

## U10 Week 1

## Practices 1 and 2

## Focus: Dribbling

### Warm up (approx. 10 minutes)

1. Jogging across the field and back.
2. [High Knees](#) (Jog, bringing knees as high as possible.)
3. [Butt Kicks](#) (Jog with arms down, trying to touch heel to rear.)
4. [Side Shuffle](#) (Move laterally in shuffle style.)
5. [Knee Hugs and Walking Lunges](#) (Hug knee to chest to stretch hamstring, moving into a lunge; repeat with other leg.)
6. [Open the Gate/Shut the Gate](#) (Open the gate across width of field; close the gate on the way back.)
7. [Carioca](#) (Skip sideways across field, twisting at the hips. If moving to the left, right leg should be brought in front of the left leg and then behind the left leg, repeating all the way across the field.)
8. [High Kicks](#) (Slowly moving across the field, kick as high as possible with one leg and then the other.)
9. [Suicide sprints](#) (Start at end line to touch first cone and back; then to second cone and back; then all the way across field.)

### Activities (See next pages for descriptions and video links.)

- Tail Tag
- Free Dribble
- 2v2 to Targets
- 2v2 Get Outta Here!
- 4v4 Scrimmage

### End of Practice

**Team Talk:** Highland Soccer Club Core Value—**ENJOYMENT:** Did you have fun today? What did you like the most? Which activity would you like to do again?

**Individual drills to do at home:** Toe touches, Pendulums (Tell parents that they can find videos on the Club website.)

### Touching Practice (10 minutes)

1. [Toe touches](#)
2. [Pendulum](#)
3. [Roll overs](#)

### Skills Instruction/Practice (10 minutes)

Demonstrate first. Then have players mimic and then practice each skill across the field and back.

4. Dribbling: ([Shoelaces](#), [Inside/Outside](#) of foot)
5. Changing Direction
  - [Pull back](#)
  - Cutting ([Inside Cut](#), [Outside Cut](#), [Inside Cut Turn](#), [Outside Cut Turn](#), [Step-Over Side Cut](#))
  - Hooking ([Inside Hook](#), [Outside Hook](#))
6. [Throw-in technique](#)

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** TAIL TAG

**AGE:** U6 **TIME:** 5 MINUTES

## ORGANIZATION:

All players have a ball within a set 15x20 yard area. Players tuck a T-shirt or a scrimmage vest into the top of the back of their shorts so it looks like they have a tail.

## ACTIVITY:

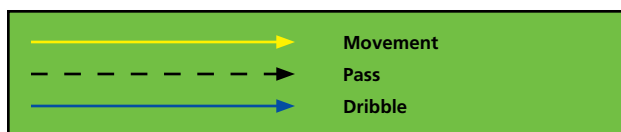
On the signal, the players see how many tails they can gather while dribbling within the area. Players that lose their tails should still continue to play. Play for 30-60 seconds. The player with the most tails wins the round.

## VARIATION(S):

- If the rounds go too quickly, another tail can be added to each player so the coach who can control the pace of the game.
- Can play game with or without balls.

## COACHING POINT(S):

- Changing direction. Balance. Quickness.
- Decision-making.
- Vision.



**You Tube** Watch on [youtube.com/calsouthsoccer](http://youtube.com/calsouthsoccer):  
<http://youtu.be/8Te9exa6uFU>

**SUBSCRIBE** to the Cal South Recreational Activity Guide YouTube channel for easy access to activity videos and accompanying documents from all sessions within the guide.

## NOTES:



# RECREATIONAL ACTIVITY GUIDE

ACTIVITY: **FREE DRIBBLE**

AGE: **U8** TIME: **5 MINUTES**

## ORGANIZATION:

Each player has a ball inside of a 20x25 yard grid.

## ACTIVITY:

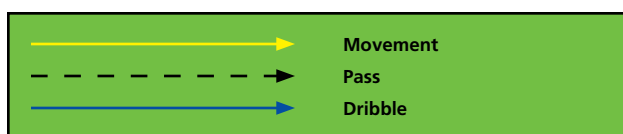
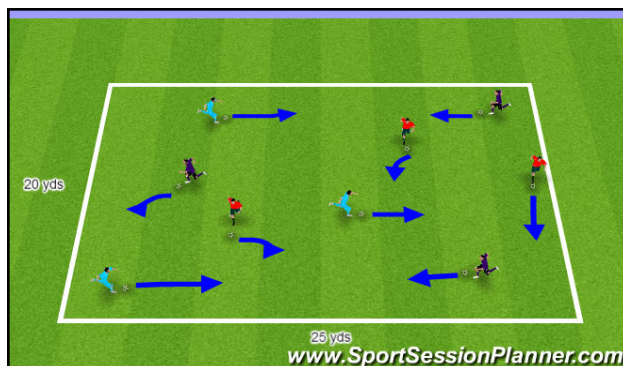
Players dribble inside the grid using the insides, outsides and soles of their feet. Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

## VARIATIONS:

- Coach can add defensive pressure to the players dribbling the balls.
- Players can dribble at each other, perform a move and accelerate away.

## COACHING POINT(S):

- Challenge players to use different surfaces of the foot.
- Players must dribble with their heads up.
- Encourage the players to try new moves.



Watch on [youtube.com/calsouthsoccer](https://youtube.com/calsouthsoccer):  
<https://youtu.be/bCbU43tJIQo>

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## NOTES:



# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** 2 V 2 to Targets

**AGE:** 2007(10U) **TIME:** 15 MINUTES

## ORGANIZATION:

20x30-yard area with four players in the middle and two neutrals on the endlines

## ACTIVITY:

Play a 2 vs 2 game with one target player in the opposite end zone. The players will try to connect with the target in order to score.

Scoring: Connecting with target = 5 points;

Connecting with the target after splitting the defense = 10 points.

## COACHING POINT(S):

Pace, accuracy and timing of the pass.

First touch - directional.

Vision to split defenders with a pass.

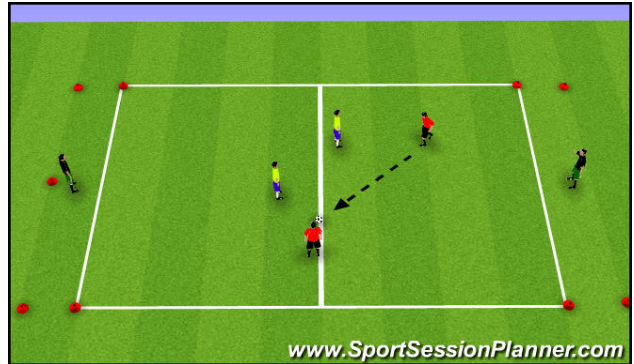
Clear communication (demand the ball).

Surface of the foot.

Surface of the ball.

Possession vs penetration.

Proper angle and distance of support off the ball.



Watch on [youtube.com/calsouthsoccer](https://www.youtube.com/calsouthsoccer):

[https://youtu.be/KN35\\_PKRryw](https://youtu.be/KN35_PKRryw)

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** 2 VS 2 GET OUTTA HERE

**AGE:** U8 **TIME:** 10 MINUTES

## ORGANIZATION:

Break players into pairs. The first 2 pairs face each other on a 30x40 yard field with a small goal at each end.

## ACTIVITY:

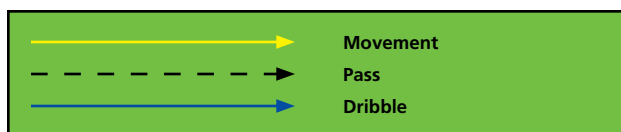
The coach plays a ball onto the field. The pair in possession of the ball tries to score. If the ball goes out of play, both teams go off the field and two new pairs come on. If a pair scores, they stay on and a new defending team comes on to face them.

## VARIATIONS:

2v2+1.

## COACHING POINT(S):

- Immediate transition.



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[https://youtu.be/tt\\_FvVqB3yY](https://youtu.be/tt_FvVqB3yY)

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## NOTES:

# RECREATIONAL ACTIVITY GUIDE

**ACTIVITY:** 4V4 GAME

**AGE:** U8 **TIME:** 20 MINUTES

## ORGANIZATION:

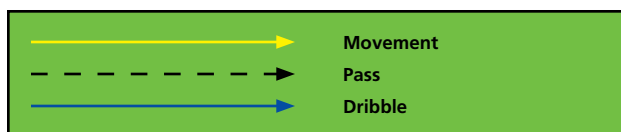
Play 2 teams of 4 players each and 2 small goals.

## ACTIVITY:

Teams play 4v4 soccer without goalkeepers.

## COACHING POINTS:

Teamwork, passing, support, creativity.



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[https://youtu.be/K1zjg\\_JN4zo](https://youtu.be/K1zjg_JN4zo)

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## NOTES: