

U10 Week 2

Practices 1 and 2

Focus: Dribbling and Passing

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.)

- Marbles
- Ball Tag
- Paint the Square
- Lava Pits
- 3v1 Passing
- 4v4 Scrimmage

End of Practice

Team Talk: Highland Soccer Club Core Value—**FAMILY:** Do you play any games with other members of your family? Who do you love to play with the most? Ask that person to kick a soccer ball with you at home! How is your team like your family?

Individual drills to do at home: Roll overs and pull backs (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: Marbles

AGE: U8 **TIME:** 5 MINUTES

ORGANIZATION:

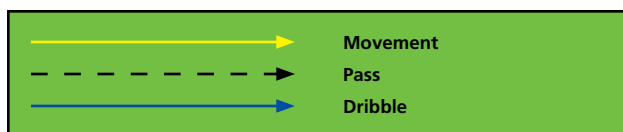
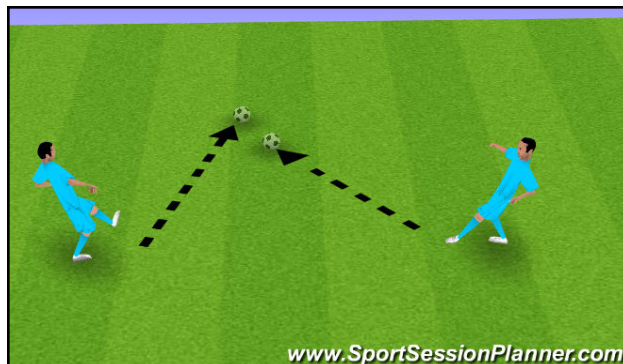
Players in pairs within a large, open space. Each player has a ball.

ACTIVITY:

This is a passing game where players take turns trying to hit each other's ball through passing. This is a great game to assist players with learning proper passing technique. The game begins with the first player playing a ball out between 5-10 yards. The second player then attempts to pass his ball in order to hit the other ball. For a hit, score one point. For a miss, the moment a passed ball moves completely past the other ball, that player's turn begins and he then attempts to hit his partner's ball. The game continues with players trading turns. If a player scores a point but their ball is now only inches away from the other one, the player restarts the game with a new pass from that spot.

COACHING POINT(S):

- Passing for accuracy, hitting a moving target, quickness of preparation and pass.
- Timing and pace of pass.



You Tube Watch on youtube.com/calsouthsoccer:
<https://youtu.be/48NPBAERqqQ>

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

NOTES:



RECREATIONAL ACTIVITY GUIDE

ACTIVITY: **BALL TAG**

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

ORGANIZATION:

Each player has a ball inside a 15x20 yard area.

ACTIVITY:

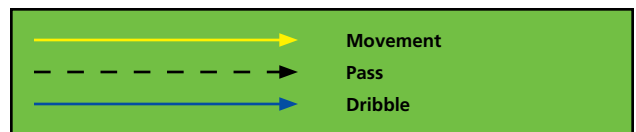
All players dribble and then try to kick and hit the other players' balls or feet with their ball. Play for a predetermined amount of time. Have players keep count of their own tags and try to improve their score if playing more than one game.

VARIATIONS:

- May start with one player as the designated tagger who has the ball in their hands.
- If players tag the coach, they are awarded 10 or 20 points. If players tag other selected players, they are awarded 50 or 100 points.

COACHING POINT(S):

- Activity will require players to dribble with their heads up and keep the ball close in order to be successful.
- May introduce the technique of passing or striking a ball to ensure proper form.



Watch on youtube.com/calsouthsoccer:
<https://youtu.be/BDOWkeDTAF0>

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

NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: Paint the Square

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

Players are paired up together inside a large square area. Each pair has a ball.

ACTIVITY:

The players are asked to pretend the ball is a "paintbrush." The players in each pair must "paint" the entire square by passing the ball to each other. A good paint stroke only counts when the ball is on the ground.

