



**U10**

**(3RD & 4TH)**

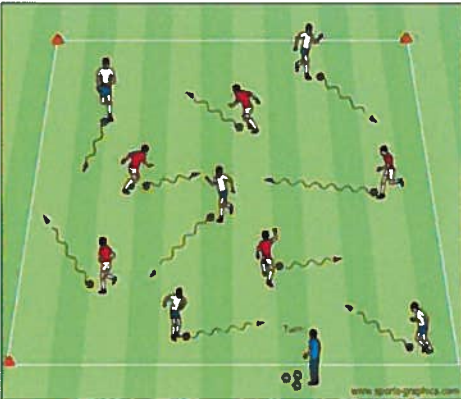
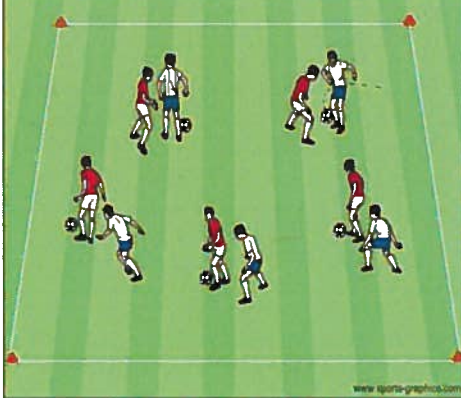
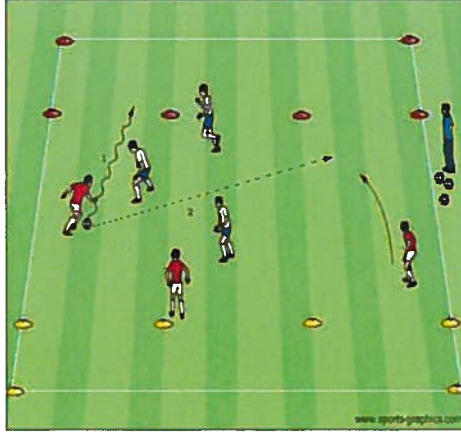
**Lesson**

**Plans**

# U10 Lesson Plan: Week 1- Day 1

## Topic: Dribbling for Possession

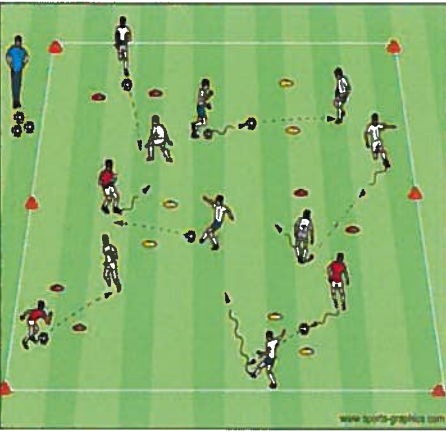
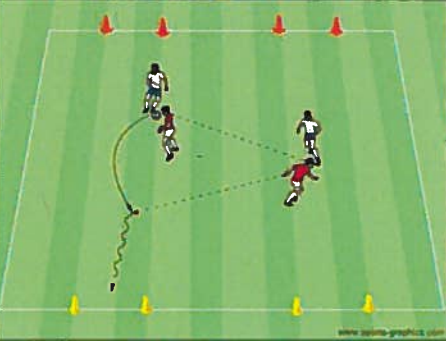
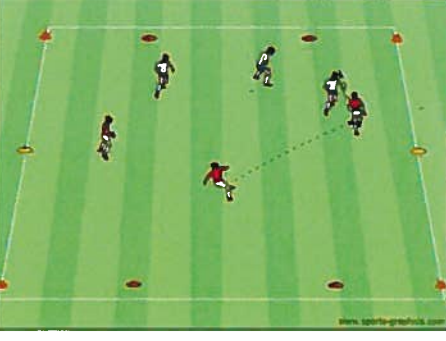
Objective: To improve dribbling and shielding technique

<p><b>Technical Warm up</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. <b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>3v3 End-zone Game:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Identification of visual cues               <ul style="list-style-type: none"> <li>○ 1v1 no defender behind</li> <li>○ Free space in front of dribbler</li> <li>○ Near the attacking area</li> </ul> </li> <li>• Identification of verbal cues               <ul style="list-style-type: none"> <li>○ “take space”, “time”, “take him on”</li> </ul> </li> <li>• Correct shape and balance of team</li> <li>• Deception and disguise</li> <li>• Attack at pace and set up the defender</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 1- Day 2

## Topic: Passing and Receiving

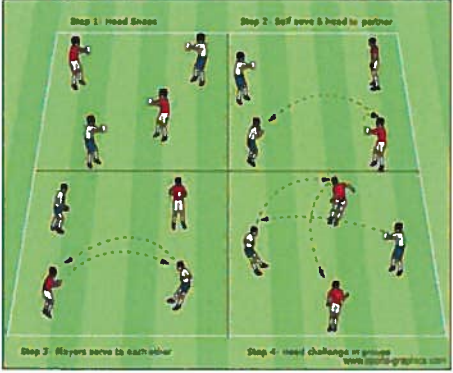
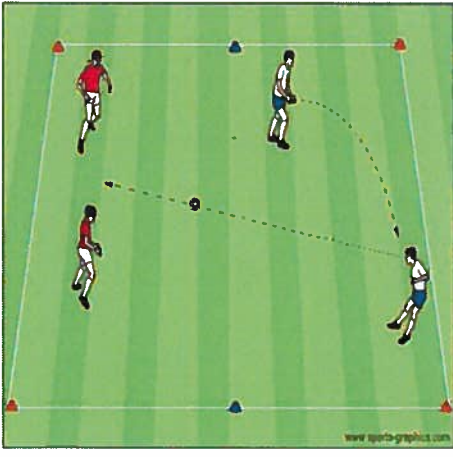
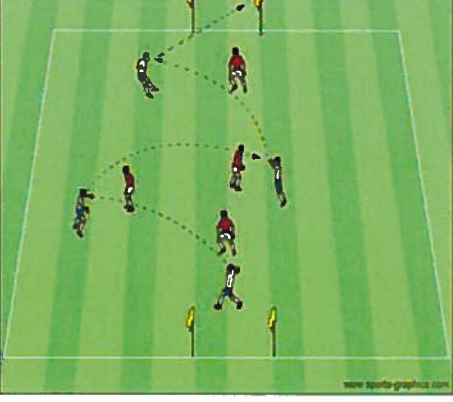
**Objective: To improve the teams' passing technique and to recognize the correct timing and opportunity to pass**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Gate Passing:</b> In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point.</p> <p><b>Coach:</b> Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<ul style="list-style-type: none"> <li>• Technique of passing               <ul style="list-style-type: none"> <li>○ locked ankle, toe up</li> <li>○ eyes on ball at instant of contact, follow through to partner</li> <li>○ strike ball solid through the middle, knees bent and balanced</li> <li>○ receiving first touch - directional</li> </ul> </li> <li>• Communication to ask for the ball</li> </ul> <p style="text-align: right;"><b>Time: 10 minutes</b></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>2v2 to 4 Goals:</b> In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.</p>	<ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Pace of the pass</li> <li>• First Touch – Directional</li> <li>• Clear Communication (demand the ball)</li> <li>• Supporting Shape</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>3v3 to End Zones:</b> In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> <li>• Soft 1<sup>st</sup> touch receiving into space, away from pressure</li> <li>• Proper weight, accuracy and timing of passes</li> <li>• Possession vs. Penetration</li> <li>• Proper angle and distance of support off the ball</li> <li>• Communication between players</li> </ul> <p style="text-align: right;"><b>Time: 25 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time: 10 min.</b></p>	

# U10 Lesson Plan: Week 2- Day 1

## Topic: Heading

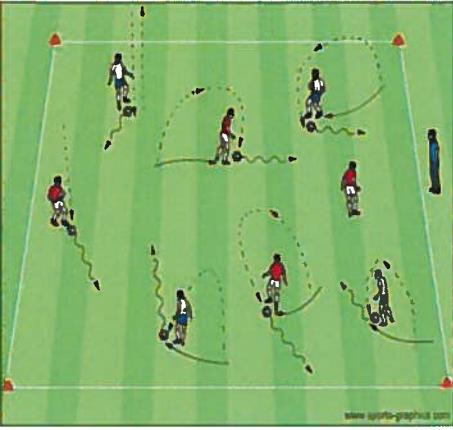
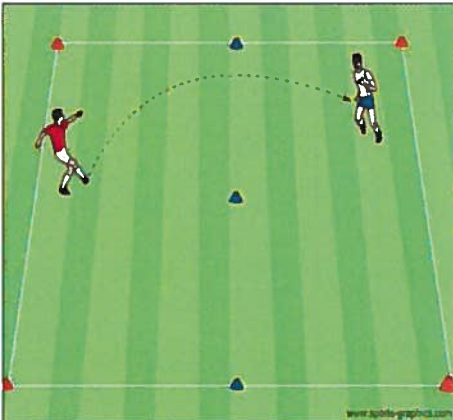
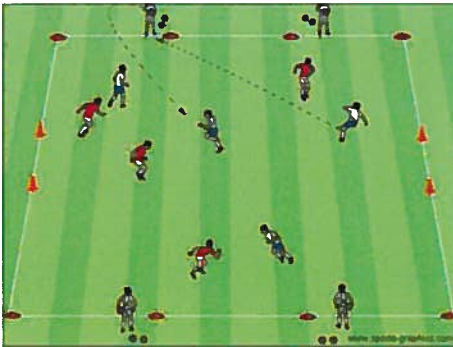
**Objective: To teach players the technical points of heading a soccer ball.**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Heading Introduction(15 min):</b>            Team is divided into two players with a single ball.</p> <ul style="list-style-type: none"> <li>➤ Step 1: Player heads ball to teammate from his/her own hands</li> <li>➤ Step 2: Player serves ball to him/herself and heads ball to teammate</li> <li>➤ Step 3: Players serve balls to each other for return head ball</li> <li>➤ Step 4: In small groups, players try to keep ball up with head juggling</li> </ul>	<ul style="list-style-type: none"> <li>• Eye on the ball; read the flight of the ball</li> <li>• Contact the ball with the upper half of the forehead, NOT TOP OF HEAD</li> <li>• Body mechanics, shape and balance</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>Head Wars -2v2:</b>            Play 2v2 in an 8x10 yard grid. Players are restricted to their own half (4x10 yard grid). Each team protects the 10 yard line. Play starts with one player tossing ball to his/her partner to score from a header. If the soccer ball crosses the end line below the defenders' shoulders, they scored a goal. The defenders act as goalkeepers, guarding the end-line, using their hands to catch the ball. The process starts again.</p> <ul style="list-style-type: none"> <li>➤ 1 point = Toss, header, goal</li> <li>➤ 3 points = Toss, header, header , goal (same team)</li> <li>➤ 5 points = One team heads the ball and the defending team heads it back and scores</li> </ul>	<ul style="list-style-type: none"> <li>• Read the flight of the ball</li> <li>• Keep eye on the ball</li> <li>• Get in the line of flight of the ball</li> <li>• Lock neck and keep upper body rigid</li> <li>• Thrust forward from waist</li> <li>• Direct ball down and with force</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>3v3 Team Handball:</b>            Organize players into teams of 3 or 4 players. Set up a 20 yard x 25 yard rectangular field with goals centrally located at each end. The 2 teams play this game by tossing the ball (with their hands) to their teammates (similar to basketball). Players can only take a maximum of 3 steps with the ball, then they must pass the ball to a teammate. Goals can only be scored by heading the soccer ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team</p>	<ul style="list-style-type: none"> <li>• Use arms for balance, protection and to create space</li> <li>• Players should bend at the waist for maximum power</li> <li>• Communicate and demand the ball</li> <li>• Area of contact (striking surface)</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-40 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	

# U10 Lesson Plan: Week 2- Day 2

## Topic: Receiving Balls in the Air

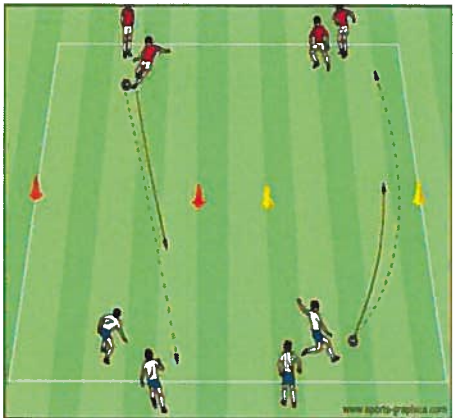
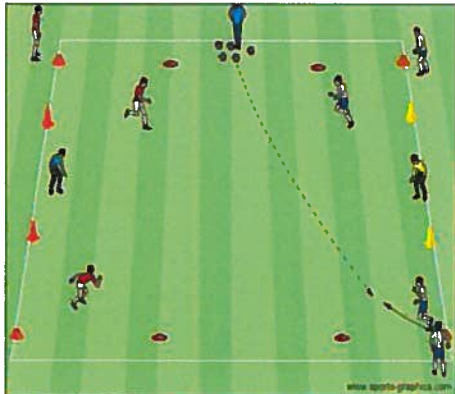
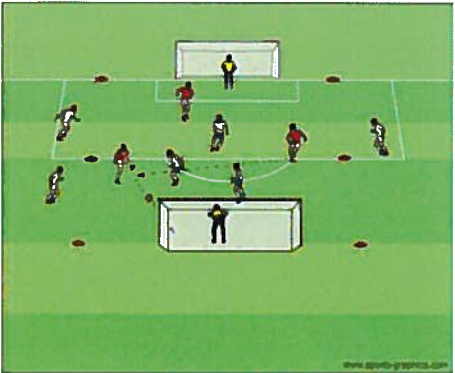
**Objective: To improve the technique of using different surfaces (feet, thighs and chest) to receive soccer balls played in the air**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Each Player with a Ball:</b> Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...</p> <ul style="list-style-type: none"> <li>➤ controls with the laces</li> <li>➤ controls with inside and outside of the foot</li> <li>➤ controls with sole of foot</li> <li>➤ controls with the thigh, directional</li> <li>➤ controls with the chest, directional</li> </ul> <p>Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>➤ Get in line of the flight of the ball</li> <li>➤ Come to meet the ball</li> <li>➤ Watch the ball</li> <li>➤ Make an early selection of the body surface to use</li> <li>➤ Controlling surface goes out to meet ball</li> <li>➤ Relax the controlling surface and withdraw just before impact</li> <li>➤ 1st touch prepares for next touch</li> </ul> <p><b>Laces:</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>1v1 Soccer Tennis:</b> Play 1v1 in a 5x10 yard grid. A player starts off with a ball and serves it over a line or net in the middle of the area. The ball can bounce once but then must be returned. A point is won on a bad serve or when one team fails to return the ball.</p> <p><b>Coach:</b> Play 5 minute games. You can specify what surface must be used to control the ball.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• Lift foot up to meet the ball</li> <li>• As ball is about to make contact, drop foot down and cushion ball on top of foot</li> </ul> <p><b>Thigh:</b></p> <ul style="list-style-type: none"> <li>• lift thigh up to meet ball</li> <li>• drop leg down to cushion the ball</li> <li>• make sure you push ball slightly in front of you</li> <li>• make sure players use middle of thigh to cushion balls</li> </ul> <p><b>Chest:</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Bumper Game 4v4 to Goals:</b> Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	<ul style="list-style-type: none"> <li>• bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• do not push out chest to pop the ball out too far in front of you</li> </ul>
<p style="text-align: center;"><b>Game</b></p> <p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p style="text-align: center;"><b>Organization</b></p> <p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<p style="text-align: center;"><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b>      Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>		

