

TRAINING PLAN U-10 CONTROL

TECHNICAL WARM-UP

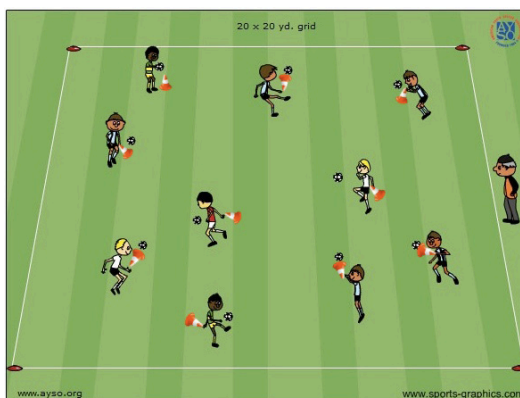


To see this activity in action visit <http://bit.ly/Wp5kJs>

ORGANIZATION/RULES

- 20x20 grid, all players w/ ball and 1 tall cone each.
- Players in space practice juggling.
- Drop ball, bounce, kick and catch ball in cone (upon successful catch, players thrust cone w/ ball on top in air like Statue of Liberty).
- Increase number of juggles: 2, 3, 4, 5.
- Coach calls "space" and players dribble ball to new space to start again.
- > Remove the bounce.
- > Use thigh.
- > How many? Time?

Player leads stretching (light at this age but teach proper form).



COACHING POINTS

- Let ball drop to foot—don't touch too early.
- Arms out to balance.
- Present foot towards ball (laces).
- Lift ball upwards using laces (do not kick ball too high).
- Have busy (quick) feet to stay close to ball.
- Make constant minor adjustments.
- Emphasize constant movement & focus.

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL

ACTIVITY I

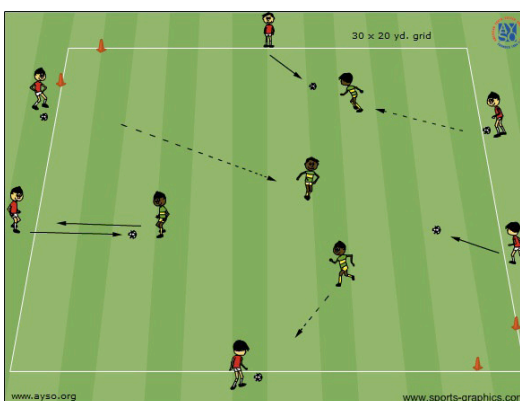
Individual & Pair Work
 Competition & Teamwork
 2v2 & 3v3



To see this activity in action visit <http://bit.ly/Sg83XG>

ORGANIZATION/RULES

- 30x20 grid w/ 2 mini-goals in opposite corners (for progression). 6 players outside area w/ ball and 4 inside without ball (or half/half).
- Players on outside pass the ball using an inside of foot push pass to the players on the inside who take one touch (using inside of foot control) to receive the ball and another to pass it back to the outside target player.
- The inside players then move to find a free outside player so they can repeat.
- Rotate the inside and outside players often.
- >Add defender who tries to steal ball from inside players and score on mini-goals in the two corners.



COACHING POINTS

- Quality inside of foot control to receive and take pace out of the ball.
- While ball is still in motion, adjust body position so non-kicking foot is next to the ball pointing towards target.
- With weight over ball, use inside of the foot push pass.
- Emphasize receiving at an angle to see what's around and where to go.
- Communication (verbal communication, eye contact and body language).

- PSYCHOSOCIAL
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ACTIVITY II

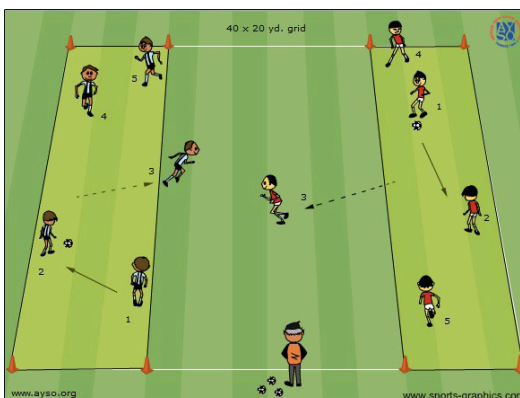
Opposition (attack & defense)
 Directional Play (w/goals or targets)
 Expanded Num. (3v3 to 6v6)
 Most Game Aspects



To see this activity in action visit <http://bit.ly/W5wsQi>

ORGANIZATION/RULES

- 40x20 grid w/ 10-yard end zones. 2 teams, each w/ 1 ball occupies an end zone (border). Players are numbered.
- Both teams pass to each other in sequence: 1 to 2 to 3, etc., using inside of foot passing and control.
- Encourage players to move to a new patch of grass immediately after passing.
- Call out a number. The players with that number run across to opposite end zone and try to steal the ball or knock it out of the playing area. The first player to succeed wins a point for their team.
- The first team to 10 points wins.
- Once a number is called, the rest of the team do not have to pass in sequence any more.



COACHING POINTS

- Quality inside of foot control to receive and take pace out of the ball.
- While ball is still in motion, adjust body position so non-kicking foot is next to the ball pointing towards target.
- With weight over ball, use inside of the foot push pass.
- Emphasize receiving at an angle to see what's around and where to go.
- Composure to control and pass while under pressure.

- PSYCHOSOCIAL
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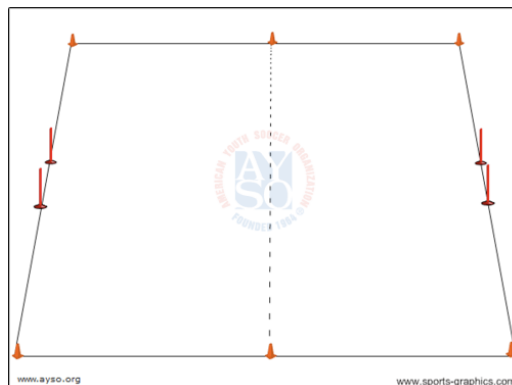
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Balanced 5 v 5. 50x40 grid (or half size of field team plays matches on).
- Match like conditions with general rules.

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize quality control techniques but let them play.
- Game conditions should validate what was covered in training (quality control, 1st touch efficiency, movement).

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL