

U10 Week 4

Focus: Shooting

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.)

- Lane Dribbling
- Team Knockout
- Everyone vs. Everyone (Encourage taking the ball through different gate each time.)
- 4-Corner Shooting
- 6v6 Scrimmage

End of Practice

Team Talk: Highland Soccer Club Core Value—**TEAMwork:** “Together Everyone Achieves More!” Always give support to your teammates—both on the field and off! How can you show support for your teammates?

Individual drills to do at home: Juggling (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: LANE DRIBBLING

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

Within a 12x6 yard area, create two small teams with different colored pinnies/jerseys. Each player has a ball.

ACTIVITY:

Players each have to dribble from one end to the other and then turn back and repeat. All players in one color pinnie/ jersey must go from north to south at the same time as the players on the other team go from east to west.



Watch on youtube.com/calsouthsoccer:
<https://youtu.be/2MdBVOjYsf8>

VARIATIONS:

- Have them reach the other side and then return to a different spot. Players must do ten toe taps if they are last or bump into another player.
- How many trips back and forth through the area can a player make in one minute?

COACHING POINT(S):

- Keep ball close and head up on the move.
- Recognize if there is an opportunity to take a big touch to cover more space quickly.

NOTES:



RECREATIONAL ACTIVITY GUIDE

ACTIVITY: **TEAM KNOCKOUT**

AGE: **U8** TIME: **15 MINUTES**

ORGANIZATION:

Create 2 even-numbered teams and set up a 30x30 yard area. Team A takes the field and each player on the team has a ball. Team B stands anywhere along the sidelines, and nobody on the team has a ball.

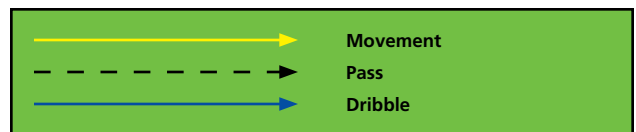
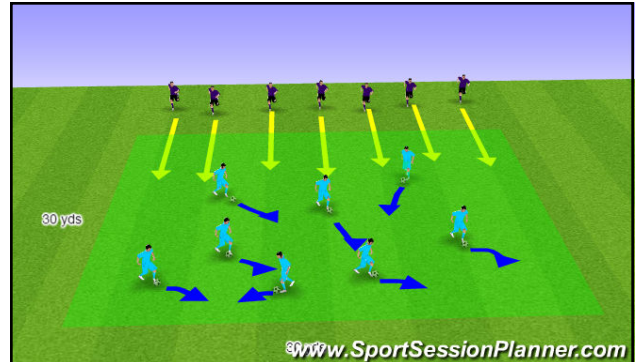
ACTIVITY:

On the signal, Team B runs onto the field and attempts to kick all the balls off the field. The coach starts the clock on the signal and stops it when the last ball is kicked off the field. Team A players who have had their ball kicked off the field help other team members by getting into positions so that they may receive a pass.

Remember, time does not stop until Team B kicks all the balls off the field. Count aloud when there are only 1-2 balls left, not only to add to the excitement but also to get the teams playing hard. Play "Fastest time after each round wins" or "Losing team after 3 rounds sizzles like bacon." Have the winning team provide the sizzle sound effects.

COACHING POINT(S):

- Awareness (keep heads up and be aware of other players). Expanded peripheral vision.
- Dribbling. Changing direction and speed. No standing allowed. Keep ball under control.
- Play the ball, not their legs.
- Teamwork. Communication. Passing to targets.
- Shielding (using body to protect the ball).



YouTube Watch on youtube.com/calsouthsoccer:
<https://youtu.be/63QISCJO21U>

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: **EVERYONE VS EVERYONE**

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

ORGANIZATION:

Use cones to set up several small gates in the playing area.
Only half of the players each get a ball.

ACTIVITY:

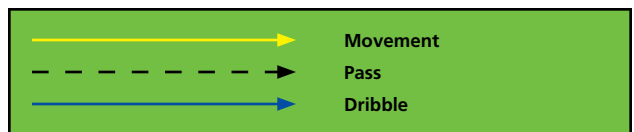
Players try to dribble or shoot through as many gates as possible. Players without balls try to steal balls from other players and then try to score. Play multiple games allowing players to attempt to beat their prior score.

VARIATIONS:

Define how goals are scored by dribbling or shooting.

COACHING POINT(S):

- See which players recognize they can dribble through the same gate multiple times (problem solving).
- Players need to keep ball or regain possession to be successful in the game.



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NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 4 CORNER SHOOTING

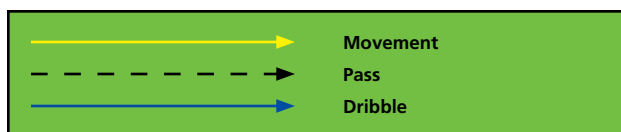
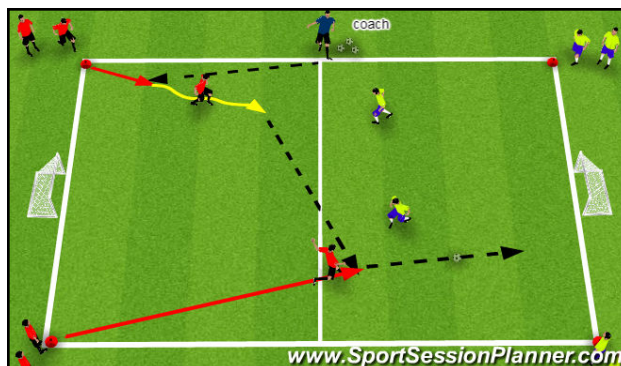
AGE: U8 TIME: 15 MINUTES

ORGANIZATION:

Position a goal at each end of a 25x20 yard field. Place a cone or flag at each corner of the field. Create two teams, and split the players of the first team so that half of them stand in a line behind the corner marker on the left of one endzone, and the other half on the right. Split and place the second team similarly at the corners of the other endzone. The coach is positioned at midfield on the outside, with a collection of balls at his feet.

ACTIVITY:

When the coach kicks a ball into the field, the first person in each corner enters the field to begin a 2v2 game. Play continues until the ball goes out of bounds or a goal is scored. When this happens, all players rotate out and go back to their original corners. The next quartet of players is up, and the coach will serve the next ball into play.



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<https://youtu.be/1-7IUC6GHx4>

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COACHING POINTS:

- When to pass? When to shoot? When to dribble?
- Recognize “numbers up” situations and take advantage quickly.
- Utilize width to create opportunities.

NOTES:



RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 6 V 6 GAME

AGE: 2007(10U) TIME: 25 MINUTES

ORGANIZATION:

6 vs 6 with goalkeepers.

ACTIVITY:

Teams play 6 v 6 soccer with no restrictions.

COACHING POINTS:

Emphasize quality passing and receiving.



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