dribbling. Juggling incorporated too. Stretch. Rehydrate!



At this age it is appropriate to take players out of their comfort zone and into a more competitive environment. Encourage players to use dribbling moves introduced in all exercises. Make corrections if moves are done incorrectly or at inappropriate times. Positive reinforcement will benefit you as a coach, with players attempting dribbling moves more often and with a greater degree of confidence.



United States Youth Soccer Association

Practice Plan

Name: Matthew Callahan

Date: 2004

Age Group: U10

Theme: Foot Coordination & Speed

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing??). Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> ▪ Instead of having a line you could also have an end zone in which the players try to get their ball to stop.
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 3v3 or 4v4

Author: Chris Brown



National Youth Certificate Course

Lesson Plan



Topic: Passing

Age: U10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Warm-up (10 minutes.) ORGANIZATION Area 20 yards x 20 yards. Place balls around the outside of the area.</p>	<p>Players jog, without a ball, inside the area. Two players are it. They use their hands to pass the ball to each other. The player holding the ball cannot take more than three steps before he/she releases it by either passing to his/her partner or tagging the nearest player. When players are tagged they put on a bib and join the two taggers. Continue the game until two players remain untagged. Repeat the game; the two untagged players become it. Progress: players use their feet to pass the ball, hit free players below the knee. Both taggers have a ball each and move freely within the area.</p>		
<p>2 (10 minutes.) Area 20 yards x 20 yards. Players have a ball each and dribble within the area</p>	<p>One player without a ball is it. He/she tries to freeze the dribblers by tagging them (Freeze tag). When tagged player stands with the ball on his/her head, feet apart. Dribblers passing the ball between their legs can free tagged players.</p>		

Author: Chris Brown



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Lesson Plan



Topic: Passing

Age: U10

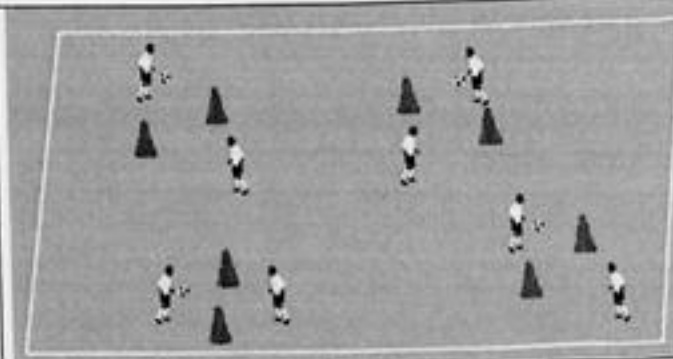
3 Main Activity (15 minutes.)

Area 40 yards x 30 yards. Players have a partner, one ball per pair. Use cones to make goals, 2 yards wide, and placed at random in the area.

Players stand either side of a goal. One player throws the ball through the goal to their partner. The partner catches the ball, the pair then move to another goal.

Progress: to using inside and outside of both feet. Count the number of passes in 45 seconds.

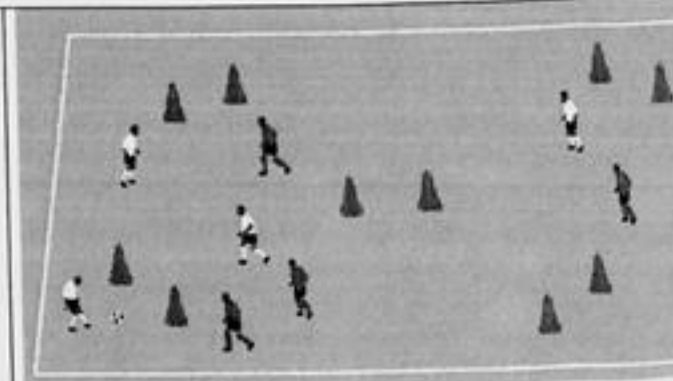
Show passing technique.



4 (15 minutes.)

Area 40 yards x 30 yards. Use cones to make five goals, 2 yards wide, and placed at random in the area.

Divide players into two teams and play 4 vs. 4. Passing the ball between the cones to a teammate scores a goal.



Author: Chris Brown



National Youth Certificate Course

Lesson Plan



Topic: Passing


Age: U10


5 Small-Sided Game (20 minutes)

Area 50 yards x 30 yards. Use cones to make goals 7 yards wide.

Divide team into two groups and play 6 vs. 6 including goalkeepers. Encourage players to pass and support.



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Sharks and Minnows</p>	<p>Half the players with a ball and half without in a confined area. Players with the ball are the sharks and must use laces or side of the foot to strike the ball and hit minnows below the knees. Once they are hit they are out until you get the last player. Then change roles and stretch in between.</p>		<ul style="list-style-type: none"> • Proper Technique (side of the foot or laces) • Preparation • Placement VS Power

2			
<p>Shooting Gallery</p> <ul style="list-style-type: none"> • First 5 minutes players must strike the ball one or two touch using side of the foot. • Next 5 minutes must take two touches or more and strike the ball with laces. • Change location of players to practice different angles of approach and the using the opposite or weaker foot. 	<p>Two goals 40 yards apart. Half of the players at each goal, standing to the right of each goal, with a ball each. One player jogs out without a ball from one goal and a player from the opposite end passes a ball for the other player to strike on goal. As soon as that player plays the pass (s)he immediately jogs toward the opposite goal to receive a pass from the next player in line at the opposite goal, who in turn will run to receive a pass from the opposite end after playing a pass. Players rotate to the opposite line after they shoot and activity is continuous.</p>		<ul style="list-style-type: none"> • Proper technique (side of the foot or laces) • Angle of approach • Preparation touch • Plant foot pointing at the target • Run through the ball • Follow through • Land on your kicking foot • Placement VS Power

Author: Eddie Henderson



National Youth Certificate Course

Lesson Plan

Topic: Shooting

Age: U-10

<p>3</p> <p>2V2+Neutral Players to One Goal</p> <ul style="list-style-type: none"> Neutral players (6) position themselves in various spots. Two down low on the goal line, one on each side of the post, one on the side to the 18-yrd box and one on each side of the coach. 	<p>Put players into pairs. 2V2 in an area the width of the 18-yard box and the length to top of the arc of the 18. Coach stands in the middle just behind the arc with all the balls. He plays out a ball and the pairs fight to gain possession and score on goal. They can use the neutral to combine with to try and score.</p>		<ul style="list-style-type: none"> Proper Technique Placement VS Power Preparation Touch Freeing yourself up Opportunistic
<p>4</p> <p>5V5+GKS Zonal Game</p>	<p>Play 5V5 on a field that 50 X 40. Divide the field in half. Players will play 3 V 2 in each half with two attackers vs. three defenders. Each 5 must stay in their respective half. Two points for a goal scored in your own half (long range power shot) and one point for a goal scored in the attacking half (close range placement shot). The last 20-25 minutes, play 5V5 with no restrictions.</p>		<ul style="list-style-type: none"> Tactical application of the above coaching points

Author: Eddie Henderson



National Youth Certificate Course

Lesson Plan

Topic: Shooting

Age: U-10

5 Cool Down - Light juggling and stretching

Be sure the players and coaches drink plenty of water at the end of the training session.



Author: Ian Barker



National Youth Certificate Course

Lesson Plan



Topic: Tackling

Age: U10

Activity Name	Description	Diagram	Purpose/Coaching Points
1 "Rehearsal"	<ul style="list-style-type: none"> Have 2 players stand 2-3 steps on either side of the ball. On command both players should squarely step to address and block the ball. 		<ul style="list-style-type: none"> Players rehearse safely a "block" tackle. Inside of foot to ball. Get weight into the tackle. Do not stretch or go to ground.
2 1 vs. 1 "Faced Up"	<ul style="list-style-type: none"> 1 vs. 1 to goal. Coach serves ball to slightly favor one player. If you have 10+ players use 2 grids. 	10x12 	<ul style="list-style-type: none"> Close to the ball. Maintain a good distance to tackle and recover. Get body behind tackle. Tackle without crossing feet.
3 1 vs. 1 "From Recovery"	<ul style="list-style-type: none"> 1 vs. 1 to goal. (As above but...) Players attack goal they start at. Defender must recover goal side. 	10x12 	<ul style="list-style-type: none"> Recover goal side. Do not tackle from behind. Face up to opponent. Tackle firmly with closest foot.
4 2 vs. 2 "Decisions"	<ul style="list-style-type: none"> 2 vs. 2 to goal. Restarts are passed in. Play 3-4 minute sets with good rest. 	15x20 	<ul style="list-style-type: none"> Defender not on ball must be ready to close. Close as ball is traveling. Ensure proper tackling technique.
5 6 vs. 6 "The Game"	<ul style="list-style-type: none"> 6 vs. 6 including keepers. No conditions on play. Be prepared to stop 2-3 times in 15 minutes to review topic. 	40x50 	<ul style="list-style-type: none"> All tackles should be made from the front. Avoid going to ground. Tackle with either foot as situation demands. Do not reach; stay compact.

Author: John Werner

NATIONAL YOUTH CERTIFICATE COURSE

Topic: Dribbling (taking players on)



LESSON PLAN



Age: U-10

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Grid Dribble	All players, with a ball each, dribbling in confined space. Brief demonstrations of a move or two (pull back, step over, etc.)		Warm-up Keeping ball close, using various surfaces
2. Everybody is "it" tag game	As in activity #1, but players try to tag others (below neck!). When tagged for 3 rd time, dribble to boundary, do 10 ball touches & rejoin game		Vision (head up), using moves
3. Perimeter Goals	2 players to a ball, interpassing, when coach yells "go", one tries to beat other & dribble through a mini-goal. Only 1 goal can be scored at each goal.		Taking players on Deceptive moves Sealing defender once by him

4.			
4 v 4 Match condition	4 v 4 strict man to man, no forward passes in front half, score by drilling over end line		Encouraging dribbling in front half, recognizing 1 v 1's
5.			
6 v 6 to goal	Free play, reward successfully taking a defender on with a point as well as points for goals		To encourage implementation of days' focus in the game.