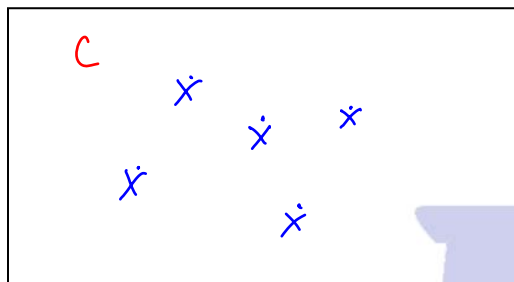


# ALABAMA YOUTH SOCCER ASSOCIATION

## U10 - Week 1

### Warm-up: Musical Balls



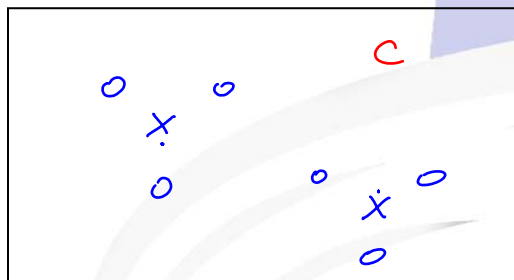
### Description:

- ›Every player has a ball
- ›Can use music if you want or you can just stop it yourself.
- ›Take one ball away on each stop
- ›Player without ball has to do quick something – martian push-ups, jumping jacks, star jumps, ect. But stays in to steal ball after next stop
- ›End round once half balls have been taken away
- ›Begin new round

### Coaching Points:

- Agility and quick reactions
- Awareness
- Develops assertive play

### Activity #1: Keeper's Nest



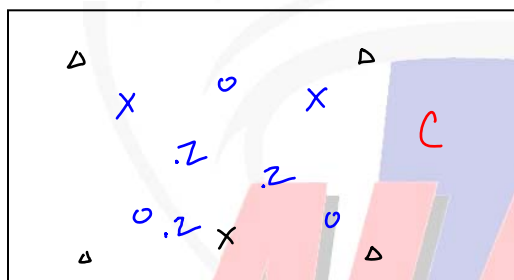
### Description:

- ›Groups of 4
- ›One player protects the ball but can't touch ball
- ›3 other players try to get the ball without getting tagged
- ›Can use their hands or feet to get the ball
- ›Tagged player must count to 10 (1001, 1002, 1003 etc.)
- ›Play rounds until every player has been the Keeper

### Coaching Points:

- Helps develop defensive posture and awareness
- Encourages attackers to work together
- Raises awareness of cooperative movement

### Activity #2: Melt Down



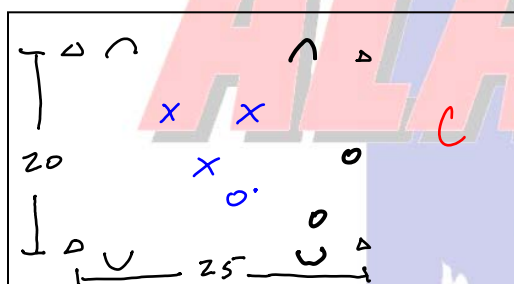
### Description:

- ›3 teams 4 to 6 players
- ›3 to 4 balls per attacking team
- ›1 team is attacking team with balls other two teams form one defending team
- ›When defenders are hit they are frozen and the need to put their arms above their head
- ›A player can be unfrozen when two defenders put hold hands around frozen player and yell "melt down"

### Coaching Points:

- Encourages cooperation
- Develops quickness and agility

### Activity #3: 2v2 to 2 Small Goals



### Description:

- ›Set up number of fields to make sure everyone is playing could have teams in groups of 3 if it works better
- ›Play begins with one team with ball attacking two goals when goal is scored attacking players keep ball and go other way
- ›Dribble through to score goals

### Coaching Points:

- Attacking mentality
- Forces defending team to defend until they get ball
- Which goal is easier to score on?

### Match Conditions:

- ›Play to goals
- ›No games bigger then 6v6
- ›No subs if possible
- ›Play short games and mix teams after each H<sub>2</sub>O break

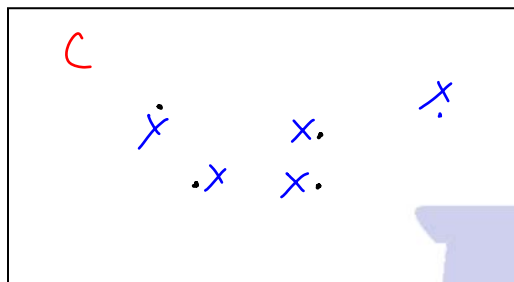
### Cool-Down:

- ›Soccer Golf
  - Select several targets around area to hit with ball
  - Show players course quickly
  - Players need to count strokes (passes) it takes them to get through the course
  - Break players into smaller groups and have them start at different places

# ALABAMA YOUTH SOCCER ASSOCIATION

U10 - Week 2

**Warm-up:** *Everybody's It*



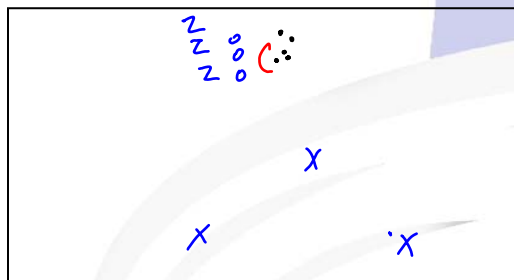
**Description:**

- › Every player has a ball
- › Players attempt to tag others while keeping control of their ball
- › Players should count number of people they tag
- › Can't tag same person twice in a row

**Coaching Points:**

- Encourages attacking mentality
- Use all surfaces of feet
- Keep head on swivel

**Activity #1:** *Sequence Passing w/Twist*



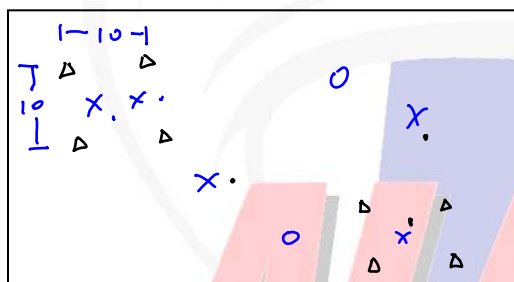
**Description:**

- › Break team into three groups
- › Each group needs to count off – 1, 2, 3, 4
- › Teams should line up with you then send them out one at a time with players passing till they get to you
- › Gradually start sending the teams quicker so they have traffic with the other teams out there

**Coaching Points:**

- Players must get into field of vision of player with ball
- Pace of pass – harder is better
- Move feet to receive ball so you can see next pass

**Activity #2:** *Phone Booth Tag*



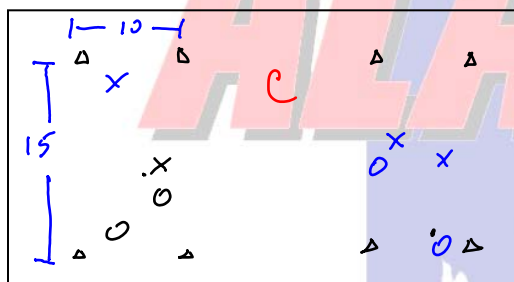
**Description:**

- › Every player has a ball – could start without ball but quickly add ball
- › One or two "it" players
- › Phone booths are safe players for player with ball
- › No more than two players can be in a phone booth at a time
- › Player in the booth the longest must leave
- › If player gets tagged then switch with "it" player

**Coaching Points:**

- Improves speed and reaction time
- Encourages taking dribbling with speed
- Develops decisions of when to take risks when to be safe
- Makes players make the best out of tough situation when forced out of booth

**Activity #3:** *2v2 to End Line*



**Description:**

- › Set up number of fields to make sure everyone is playing could have teams in groups of 3 if it works better
- › Players dribble over end-line to score
- › Once team scores leave ball and recover
- › Pass balls in

**Coaching Points:**

- Develops aggressive play
- Forces players to recover in transition
- › How do players play together?

**Match Conditions:**

- › Play to goals
- › No games bigger than 6v6
- › No subs if possible
- › Play short games and mix teams after each H<sub>2</sub>O break

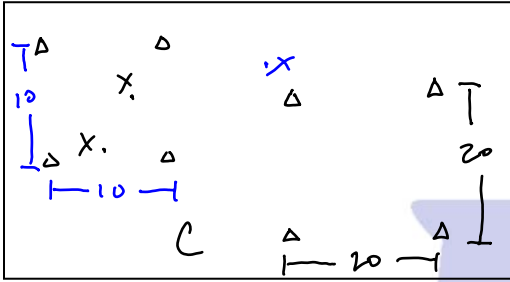
**Cool-Down:**

- › Tree Ball
  - Players pair up
  - Start 30yds away from target
  - First player passes ball to try to hit target
  - Second player hits ball from wherever it stops
  - Continue until pair hits target
  - Player that hits target gets point start again
  - Mix pairs at least once

# ALABAMA YOUTH SOCCER ASSOCIATION

U10 - Week 3

## Warm-up: Continuous Knock-out



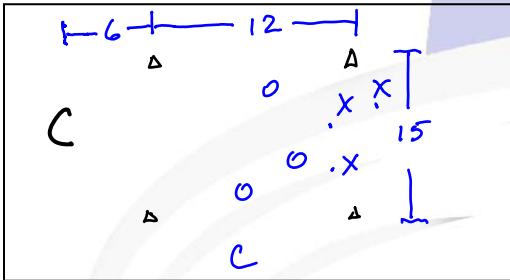
### Description:

- › Every player has a ball
- › Play in short intervals
- › Set up one big space and one small space
- › Players have to keep their balls close and try to knock other players balls out of space
- › If ball goes out of space; players move to other space
- › Encourage players to speed dribble to other space

### Coaching Points:

- Maintain possession in the face of challenges
- See as much of the field as possible
- Be quick and have head on swivel

## Activity #1: Attack the Crabs



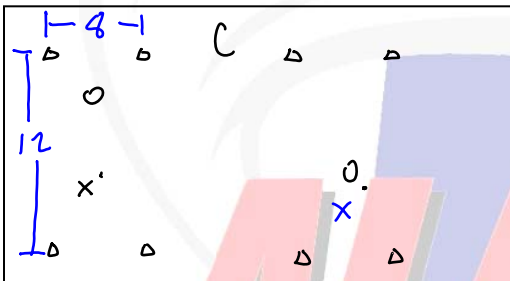
### Description:

- › Break group into two teams
- › One team attacks one acts like crabs
- › Players dribble through 12yds of traffic and then shoot on goal
- › Each team tries to score as many goals in short duration as possible
- › If crab hits ball out of bounds attacking player has to start at top of grid again

### Coaching Points:

- Develop players' ability to dribble through maze
- When to use pace?
- When to keep it close?

## Activity #2: 1v1 Attacking Ladder



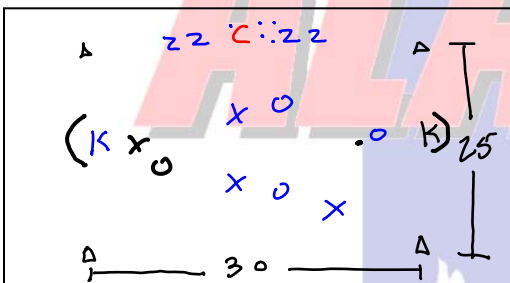
### Description:

- › Set up enough mini fields so all players can play
- › Winners slid up; Not so goods slid down
- › Games should be short
- › Give lots of breaks this is a tough activity

### Coaching Points:

- Encourages players to take ownership of outcome
- Involves game decisions – if up do you still attack or stall
- Let's players find their levels and allows for challenges

## Activity #3: Group Round Robin



### Description:

- › Divide into three or four groups
- › Two teams play on field; other two teams begin with coach gradually let teams decide where they want to begin
- › If goal is scored team grabs ball and goes other way
- › If ball goes out of bounds switch team it went off of
- › Extra balls with coach when balls run out take break to collect

### Coaching Points:

- Deal with transition
- Identify goal opportunities
- Improves change of direction and pace of play

### Match Conditions:

- › Play to goals
- › No subs if possible
- › No games bigger then 6v6
- › Play short games and mix teams after each H<sub>2</sub>O break

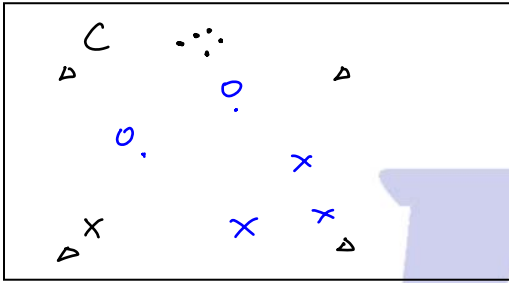
### Cool-Down:

- › Trust Fall
  - Pair players up – similar size and weight
  - One player behind the other
  - Player in front must try to stay stiff and close eyes
  - Player in back catches other player under arms
  - Start with small drop and gradually make it a bigger fall
  - Reverse roles so everyone gets a chance

# ALABAMA YOUTH SOCCER ASSOCIATION

## U10 - Week 4

### Warm-up: Pac Boy/Girl



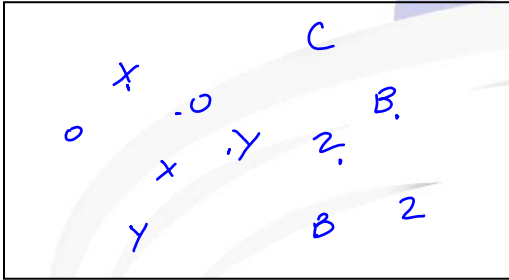
### Description:

- › Make pile of balls
- › One or two players are it with ball
- › When player gets hit by ball they become it as well
- › "It" players must pass ball and hit other players below the knees
- › Continue until all players are hit
- › Keep space tight

### Coaching Points:

- Works on moving without the ball
- Encourages quick preparation and passing of the ball
- Teaches players to attack someone when they have the ball at their feet

### Activity #1: One Touch



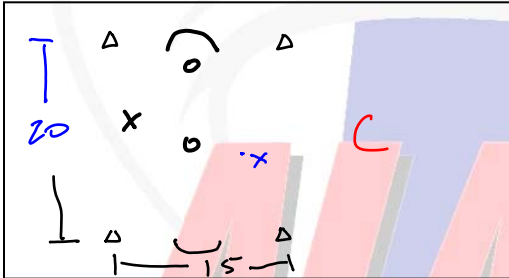
### Description:

- › Partner players up
- › Players pass one-touch varying distances between 15-25yds while moving around space and in between teammates
- › Count quality one-touch passes

### Coaching Points:

- Works on eye foot coordination
- Encourages striking ball at various angles and in different body positions
- › How do you deal with ball and where do you want it to go?

### Activity #2: 2v1 Attacking



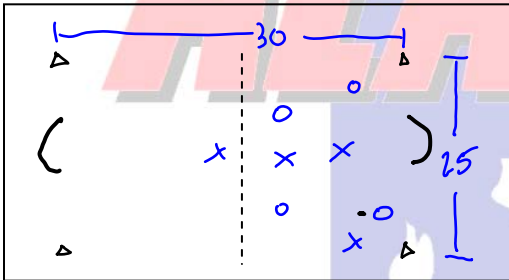
### Description:

- › Players need to partner up
- › Set up number of fields to make sure everyone is playing
- › 2 attackers and 1 defender with other player acting as GK
- › Goals or balls out of bounds switch who is attacking
- › Play short rounds
- › Switch who teams play regularly

### Coaching Points:

- Develop two player combinations
- Show combinations – wall passes, overlaps, and takeovers
- Player off ball initiates combination and player on ball decides if it is on

### Activity #3: All up and Back



### Description:

- › 2 teams
- › Play to goal
- › Drop line across field at the half-way point
- › When team losses the ball everyone needs to run to get behind it
- › To score a goal everyone on the attacking team must be over the half-way line

### Coaching Points:

- Decisions on how and where to get behind the ball
- Decisions on how to get forward as quickly as possible

### Match Conditions:

- › Play to goals
- › No games bigger then 6v6
- › No subs if possible
- › Play short games and mix teams after each H<sub>2</sub>O break

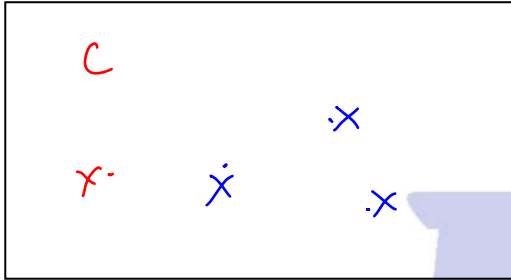
### Cool-Down:

- › Team Knots
  - Even number groups from 6 plus
  - Players stand in circle, close eyes, and reach out and grab other hands
  - Open eyes and players now must communicate how to get out of knot
  - Players can't let go of hands to solve problem

# ALABAMA YOUTH SOCCER ASSOCIATION

U10 - Week 6

**Warm-up:** *Basic Catching*



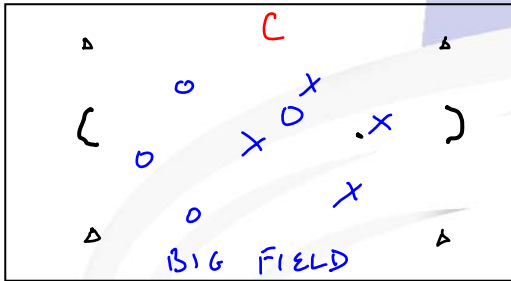
**Description:**

- ›Every player has a ball
- ›Players need to move around space bouncing ball w/both hands
- ›Players need to make high bounce and catch high progress to catching someone else's high ball
- ›Roll ball thru legs back to front and scoop up progress to bowling to another keeper and scooping
- ›Coach then calls out high or low and players react to command

**Coaching Points:**

- Hands need to be behind ball in a W shape
- Players need to be square to ball and catch in the center of their body
- On high balls players need to drive one knee off ground for protection and power
- Arms should always be slightly bent

**Activity #1:** *Team Handball*



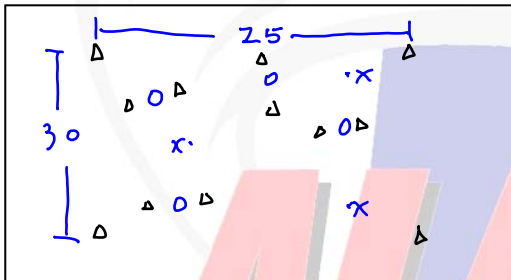
**Description:**

- ›Two teams play to goal or end line
- ›Players play with hands, when ball hits ground change possession
- ›If using goals score goals by punching it into net
- ›Players can volley, punt, or throw
- ›Defend ball traveling in air more then actual player
- ›Catches must be with two hands or could be a punch to keep it going

**Coaching Points:**

- Repetition of catching
- Punching-both hand together w/second knuckles touching
- Arms should always have a slight bend
- Footwork to catch ball in center of body as often as possible

**Activity #2:** *Lotsa Lotsa*



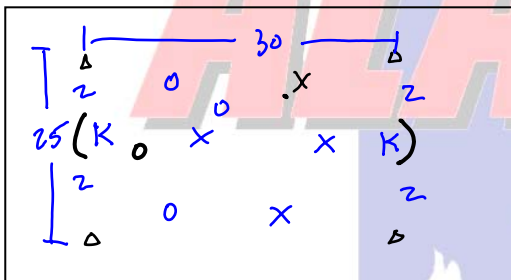
**Description:**

- ›Two teams
- ›Make multiple cone goals so each player has a goal to be a keeper in
- ›One team tries to score as many goals as possible the other makes saves
- ›Ball has to be on ground to score
- ›Teams add up scores
- ›Play rounds

**Coaching Points:**

- Review shot preparation
- Improves quicker preparation and quality of strike
- Keepers need to be very aware
- Footwork

**Activity #3:** *Bread and Butter*



**Description:**

- ›3 Teams
- ›Two teams on the field other team spread out around field
- ›Team that scores turns and attacks other goal
- ›Team scored on or knocks ball out of bounds is off and other team on
- ›Switch keepers on every goal

**Coaching Points:**

- Improves dealing with transition
- Requires communicating and working as a team
- Encourages attacking

**Match Conditions:**

- ›Play to goals
- ›No games bigger then 6v6
- ›No subs if possible
- ›Play short games and mix teams after each H<sub>2</sub>O break

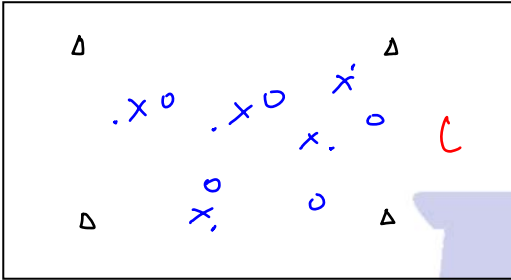
**Cool-Down:**

- ›Volley and catch
  - Players partner up
  - Players start 5yds apart and gradually back up as the volley and catch cleanly
  - If ball hits ground players step back towards one another

# ALABAMA YOUTH SOCCER ASSOCIATION

U10 - Week 7

**Warm-up:** *Shield Steal*



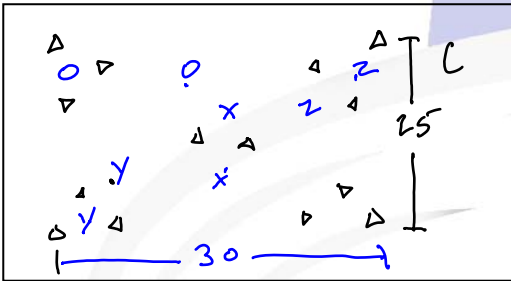
**Description:**

- ›Two teams –one team has balls
- ›Players without balls need to get them
- ›When ball goes out of bounds it is other teams ball

**Coaching Points:**

- Practice shielding
- Body sideways on
- Arm providing protection
- Knees bent
- Ball on outside foot

**Activity #1:** *Gate Passing*



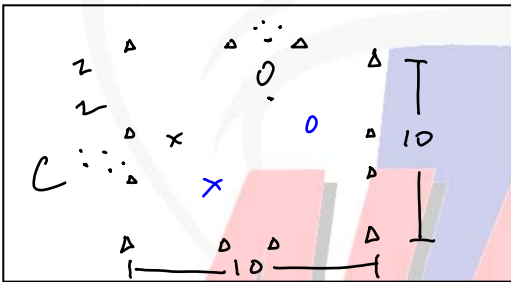
**Description:**

- ›Players partner up-one ball for pair
- ›Players pass to partner thru gate for points
- ›Can't pass thru same gate twice in a row
- ›Partners must count score out loud

**Coaching Points:**

- Improves movement
- Encourages players to receive properly and take first touch to new place
- Encourage players to pass with pace

**Activity #2:** *2v2 Attacking to 4 Cross Goals*



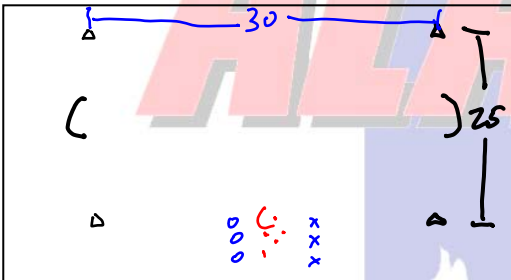
**Description:**

- ›Players partner up; 3 teams at a grid
- ›Teams defend one goal; attack other three
- ›Have to dribble thru goal to score
- ›Team gets scored on twice new team is on don't stop play other team needs to be on quickly
- ›Keep it quick
- ›Have enough grids for all to play
- ›Balls from behind defended goal

**Coaching Points:**

- Lots of opportunities to score
- Team off still needs to play close attention
- Improves transition
- Works on teamwork

**Activity #3:** *See ya*



**Description:**

- ›Two teams
- ›All balls with Coach in between the two teams
- ›Players go to goal and leave all balls where they go collect when balls have run out
- ›Coach calls out number of players needed to play on field
- ›Mix up numbers

**Coaching Points:**

- Go to goal
- Be quick to get behind ball and transition to attack
- Improves reaction time

**Match Conditions:**

- ›Play to goals
- ›No games bigger then 6v6
- ›No subs if possible
- ›Play short games and mix teams after each H<sub>2</sub>O break

**Cool-Down:**

- ›Start in hands end in hands
- Players in groups of 4
- Juggling made easy operates like "horse or pig" use 'CCSA'
- One player does something (one foot, two feet etc.) if player catches it at completion then next player must perform feat.
- If player can't pull it off next player begins new sequence