# U10 Lesson Plan: Week 3- Day 1

## Topic: Shooting

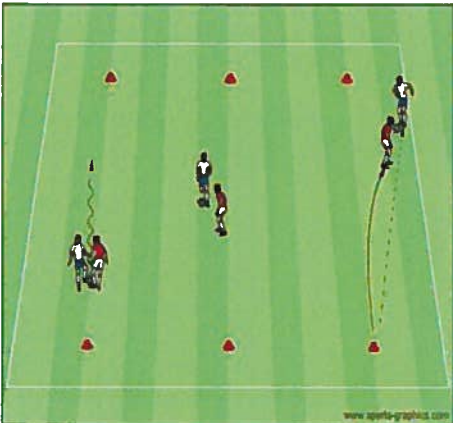
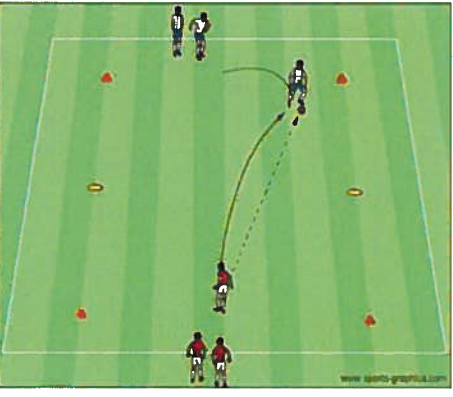
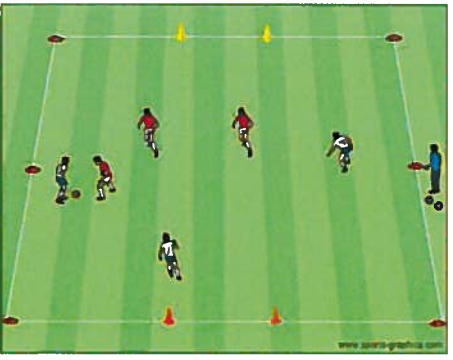
**Objective:** To improve the technique of shooting with the inside and instep of both feet

Technical Warm up	Organization	Coaching Pts.
 <p>The diagram shows a rectangular field with four lines of players. A ball is positioned between the lines. Two cones are placed between each group of players to represent a goal. Dashed arrows indicate the path of the ball from the player to the goal and the follow-through path.</p>	<p><b><u>Shooting Through the Cones (15 min):</u></b>            Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
 <p>The diagram shows a square field with four cones at the corners. Two players are positioned at opposite corners. A ball is in the center. A dashed arrow shows the ball being served from the center to one of the corner players.</p>	<p><b><u>4 Corner Shooting (15 min):</u></b>            Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> <li>• Combination Play</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
 <p>The diagram shows a field with two goals. Two teams of three players each are positioned on the field. A third team of three players is positioned on the deck (sideline). A ball is in the center of the field.</p>	<p><b><u>3v3 (4v4) Plus Team on Deck (15 min):</u></b>            Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 3- Day 2

## Topic: Individual Defending

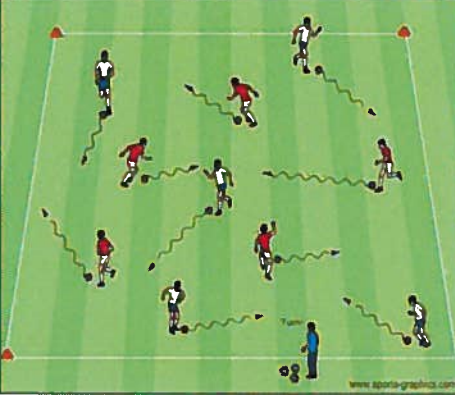

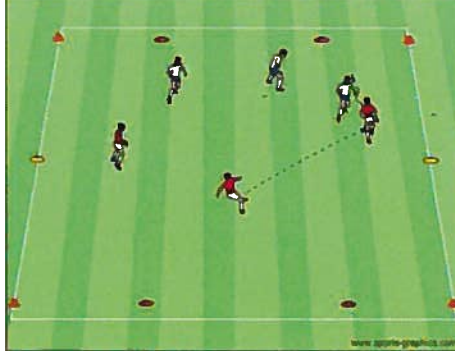
Objective: To teach players when and how to pressure the ball

Technical Warm up	Organization	Coaching Pts.
	<p><b>Defend the Cone Warm-Up:</b> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone.</p> <p><b>Version 2:</b> Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> defender should bend their run to block direct path to the goal (cone)</li> <li>• 1<sup>st</sup> defender shall force the opponent in the direction they want them to go</li> <li>• Defensive stance-on their toes, knees bent, one foot forward, one foot back</li> <li>• Technique of block and poke tackle</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>1v1 to Line (10 min):</b> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1<sup>st</sup> defender defends the line and tries to dispossess the attacker. If the 1<sup>st</sup> defender gains possession of the ball he immediately attacks the opposite goal line.</p>	<ul style="list-style-type: none"> <li>• Important to delay progress of the opponent by jockeying the attacker with the ball</li> <li>• Read attacker's 1<sup>st</sup> touch and make decision to tackle or delay</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>3v3 to Two Small Goals (10 min)</b> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p> <p><b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• 1 point for passing goal</li> <li>• 3 points for dribbling goal</li> </ul>	<ul style="list-style-type: none"> <li>• Immediate pressure from behind</li> <li>• Patience; do not over commit</li> <li>• Close down quickly and under control</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 4- Day 1

## Topic: Individual Attacking

**Objective: To help players understand the importance of individual attacking when their team is in possession of the ball**

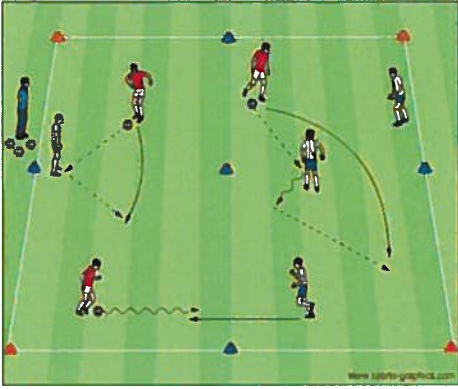
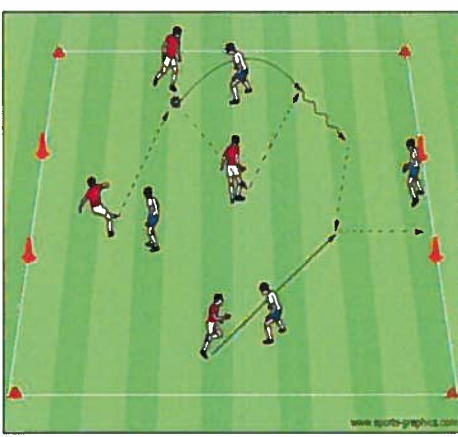
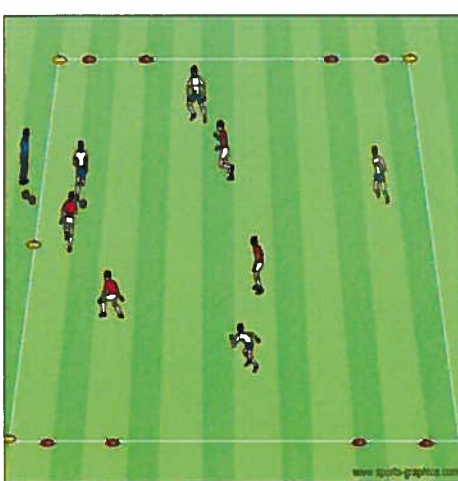
Technical Warm up	Organization	Coaching Pts.
	<p><b>Free Dribbling:</b> Everyone with a ball, use inside, outside, and laces and sole of the foot to turn away from pressure. Have players dribble with speed, change direction, and perform moves.</p> <p><b>Version 2:</b> Have players work on moves to beat pressure, such as step over, double step over, etc.</p> <p><b>Version 3:</b> Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot</li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new over</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>1v1 to Two Small Goals:</b> In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of his/her score.</p>	<ul style="list-style-type: none"> <li>• Take a “peek” and know what your options are</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Encourage player to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>3v3 to End Zones:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach shall encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	



# U10 Lesson Plan: Week 4- Day 2

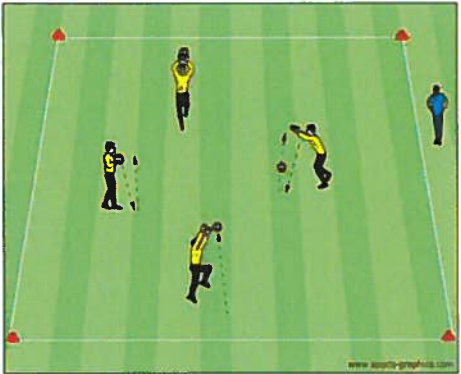
## Topic: Combination Play

**Objective: To improve passing technique and introduce and train combination play (Wall Passes and take Overs)**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Combination Square:</u></b> In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to 5 players with balls dribble in grid looking to connect with support players to perform wall passes.</p> <p><b>Version 2:</b> Build to take-overs <b>Version 3:</b> Wall passes and take-overs</p> <p><b>Time: 15 minutes</b></p>	<p><b>General</b></p> <ul style="list-style-type: none"> <li>Quality technique while passing and receiving</li> <li>Be patient &amp; let opportunities develop</li> <li>Encourage finishing off of combination opportunities</li> <li>Positive environment to encourage creative and instinctive play</li> <li>Communication</li> </ul> <p><b>Wall Pass</b></p> <ul style="list-style-type: none"> <li>1<sup>st</sup> attacker dribbles at 1<sup>st</sup> defender</li> <li>2<sup>nd</sup> attacker is slightly ahead of defender in good supporting angle turned sideways on</li> <li>1<sup>st</sup> attacker reads defenders and supporting cues; decide to dribble or play a wall pass</li> <li>Disguise, deception of pass and runs</li> <li>Accuracy and quality of pass</li> <li>Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</li> </ul> <p><b>Takeover</b></p> <ul style="list-style-type: none"> <li>2<sup>nd</sup> attacker runs directly at the 1<sup>st</sup> attacker from the opposite direction</li> <li>1<sup>st</sup> attacker protects the ball from the 1<sup>st</sup> defender by keeping body between ball and defender</li> <li>1<sup>st</sup> attacker leaves the ball and 2<sup>nd</sup> attacker takes the ball using same foot (right to right or left to left)</li> <li>Simple communication: "take" or "leave"</li> </ul>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	
	<p><b><u>4v4-1(4v3):</u></b> In a grid about 30X35 yards with two 5 yard goals on each end line. Play 4v4-1, (4v3 +GK). The -1 player is the Goalkeeper on defending team. When the defending team gets the ball they regain their fourth player. Encourage players to try to score after a wall pass or take over.</p> <p>Wall pass goal= 5 pts. Take over goal= 3 pts. Wall pass &amp; take over = 10pts</p> <p><b>Time: 15 minutes</b></p>	
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	
	<p><b><u>4v4 to Two Small Goals:</u></b> In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.</p> <p><b>Variation 2:</b> Add a "plus" player who always plays for the attacking team if they cannot keep possession long enough to create a combination.</p> <p><b>Time: 20 minutes</b></p>	
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>All of the above</li> </ul> <p><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 5- Day 1

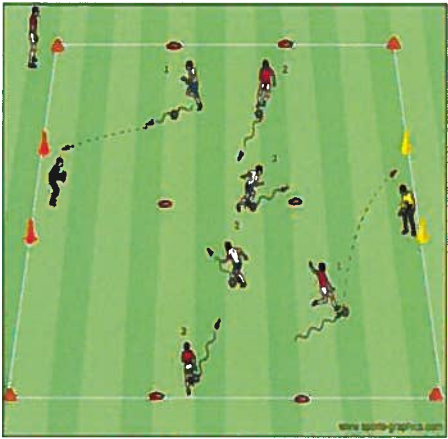

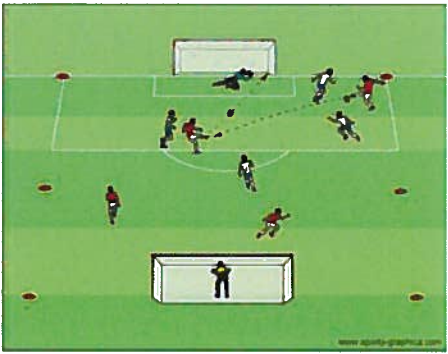
**Topic: Goalkeeping footwork and Proper Diving Technique Objective: To improve the technical aspects of proper footwork, body position, handling the ball, and teach goalkeepers the correct diving technique.**

<p><b>Technical Warm up</b></p> 	<p><b>Organization</b></p> <p><b>Up / Down:</b> GK's shuffling in and out of each other within the 18 yard box while bouncing a ball on the ground, when coach yells out down, the player rolls a ball out to him/herself to go and scoop it up. The word up means the GK's throw a high ball to themselves. <b>Version 2:</b> On the same commands, the GK's quickly find a partner and either serve them a high ball &amp; switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Catch the ball with a "W" hand position on any ball waist height and above (formed by thumbs and index fingers)</li> <li>• For low balls have hands together with fingers pointing towards the ground (pinky's together like a shovel scooping into the body)</li> </ul> <p><b>Time: 10 minutes</b></p>
<p><b>Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>Diving Progression:</b> <b>Basic Diving:</b> Each player is seated on the ground, with knees bent. They must place a ball about 2 steps away to the left or right at a 45 degree angle in front of them. The GK must roll down their side reaching out to make the save. <b>Kneel Diving:</b> Each GK is kneeling on one knee (leg closest to the ball has foot planted on ground) with ball about 2 steps away to the left or right at a 45 degree angle in front of them. Now a small step must be taken at a 45 degree angle towards the ball before reaching out and diving to make the save. <b>Standing Diving:</b> Each player in a ready position with a ball 4-5 steps away to the right or left of them at a 45 degree angle out in front. GK must take a large step towards the ball and collapse in the direction of the ball, rolling down their side and reaching out to make the save. <b>Version 2:</b> Two players per ball with one working, one serving.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Instill upon the GK's to attack hands first, moving their body forward</li> <li>• Lead with their hands in order to attack the ball</li> <li>• Eyes on the ball, one hand on top, one behind</li> <li>• Elbows slightly bent and top leg up for protection</li> <li>• GK must then kick out with the top leg up for protection in order to go back to a standing position</li> </ul> <p><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>Small Goal Saves:</b> Two lines of players, each in between a cone goal, facing each other with one ball and extras on the sides. (maximum players per line is 3) Goals should be about 30 yards apart with a 10 yard buffer zone in the middle. Keepers are now trying to score on each other by either throwing or rolling it but the ball must bounce on the opponent's half before a goal is scored. GK gets one point for a goal. Once a GK gets scored on, next person in line hops in.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Be in a ready set position before every ball</li> <li>• Go to the ball and carry momentum forward</li> <li>• Quick lateral footwork to get body behind every ball to limit diving</li> </ul> <p><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 5- Day 2

## Topic: Shooting II

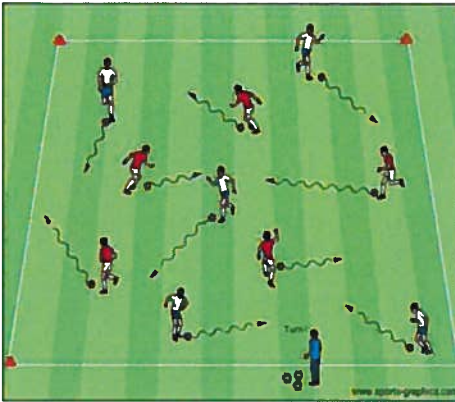
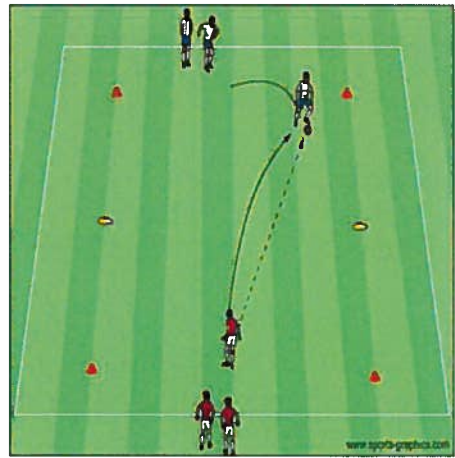
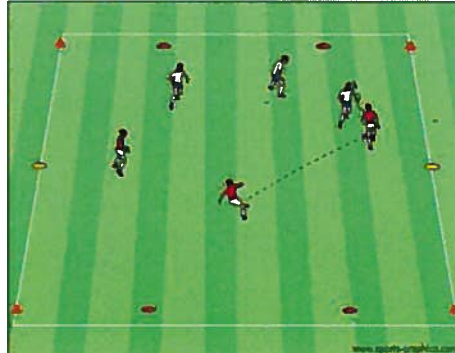
**Objective: To improve the technique of players to strike a moving ball to goal with the instep and the inside of the foot**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Numbered Shooting:</b> Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> <li>• Shooting technique of a moving ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>Popcorn (15 min):</b> Two goals with GK's set up about 40 yards apart. Players will be able to compete individually against each other or in teams of 2. Coach will pass a ball; player(s) who obtain possession of the ball may score in either goal. First player (team) that reaches five goals wins.</p>	<ul style="list-style-type: none"> <li>• Proper technique of shooting with the instep and the inside of the foot</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>Blank Out Finishing Game:</b> Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.</p>	<ul style="list-style-type: none"> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 6- Day 1

## Topic: Dribbling for Penetration

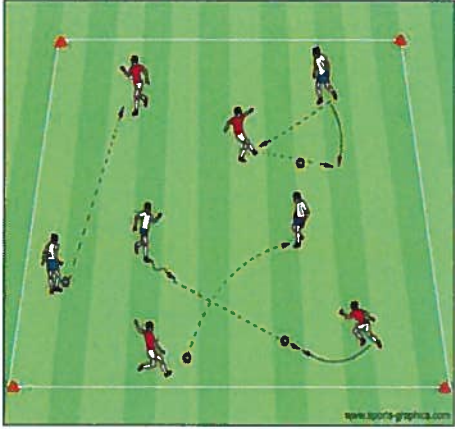
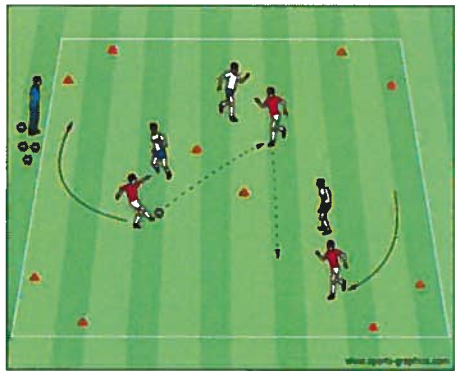
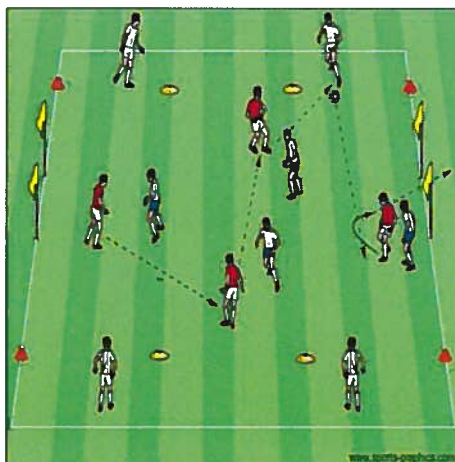
**Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b>1v1 to End Lines:</b> In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score. <b>Coach:</b> Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close to you under control</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender</li> <li>• Encourage players to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b>3v3 or 4v4 to End Zones:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<b>Game</b>	<b>Organization</b>	<b>Coaching Pts.</b>
<b>6v6 Scrimmage</b>	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<b>COOL DOWN</b>	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	

# U10 Lesson Plan: Week 6- Day 2

## Topic: Passing and Receiving

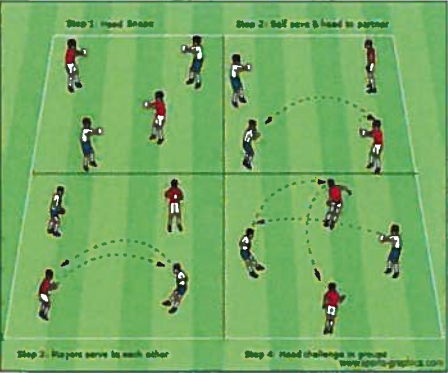
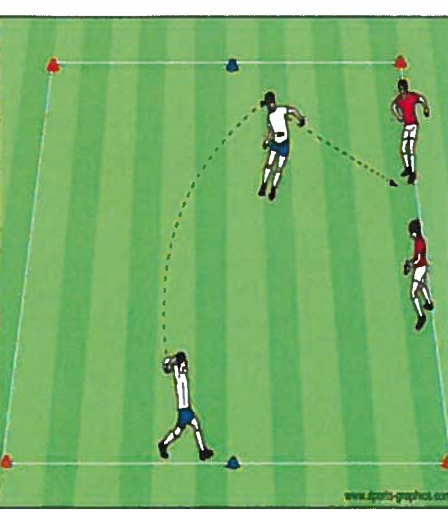
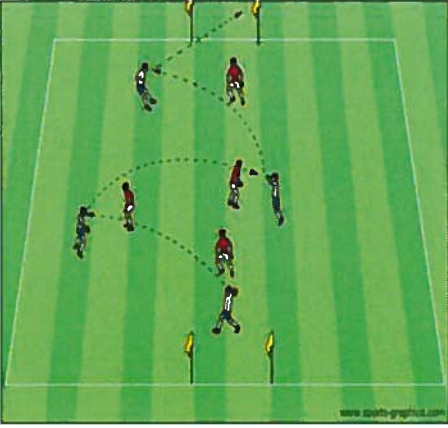
**Objective: To improve the ability of the players to pass and receive balls played on the ground**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Paired Passing:</b> Two players passing and moving a ball between them in a defined space. After the player passes the ball, he/she shall move into another receiving position. Players should position themselves in passing lanes to receive and return a pass.</p>	<ul style="list-style-type: none"> <li>• Technique of passing               <ul style="list-style-type: none"> <li>○ locked ankle, toe up</li> <li>○ eyes on ball at instant of contact, follow through to partner</li> <li>○ strike ball solid through the middle, knees bent and balanced</li> <li>○ receiving first touch – directional</li> </ul> </li> <li>• Communication to ask for the ball</li> </ul> <p style="text-align: right;"><b>Time: 10 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p><b>3v3 5 Goal Game:</b> In a 20x50 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. First team to get 10 points wins. <b>Coach:</b> First have the players receiving with inside of foot, outside, and weak foot.</p>	<ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Finding the open gate or goal</li> <li>• Pace of the pass</li> <li>• First Touch – Directional</li> <li>• Clear Communication (demand the ball)</li> <li>• Supporting Shape</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p><b>4v4 with Bumpers:</b> In a 20x30 yard grid, two teams of 4 players each will try to score. Standing on each sideline will be 2 bumper players with 2 touches each who can be used at any time by the attacking team. If a team gets scored upon, they become the bumper players and the outside team plays on the field. Keep score and make the game competitive. <b>Coach:</b> Stress correct technique, receiving sideways on, and facing where they wish to play.</p>	<ul style="list-style-type: none"> <li>• Soft 1<sup>st</sup> touch receiving into space, away from pressure</li> <li>• Proper weight, accuracy and timing of passes</li> <li>• Possession vs. Penetration</li> <li>• Proper angle and distance of support off the ball</li> <li>• Communication between players</li> </ul> <p style="text-align: right;"><b>Time: 25 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 7- Day 1

## Topic: Heading

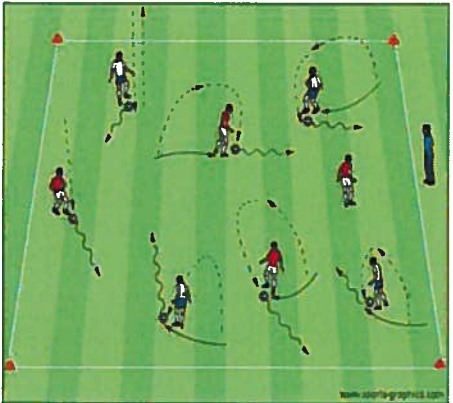
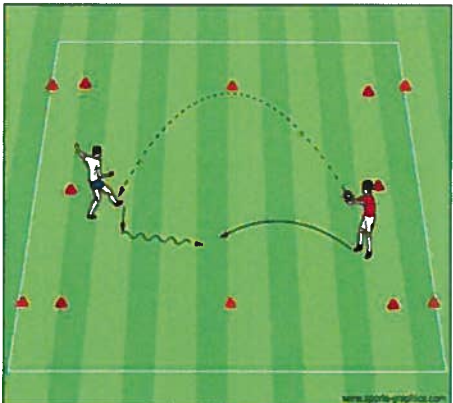
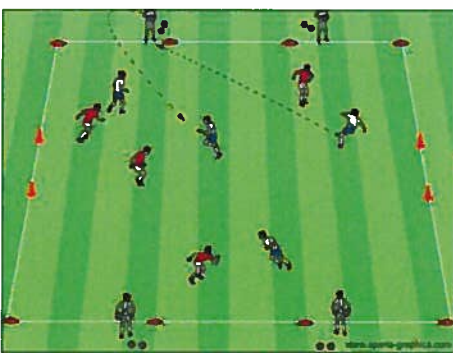
**Objective: To teach players the technical points of heading a soccer ball**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Heading Introduction:</b> Team is divided into two players with a single ball.</p> <ul style="list-style-type: none"> <li>➤ Step 1: Player heads ball to teammate from his/her own hands</li> <li>➤ Step 2: Player serves ball to him/herself and heads ball to teammate</li> <li>➤ Step 3: Players serve balls to each other for return head balls</li> <li>➤ Step 4: In small groups, players try to keep ball up with head juggling</li> </ul>	<ul style="list-style-type: none"> <li>• Eye on the ball; read the flight of the ball</li> <li>• Contact the ball with the upper half of the forehead; NOT TOP OF HEAD</li> <li>• Body mechanics, shape and balance</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>2v2 Heading Challenge:</b> In an 8x10 yard grid, two teams with two players each will play to score goals with their heads. One team starts attacking by moving the ball from their end while serving (under handed serve) the soccer ball and heading it to get close to the opponent's goal, and score from a header. If the soccer ball gets by or through the defenders, the attackers score a point. If the defenders catch the ball, they counter as quickly as they can. Goals from your own zone are worth 5 points and from inside the opponent's zone 1 point.</p>	<ul style="list-style-type: none"> <li>• Read the flight of the ball</li> <li>• Keep eye on the ball</li> <li>• Get in the line of flight of the ball</li> <li>• Lock neck and keep upper body rigid</li> <li>• Thrust forward from waist</li> <li>• Direct ball down and with force</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>Head, Catch &amp; Throw:</b> Two equal teams play a modified hand ball game in which a player with ball serves to a teammate who heads it to another or the same teammate who served him/her the ball. Goals are scored with the head only. The player serving the ball may only take three steps. The defending team regains possession if the ball hits the ground, they intercept it with a header, or it goes out of bounds.</p>	<ul style="list-style-type: none"> <li>• Use arms for balance, protection and to create space</li> <li>• Players should bend at the waist for maximum power</li> <li>• Communicate and demand the ball</li> <li>• Area of contact (striking surface)</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 7- Day 2

## Topic: Receiving Balls in the Air

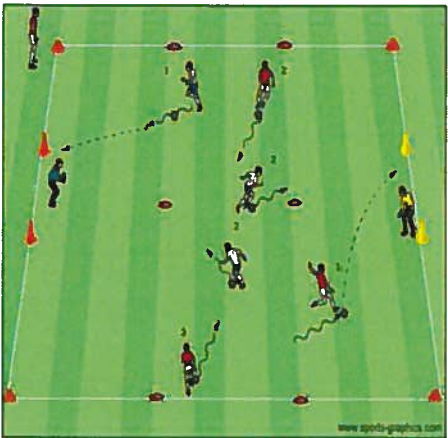
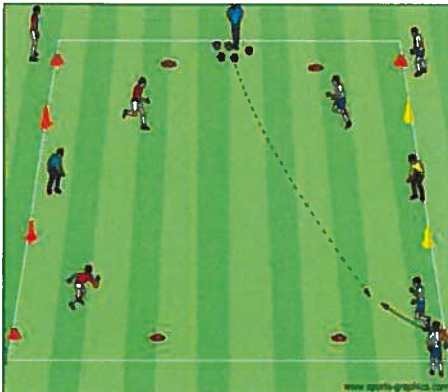
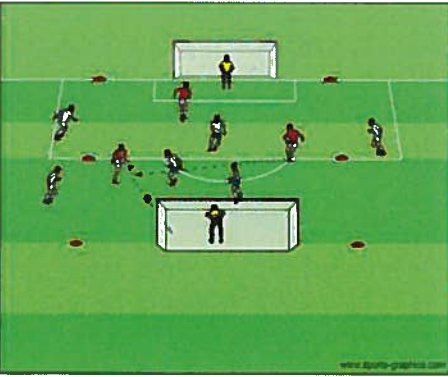
**Objective:** To improve the technique of using different surfaces (feet, thighs and chest) to receive soccer balls played in the air

Technical Warm up	Organization	Coaching Pts.
	<p><b>Each Player with a Ball :</b>            Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...</p> <ul style="list-style-type: none"> <li>➤ controls with the laces</li> <li>➤ controls with inside and outside of the foot</li> <li>➤ controls with sole of foot</li> <li>➤ controls with the thigh, directional</li> <li>➤ controls with the chest, directional</li> </ul> <p>Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>General:</b></p> <ul style="list-style-type: none"> <li>➤ Get in line of the flight of the ball</li> <li>➤ Come to meet the ball</li> <li>➤ Watch the ball</li> <li>➤ Make an early selection of the body surface to use</li> <li>➤ Controlling surface goes out to meet ball</li> <li>➤ Relax the controlling surface and withdraw just before impact</li> <li>➤ 1st touch prepares for next touch</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>1v1 Receiving to End-Lines:</b>            Play 1v1 in a 10x15 yard grid. A player starts by serving the soccer ball to his/her opponent. The attacking player will make the decision to control the ball with the chest, thigh or foot and then proceed to try to score by dribbling the ball over the end-line. Players take three turns and switch.</p> <p><b>Coach:</b> You can give different point value if a player scores by using their chest to receive the ball or their feet etc.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Laces:</b></p> <ul style="list-style-type: none"> <li>• Lift foot up to meet the ball</li> <li>• As ball is about to make contact, drop foot down and cushion ball on top of foot</li> </ul> <p><b>Thigh:</b></p> <ul style="list-style-type: none"> <li>• lift thigh up to meet ball</li> <li>• drop leg down to cushion the ball</li> <li>• make sure you push ball slightly in front of you</li> <li>• make sure players use middle of thigh to cushion balls</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Bumper Game 4v4 to Goals:</b>            Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	<p><b>Chest:</b></p> <ul style="list-style-type: none"> <li>• bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• do not push out chest to pop the ball out too far in front of you</li> </ul>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 8- Day 1

## Topic: Shooting

**Objective: To improve the technique and confidence of shooting with the inside and instep of the foot**

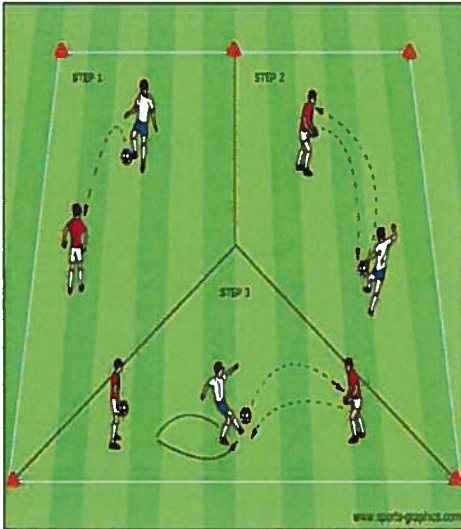
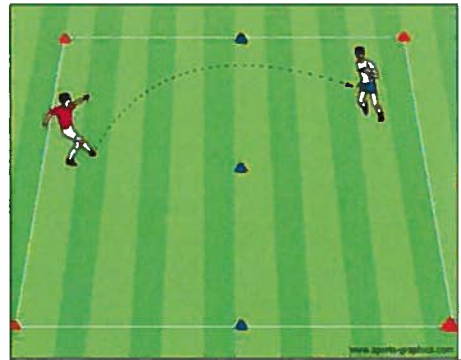
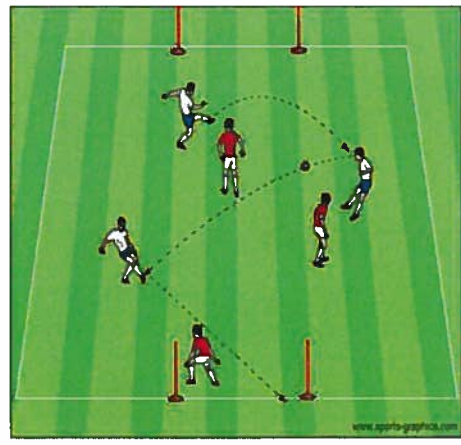
Technical Warm up	Organization	Coaching Pts.
	<p><b>Numbered Shooting:</b> Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> <li>• Shooting technique of a moving ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>4 Corner Shooting (15 min):</b> Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> <li>• Combination Play</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>3v3 (4v4) Plus Team on Deck (15 min):</b> Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	



# U10 Lesson Plan: Week 8- Day 2

## Topic: Striking Volleys

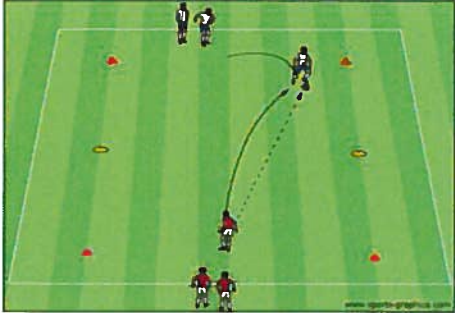
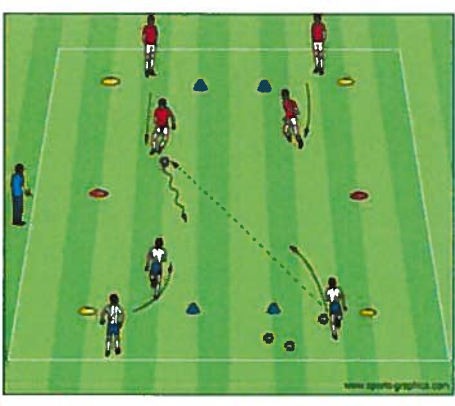
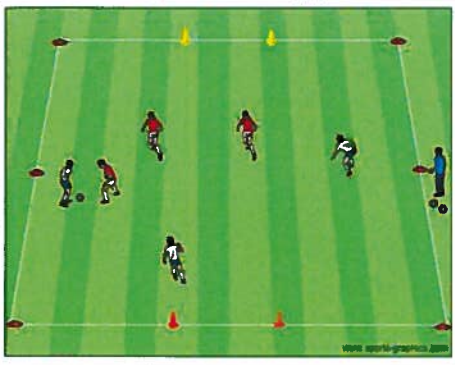
Objective: To introduce player to technique of striking volleys

Technical Warm up	Organization	Coaching Pts.
	<p><b>Introduction to Striking Volleys:</b> Groups of two players with a ball</p> <ul style="list-style-type: none"> <li>• <b>Step 1:</b> Players will self-serve the soccer ball and strike the ball to his/her partner who will catch the soccer ball and repeat the action</li> <li>• <b>Step 2:</b> One partner serves to the other. The serve is knee high and underhanded</li> <li>• <b>Step 3:</b> In 3's. One player moves and volleys and the other two serve the ball. Switch players after a few services.</li> </ul> <p>All technical exercises will:</p> <ul style="list-style-type: none"> <li>○ Let ball bounce and volley</li> <li>○ Not let the ball bounce and volley</li> </ul> <p><i>Players will try to volley the ball with the right and the left foot.</i></p>	<ul style="list-style-type: none"> <li>• Keep eyes open and focused on the ball</li> <li>• Use arms for balance</li> </ul> <p><b>Inside of the foot</b></p> <ul style="list-style-type: none"> <li>• Bring the knee up to the side and get the toe up, heel down and ankle locked</li> <li>• The foot should make contact through the middle of the ball</li> <li>• The plant foot will help the player aim for the target, keeping the head and shoulders straight.</li> </ul> <p><b>Instep</b></p> <ul style="list-style-type: none"> <li>• Knee higher than the ball</li> <li>• Lock ankle and point toe down for instep (laces) volley</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>1v1 Soccer Tennis:</b> Play 1v1 in a 10x10 yard grid. A player starts off with a ball and serves it with a volley over a line or net in the middle of the area. The ball can bounce once but then must be returned. A point is won on a bad serve or when one team fails to return the ball. <b>Coach:</b> Play 5 minute games. Players can use inside or instep volleys.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Do not let the ball strike you</li> <li>• Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up</li> <li>• Lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>3v3/4v4 Headers and Volleys:</b> Organize players into teams of 3 or 4 players. Set up a 25 yard x 30 yard rectangular field with goals centrally located at each end. The team in possession passes the ball by volleying to his/her teammate and catching it. The only way to score is by volleying the ball to goal. Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by one touch volley into the goal for 5 points or heading the soccer ball for 3 points. If the soccer ball bounces more than twice, possession goes to the other team</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Use inside of the foot volley to pass to a teammate</li> <li>• Use Instep volley for power to score and for a distance pass, clearance away from goal or cross to goal</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 9- Day 1

## Topic: Small Group Defending

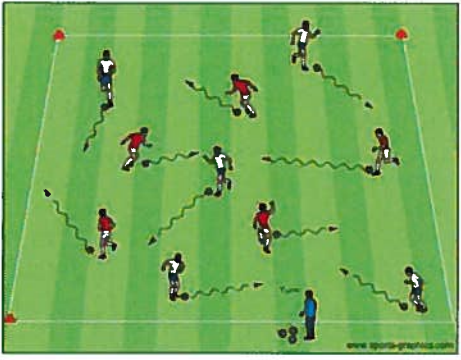
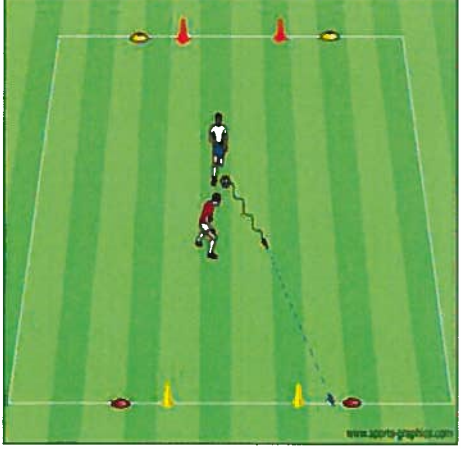
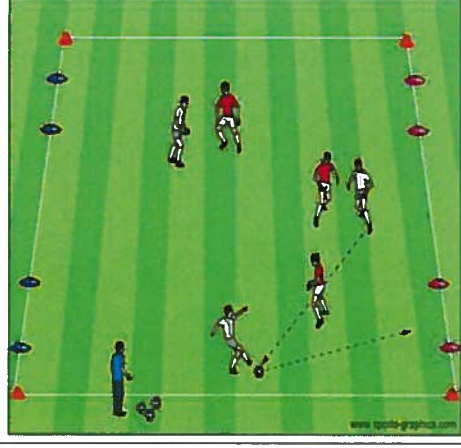
**Objective:** To teach the players the responsibilities of the pressuring defender as to when, where, and how to regain the ball for their team

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>1v1 Pressure - Warm-up:</u></b> One group of players will serve to the other and defend the player with the ball applying the principles of 1v1 defend. First attacker will try to dribble across opposite end-line. (12 yards wide by 15 yards long)</p>	<p>1<sup>st</sup> Pressing Defender should:</p> <ul style="list-style-type: none"> <li>• “Approach fast, arrive slow”,</li> <li>• bend run, correct stance, try to win ball off first touch of opponent, delay progress of opponent by jockeying the player with ball, try to force them out of play</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b><u>2v2 to Two Small Goals:</u></b> In a 15x20 grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p>	<ul style="list-style-type: none"> <li>• Speed and angle of approach</li> <li>• Pressing defender forces head down of attacker</li> <li>• Covering defender is positioned about 30 degrees behind pressure</li> <li>• Patience; do not over commit</li> <li>• Good communication to facilitate role switching while defending</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b><u>3v3 to Two Small Goals:</u></b> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p>	<ul style="list-style-type: none"> <li>• Immediate pressure from behind</li> <li>• Patience; do not over commit</li> <li>• Close down quickly and under control</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 9- Day 2

## Topic: Individual Attack

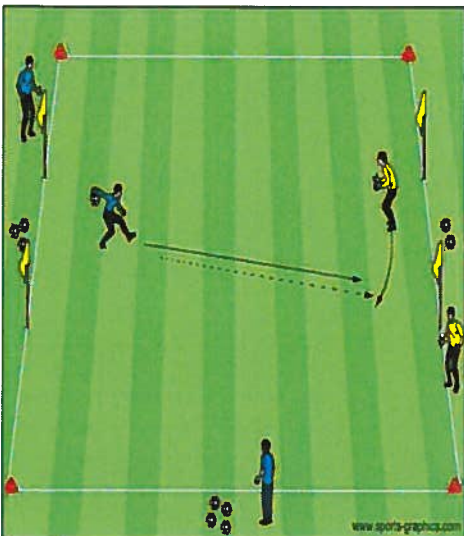
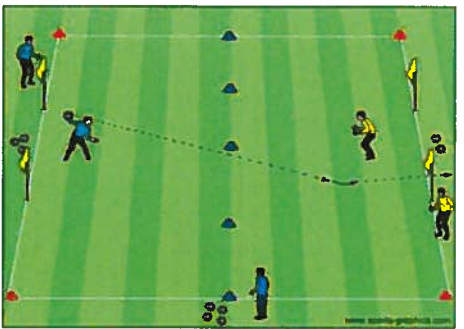

**Objective: To improve the player's decisions and ability to attack when his/her team is in possession of the soccer ball**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Free Dribble:</b> All players dribbling in a defined space. Players should use all surfaces of their feet.</p> <p><b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc..</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and speed</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>1v1 to Two Double Goals:</b> In a grid about 12x15 yards with four sets of cones creating 1 goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner:</p> <ul style="list-style-type: none"> <li>• <b>Center of the goal</b> = 5 points, dribbling only</li> <li>• <b>Outer goals</b> = 1 point, passing only.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Keep your head up</li> <li>• Execute a feint to unbalance the defender and dribble past him/her with a burst of speed</li> <li>• Encourage players to be creative with the ball at their feet</li> <li>• If you can't beat the defender, then decide if you can pass the soccer ball past him/her to goal</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>3v3 or 4v4 to 4 Goals:</b> In a 30x35 yard grid, place a three yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p> <p><b>Coach:</b> help the players with attacking team shape (support, width and depth of the attack).</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual cues:               <ul style="list-style-type: none"> <li>○ Space</li> <li>○ 1v1</li> <li>○ Support</li> </ul> </li> <li>• Use support players to make attacking decisions</li> <li>• Demand the ball</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 10- Day 1

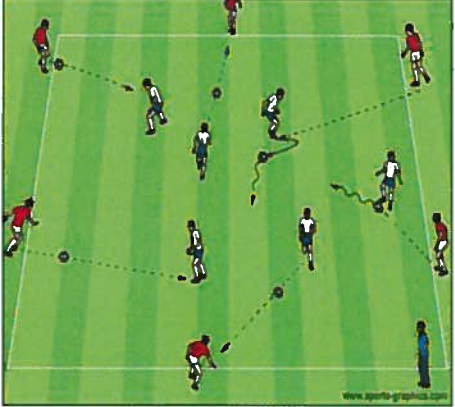
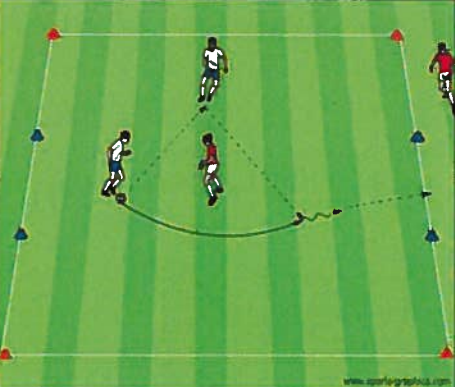
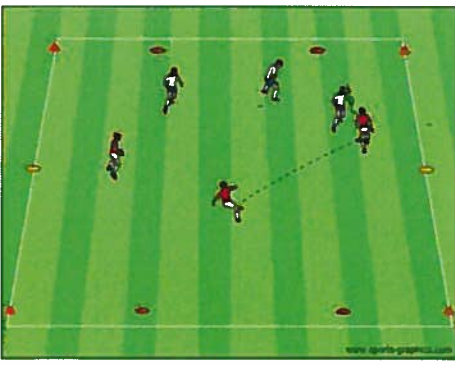
## Topic: Goalkeeping Handling and Distribution

**Objective: To improve the technical aspects of throwing the soccer ball after the Goalkeeper has collected it**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Partner Catching for Distribution:</u></b> Two lines of players, each in between a cone goal facing each other in a 12x 15 yard grid (three players per line max). GK1 starts with the soccer ball and bowls it to GK2, who scoops it from the ground and brings it up the body to secure the soccer ball. Immediately after the service, GK1 follows his/her service. GK2 repeats the process and bowl is to the next GK in line. After several rounds of bowling and scooping the soccer ball, the GK's should:</p> <ul style="list-style-type: none"> <li>• Baseball throw - Bag catch</li> <li>• Roundhouse throw - W catch</li> </ul> <p><b>Coach:</b> Players should attack the ball (GK should not wait for the soccer ball on the goal line). Serving players should put a bit of pressure to the catching GK when following their service.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>• Feet square to the body, shoulders square to the ball, knees bent, arms out to the side, elbow slightly bent, eyes on the ball</li> <li>• Hands always lead, keep body moving forward</li> <li>• Be set before the shooter plants his/her non-kicking foot</li> <li>• W or Diamond Shape hands to catch high balls</li> <li>• Hands together, fingers point towards the ground with pinkies together for low balls</li> </ul> <p><b>Throws:</b></p> <ul style="list-style-type: none"> <li>• <b>Bowl:</b> ball must be cupped, GK stepping forward with opposite foot from serving hand, low body posture, release the ball low</li> <li>• <b>Round House:</b> ball cupped in hand straight back behind GK, bring hand with ball up over your head with elbow locked and shoulder going forward, then release the ball as hand comes up over the shoulder. Release early for a high service, or late for a low service</li> <li>• <b>Baseball:</b> ball in palm of hand besides head and is thrown straight forward as GK steps into throw, let ball roll off fingertips, backspin will help settle ball quicker</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b><u>GK Wars ( Hands Only):</u></b> In an area 15x20 with an 8 yard goal at each end and half way line, GK will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse). GK can't throw the ball past the half way line. If a GK gets scored on, a new GK gets in the goal. No more than 3 GK's per side.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b><u>Goalkeepers Hand Ball to End Zones:</u></b> Split the team or Goalkeepers into two teams and play handball. Each player can only take 3 steps max. Keepers must catch the ball inside the End Zone in the air or after one bounce to score. On the field, keepers can't allow the ball to bounce more than twice.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

# U10 Lesson Plan: Week 10- Day 2

**Topic: Combination Play (Wall Passes and Take-overs) Objective: To introduce players to combination play, improve their passing abilities and recognize the correct timing & opportunity to pass**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Dutch Square:</u></b> Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball and they look to connect a pass with another outside player.</p> <ul style="list-style-type: none"> <li>➤ Review technique of passing &amp; receiving</li> <li>➤ Introduce wall passing</li> <li>➤ Introduce take-overs</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>General</b></p> <ul style="list-style-type: none"> <li>• Quality technique while passing and receiving</li> <li>• Be patient &amp; let opportunities develop</li> <li>• Encourage finishing off of combination opportunities</li> <li>• Positive environment to encourage creative and instinctive play</li> <li>• Communication</li> </ul> <p><b>Wall Pass</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> attacker dribbles at 1<sup>st</sup> defender</li> <li>• 2<sup>nd</sup> attacker is slightly ahead of defender in good supporting angle turned sideways on</li> <li>• 1<sup>st</sup> attacker reads defenders and supporting cues; decide to dribble or play a wall pass</li> <li>• Disguise, deception of pass and runs</li> <li>• Accuracy and quality of pass</li> <li>• Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b><u>2v1 to Small Goals:</u></b> In a 15x 20 yard grid, two players are trying to score after they have combined and put the ball through the small goals. The exercise starts with the defender passing the ball to any of the attackers at the opposite end. If the ball goes out of bounds or the attackers score, re-start a new game and change the defender. If the defender scores, he and his partner become the attackers.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Takeover</b></p> <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> attacker runs directly at the 1<sup>st</sup> attacker from the opposite direction</li> <li>• 1<sup>st</sup> attacker protects the ball from the 1<sup>st</sup> defender by keeping body between ball and defender</li> <li>• 1<sup>st</sup> attacker leaves the ball and 2<sup>nd</sup> attacker takes the ball using same foot (right to right or left to left)</li> <li>• Simple communication: “take” or “leave”</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b><u>3v3 or 4v4 to End Zones:</u></b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score 5 points when a team penetrates the End Zone by performing a wall pass or take over. One point if just pass or dribble into the End-Zone</p> <p><b>Coach:</b> Encourage players to recognize opportunities to combine to penetrate.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	