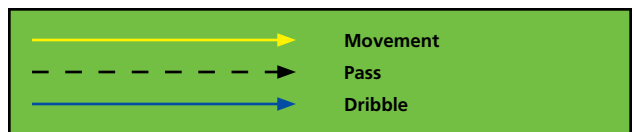
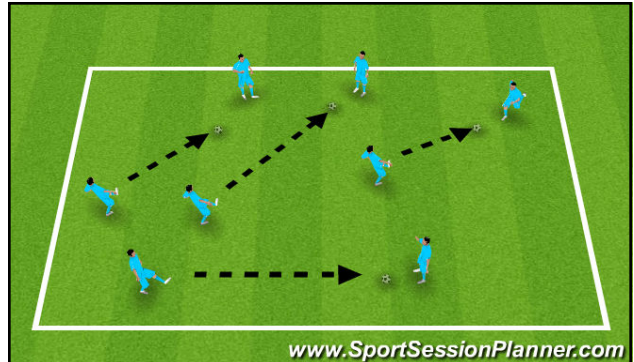
VARIATION(S):

Progress into having each pair create or paint a "picture" with the ball by passing.

COACHING POINT(S):

- Keep the ball on the ground by striking the middle of the ball.
- Movement off of the ball to ensure the entire square gets painted.

COACHING QUESTIONS:



You Tube Watch on youtube.com/calsouthsoccer:
<https://youtu.be/5nNiZKcfd9U>

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

NOTES:



RECREATIONAL ACTIVITY GUIDE

ACTIVITY: LAVA PITS (PAIRS GATES)

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

Set up several small cone goals ("lava pits") within a defined area. Players are paired up together. Each pair has a ball.

ACTIVITY:

Each player within a pair must pass the ball to their partner through the lava pits. Players are asked if they would step through a real lava pit. Their responses lead the players to be conditioned to only pass the ball through the lava pit, but to not run through it.

VARIATION(S):

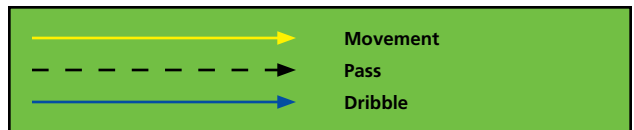
- Once the players understand the activity, they are asked to count the number of lava pits through which each pair passes in a 30-second time limit. Play several rounds, keeping track of scores in each round.
- Partners must pass through each gate before going through the same one again.
- Introduce defending by having the coach stand in front of a goal, and rotate goals. Allow only certain types of passes: inside, laces, etc.

COACHING POINT(S):

- Proper passing technique.
- Communication.
- Proper receiving technique to set up the next touch.

COACHING QUESTIONS:

- How can you pass through more pits within the time limit?
- Did a pair improve upon their previous record?



Watch on youtube.com/calsouthsoccer:

<https://youtu.be/fxlvD2dOR6s>

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

NOTES:



RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 3 vs 1 Passing

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

ORGANIZATION:

In a 10x10 yard area put three players inside the square and one player on each side of the square. Use one ball.

ACTIVITY:

The player on the outside starting with the ball plays the first pass to a player on the inside of the area and then goes to pressure the ball trying to win it back. Players on the inside must pass the ball so all three inside players touch the ball before passing back to one of the players on the outside. The sequence starts over again and should be continuous.

VARIATION(S):

To increase the difficulty allow two outside players to go in and pressure the ball. Add a fourth player in the middle to work incorporate working in a diamond. Increase the the number of passes required before playing the ball to the outside.

COACHING POINT(S):

Encourage effort to keep the ball moving even when at a players feet.
Encourage individual skill and creativity as well as quick accurate passing and touches.



Watch on youtube.com/calsouthsoccer:

<https://youtu.be/SzfPWYCa9Fc>

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

NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 4v4 GAME

AGE: U8 **TIME:** 20 MINUTES

ORGANIZATION:

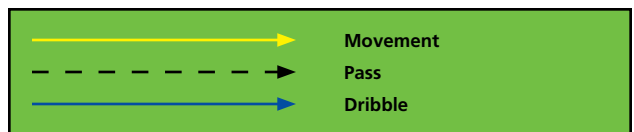
Play 2 teams of 4 players each and 2 small goals.

ACTIVITY:

Teams play 4v4 soccer without goalkeepers.

COACHING POINTS:

Teamwork, passing, support, creativity.



You Tube Watch on youtube.com/calsouthsoccer:
https://youtu.be/K1zjg_JN4zo

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

NOTES: