

FUTURE SOCCER PRO

Grassroots eBook Vol.2 – U10



Love.Learn.Play

'The player must be in the driving seat, coaches are there to provide the map that keeps them driving'
(Mark Parsons – Future Soccer PRO Founder)



Grassroots eBook Vol.2 – U10

This eBook is to support the coaches currently working in the U10 age groups. We have provided 8 weeks of session plans designed specifically for the U10 soccer player.

A U10 coach could choose to practice once or twice a week, this manual is there to support a coach who chooses to do either. The coach who chooses to practice twice then use this session manual as your first session of the week, then use your second session to do more organization for the team.

The session break down for a 75 minute U10 session is the following:

1. Warm up – Technical (10 minutes)

- Warm and technique should include fun games and practices that prepare the player physically and mentally for the activity ahead. U8's do NOT need to stretch, the stretch by doing activity.

2. Technique (15 minutes)

- Technique part that you introduce the skill you are working on, whether it is passing or dribbling this is where you practice this technique with no pressure (no defenders)

3. Multi Skill Activity (20 minutes)

- Multi skill activity is where we introduce some opposed practice while keeping the focus on the technique. Allowing players to practice this in a more game related environment.

4. Scrimmage (30 minutes)

I have not included scrimmages in the session plan, this is the best part, please play a game at end of EVERY practice. This is how the players learn and love the game. Please include the following in the scrimmages:

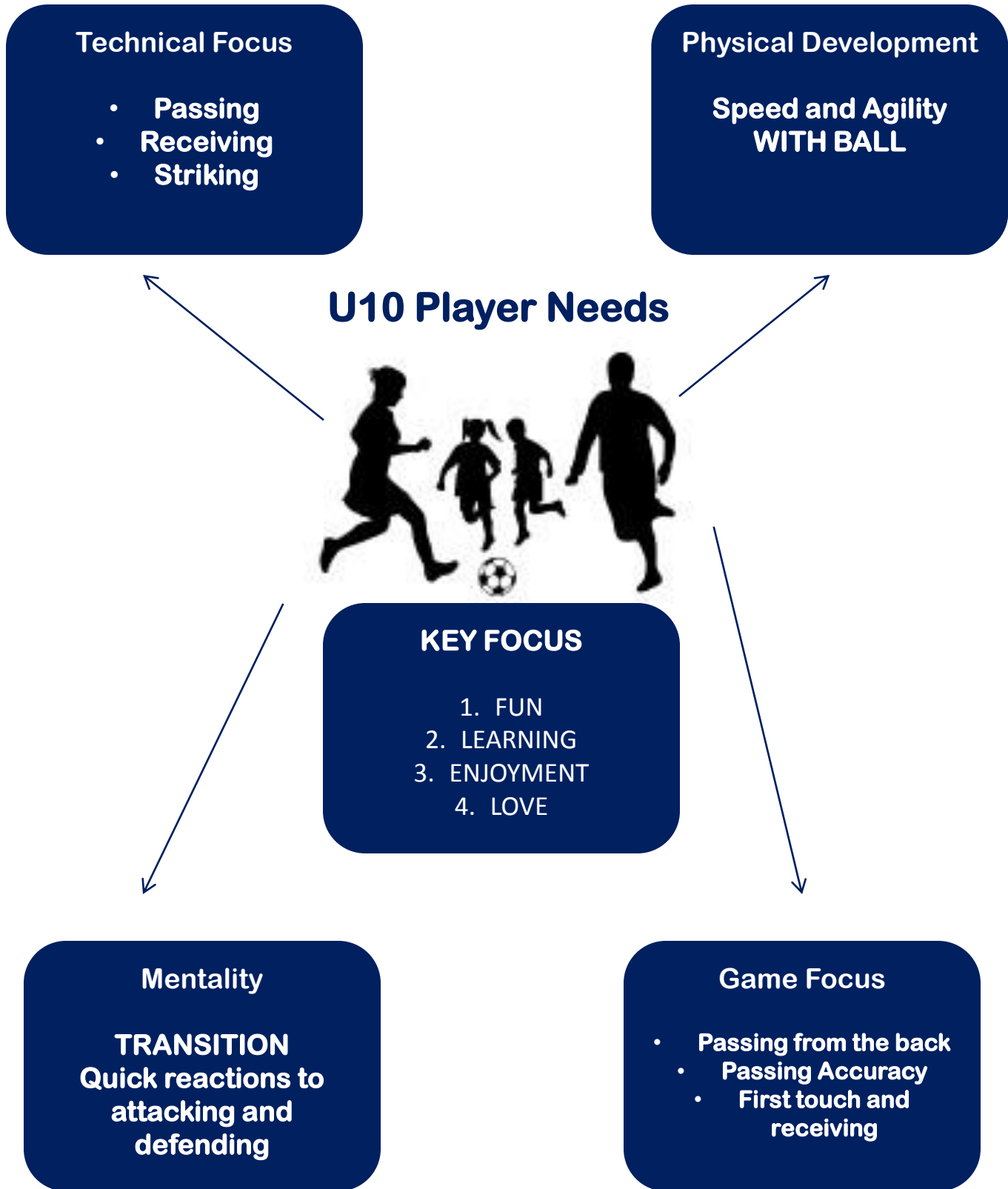
- Goals (cones or sweater or rebounders)
- Multi ball (coaches are ready to serve the next ball in)
- Keep the game flowing (kids will get a good sweat on)
- If ball goes out then coach passes next one in – keep it quick
- Don't stop it too much in the game, let the kids play.

I hope you enjoy this eBook, if you have any questions please don't hesitate to ask.

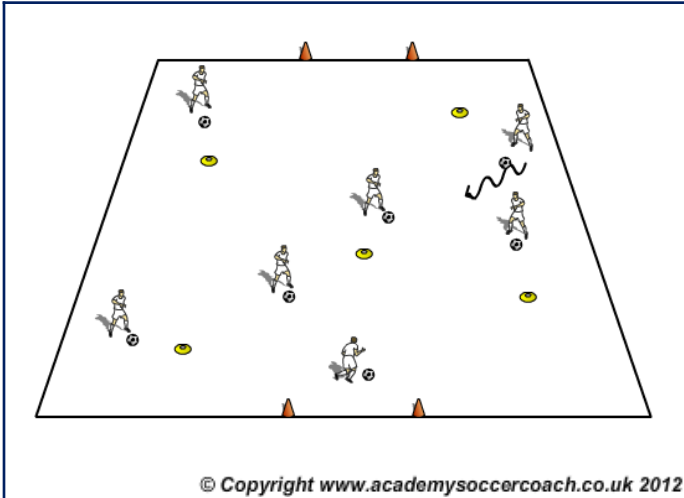
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LOVE.LEARN.PLAY





Week 1 - Passing

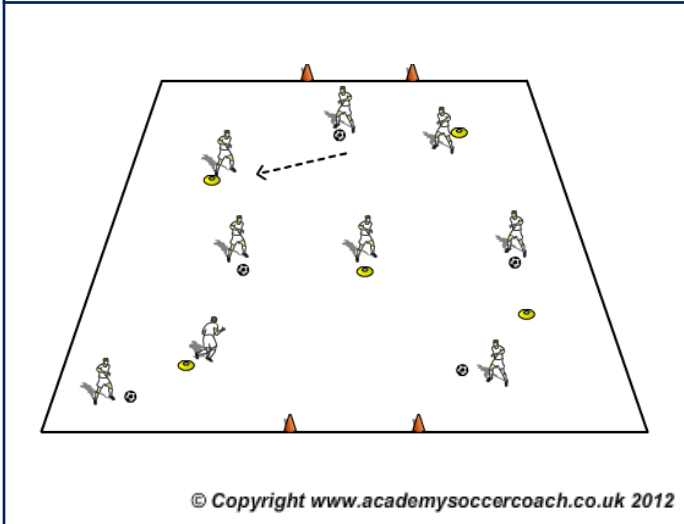


Warm Up – Technical

Set Up

Players have a ball each

1. Players must dribble up to a cone, stop the ball and change using a part of foot (1.inside, 2.outside, 3.sole)
2. Dribble to cone and use a skill move to beat the cone (1. scissor, 2. body fake)



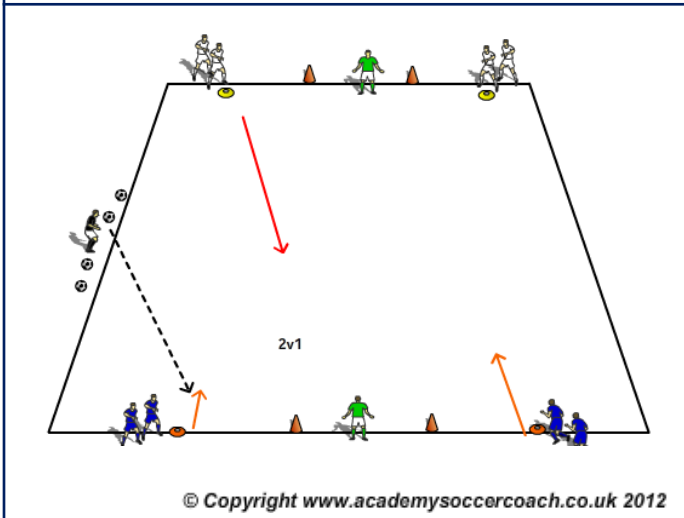
Technique

Set Up

Half players on the cone, looking and searching for a pass

Half players with a ball dribbling, looking to pass to a cone player. Once they pass, they move to a different cone

- Cone represents a defender, stay in front, receive ball with a surface (inside, outside, sole)
 - Move in to space positively once you received
- Coaching: Passing technique, stop then pass, then progress to passing on the move



Multi Skill Activity

Set Up 2v1 Game

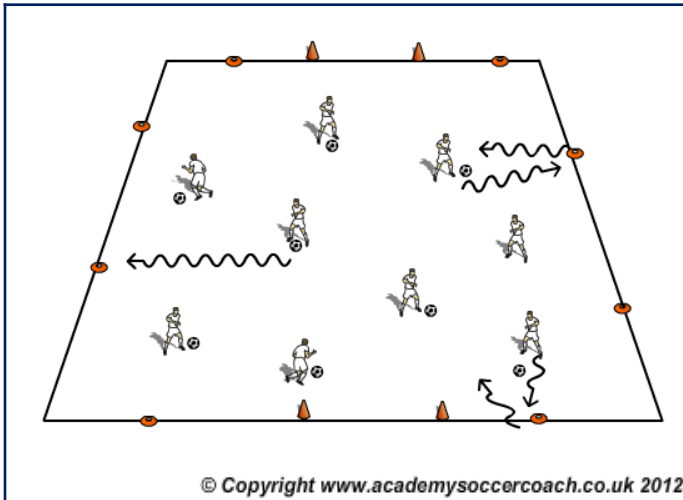
Two teams, coach passes to a player on one team, that team attacks.

The nearest defender to attack receiving it comes out and defends making a 2v1 game. If defender wins ball they attack the opposite goal.

- When do you dribble and attack space?
- When do you commit defender and then pass to friend?
- One two's? Over laps?

Offer ideas, and guide players towards the objectives you want them to achieve.

Week 2 - Passing

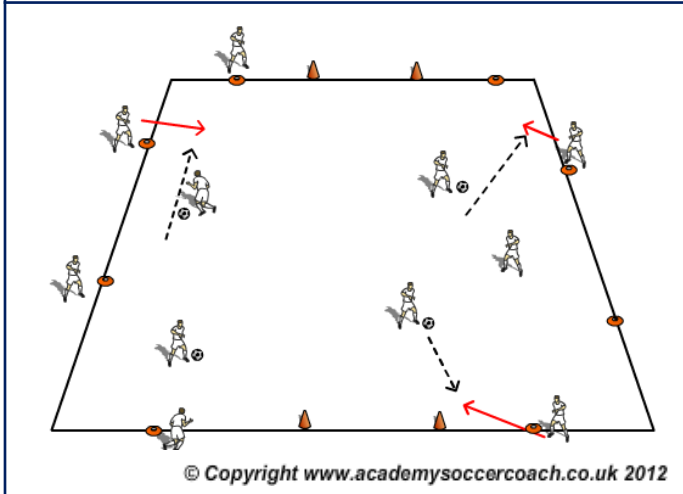


Warm Up - Technical

Set Up

Players have a ball each and are dribbling to the cones on outside. They arrive at the cone, perform a turn and dribble towards a cone on a different side.

- Any turn they want – freedom
- Drag Back – stop ball with sole and drag it back
- Stop Turn – stop the ball, step over it and turn around
- OR replace with turns that meet the needs of group



Technique

Set Up – Passing to Space

Half on outside on a cone, half inside with a ball. Players with the ball dribble and look to make a pass to outside player. Once you connect with someone, stop the ball then pass in to space for them to move on to.

- Communication (verbal and non verbal)
- Correct passing technique
- Lead the player with your pass in to the space they want to receive in.



Multi Skill Activity

Set Up – 2v1 Gladiator Game

Team of attackers lined up with a GK
 One defender in each zone
 GK plays ball to attackers, they must work through the zone and get a shot off.
 If defender wins the ball they attack the opposite goal.
 If last defender wins the ball they play in to other defender who shoots at goal.

- Coach attacking decisions
- Progress to: when defenders score on the break, both teams swap over (if defenders don't score have a time limit before change)

Week 3 - Striking



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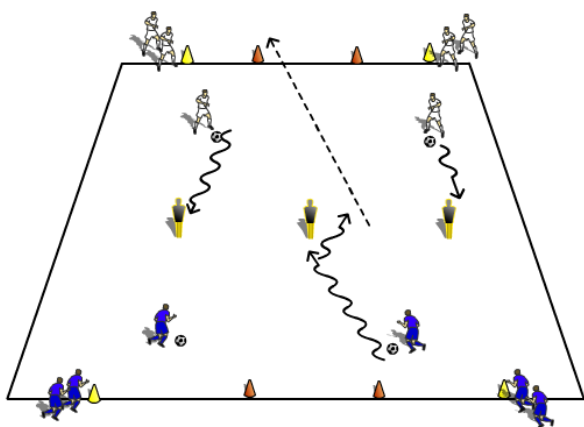
Warm Up - Technical

Set Up

One line of players opposite another line of players with a ball at each end. One player facing each line on a mannequin.

1. Player 1 dribbles and passes in to player 2. Player 1 must find a different mannequin.
 2. Player receives, spins how they want and looks up to play
 3. After spinning, player passes in to the end player.
- **Include turn on mannequin**
 - **Turn then skill the mannequin**

Main purpose is to go through dynamics with the ball in a practice that relates to the technique



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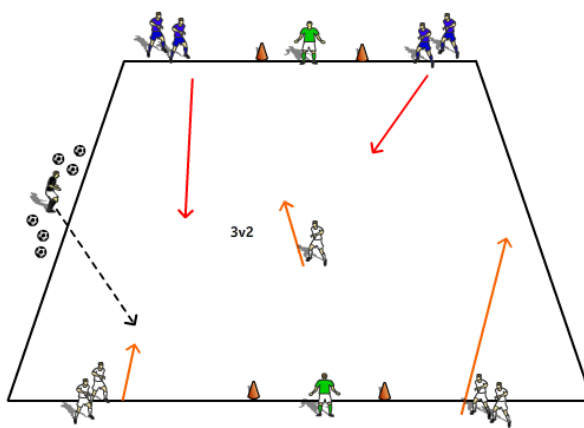
Technique

Set Up

Two lines of players on each side, first player dribbles at any mannequin beats them and strikes.

Encourage attackers to perform a move that then gets them central at goal.

- Breakdown the technique of striking, once they beat the defender they must stop the ball (then strike)
- Give goals for players who complete a clean strike and go in the goal
- Build up to striking on the move
- Teach player the body fake (we just need 1 yard to get a shot off)



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Multi Skill Activity

Set Up 3v2 Game

1. Permanent striker (rotate after certain amount of time)
 2. Coach plays in to midfielders who then attack with forward
 3. Defenders defend, and when they win the ball can attack their goal
- Can we find the forward early?
 - Can the forward isolate and beat 1v1 to shoot?
 - How do we combine when they pick up the forward?

Week 4 - Striking



Warm Up - Technical

Set Up

Running with the ball

1. Player with ball runs with down the field, cuts in between two cones then looks to pass in to opposite player

- Technique of running with the ball (touch with your laces, head up after each touch)
- 3 types of cuts (inside cut, outside cut and the chop)

Allow players to find their own way of running with the ball then help guide with soft tips



Technique

Set Up Cutting in on the move to strike

Progression 1

- Player takes a few touches and plays a pass in to end player and joins that line.
- Receiving player receives on the move, dribbles then cuts in to strike at goal

Progression 2

- Opposite player runs towards the gate, player with the ball passes to them. Receiving player cuts in on the move and strikers at goal

Coach: Receiving and Striking techniques

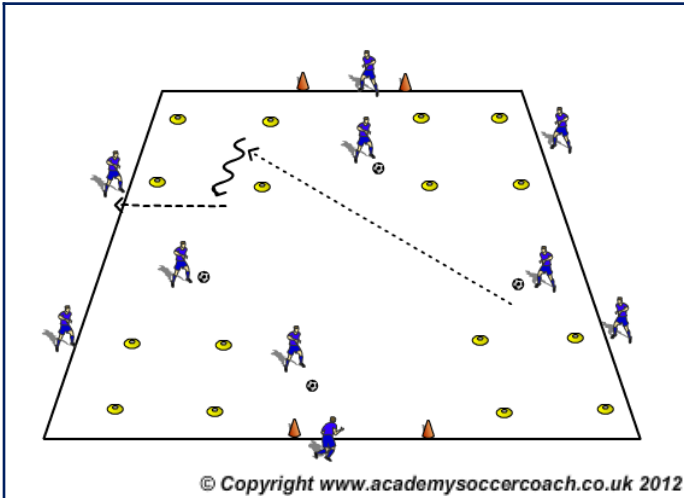


Multi Skill Activity

Set Up 1v1 Game

- Same as last game progression 2, except player receiving is cutting in and turning on his receiving touches.
- Passing player then chases receiving player to defend 1v1
- Receiving touch to turn and get at goal
- Be direct and fearless with your attitude towards goal
- As you approach the goal, keep your head up to monitor the goalie's actions (then finish on the move)

Week 5 - Passing



Warm Up - Technical

Set Up

Running with the ball and passing

1. 6 Players on the outside and 4 players on the inside with a ball.
2. Players with a ball must run with a ball to furthest grid, enter grid then cut out and find a pass
3. Receiving player on outside takes first touch towards opposite grid, runs with the ball and repeats the cut and pass

- Technique of running with the ball
- Awareness of grid and player to pass to
- First touch to take me towards furthest grid



Technique

Set Up

Two grids 5-8 yards apart depending on your players ability.

Two players in each grid, they have to pass ball with instep in to opposite square and aim to get it in and out of the square.

Other two players have to control the ball and not let it leave the square otherwise it's a goal for other team.

- 2v2 passing game
- Make sure correct technique is used
- Must keep ball under knee height
- If it goes in and out of a square this equals a goal for the passing team.



Multi Skill Activity

Set Up 3v2 to a 2v2 Game

1. One permanent striker in the first zone for the Blue
2. Attack 3v2 and if they make it in to next zone only two players can enter

Teaching players that you will face higher pressure as you get closer to the goal.

- Passing to feet?
- Passing to space?
- Turning?
- Combinations. One twos, overlaps ?

Week 6 - Passing



Warm Up - Technical

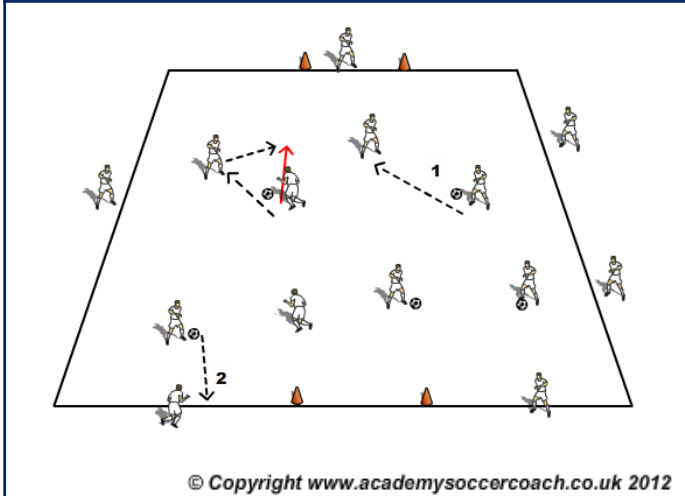
Set Up Skill Zone

Half of the players on the outside without the ball, half of the players on the inside with ball.

- Player on the ball must make their way through a set of cones before passing out and going out.
- Orange means right foot
- Yellow means left foot
- Red means both feet

Give players different parts of the feet they can use while working through the skills cones.

It is not how fast you do, it is how well you do it



Technique

Set Up

6 players on outside without a ball

4 players on inside with a ball

3 players on inside without a ball

1. Player with a ball can pass to an outside player and go out or pass to inside player and go in
2. Players on outside and inside without a ball must stay on the move and always be looking to receive a ball.

- Have players use single words to communicate their action. (TURN) or (ONE-TWO) clear, simple language that help us combine



Multi Skill Activity

Set Up 3v3 +2

2 teams either side with a neutral player on the outside of each wing

- Permanent central players for each team (rotate after an amount of time)
- Coach calls a GK to serve in to their attackers
- Attacking team play 3v3 and if they need to can use the neutrals to reach their goal
- Neutrals are on two touches
- If defending team win the ball then they attack and can use the neutrals

Coach how you would like your players to attack. Straight to goal? More patient?

Week 7 - Striking

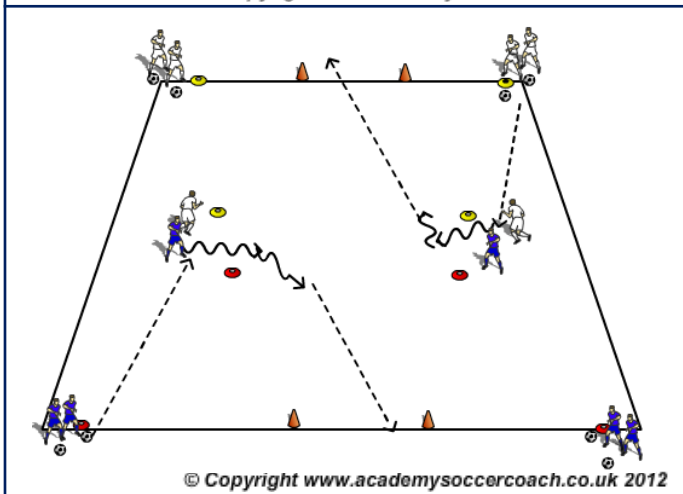


Warm Up - Technical

Set Up

3 players on each end zone with four on the inside with a ball. Players dribble to opposite side and on their way must beat a cone (nearest cone) then find someone on other side and pass the ball.

- Include specific individual moves on cones
- As player needs to beat the nearest cone, this leads to a longer pass. Long pass technique
- Technical breakdown of a driven pass
- Finish with players trying to curl the ball to their receiving player (just introduce the idea) homework?



Technique

Set Up Receiving to Strike

Player on goal line passes to player on a cone, who receives around the cone and strikers a goal.

Receiving touch

- Inside of the foot across the body
 - Outside of the foot across the body
 - Open body and receive inside
1. Teach through the striking technique
 2. If player gets too close (use instep) place your pass in to the goal rather than striker it
 3. Progress to have a passing combo round the cone if you want (KEEP FOCUS ON STRIKE)



Multi Skill Activity

Set Up

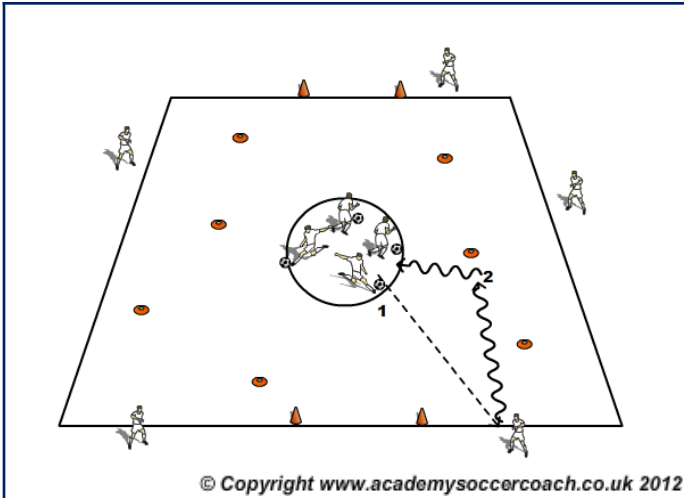
4v2 Rotation Game

Coach plays ball in to one end, who receive and attack.

REDS are neutral and play for who ever have the ball

- Heavy overload is to allow the shots to get off and keeps the focus on the correct technique of shooting rather than trying to find a shooting opportunity
1. Find the player who can score get a shot off
 2. Receiving touch to set up the shot
 3. Striking technique
 4. Rebounds

Week 8 - Striking



Warm Up - Technical

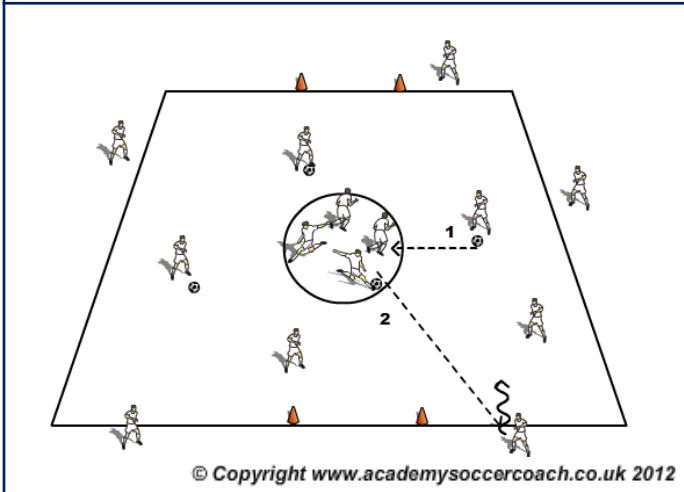
Set Up

6 players outside without a ball

4 players inside with a ball

1. Player strikes a longer pass from within the circle to an outside player then takes their place
 2. Outside player receives heads in beats a cone then dribbles in to circle to then find a long pass
- Striking technique standing still
 - Striking technique on the move

Progress with aerial balls if players have a chance of success



Technique

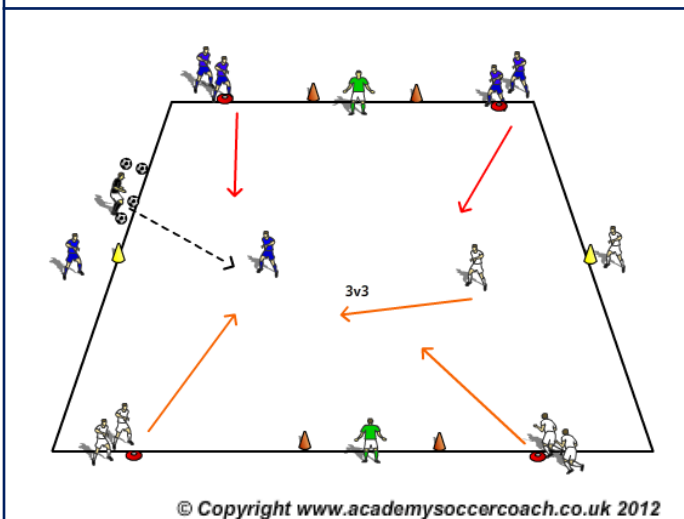
Set Up

Similar set up but include inside players with no ball

When outside player receives the ball this time they must pass in to a player with no ball who then finds the player in the circle with no ball.

Experiment with the numbers you have to make this work

1. Striking on the ground
2. Striking aerially to outside player
3. Curling the ball to outside player



Multi Skill Activity

3v3 Game, two teams half on each cone on their side

1. Coach plays ball in to one player, and they play 3v3 until ball goes out or goal is scored out. No longer than 30 second rounds.
2. If team scores they stay on while the losing team has to rotate
3. Observe the striking techniques and if needed work on individuals while the game continues
4. Make it competitive and keep the score



COACH THE “FUTURE SOCCER PRO WAY”

‘LET THE PLAYERS ENJOY THE GAME’

‘REMEMBER THEY ARE ONLY KIDS’

‘MAKE SURE THEY ARE SMILING’

‘LET THEM MAKE DECISIONS’

Any comments or feedback feel free to email info@futuresoccerpro.com