

U10 Week 5

Focus: Passing and Receiving

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.)

- Number Passing
- Keep Your Yard Clean
- Death on the Nile (Distance across the “river” can be adjusted.)
- Receive and Turn
- Passing and Receiving into 1v1
- 6v6 Scrimmage

End of Practice

Team Talk: Highland Soccer Club Core Value—**EXCELLENCE:** How can you be the best you can be? The more effort you put into something, the more you get back.

Individual drills to do at home: Side shift and shoot (Parents 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: Number Passing

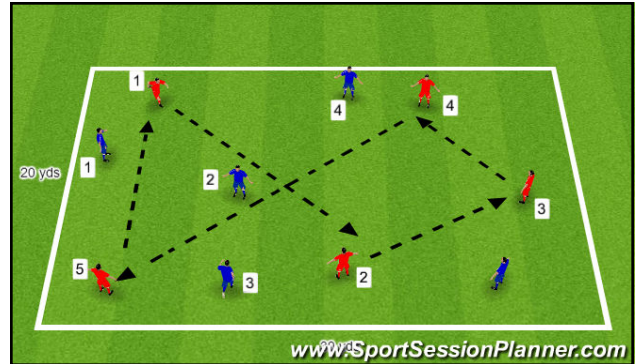
AGE: 2007(10U) **TIME:** 10 MINUTES

ORGANIZATION:

Play 2-3 teams in the same area and number each player 1-5. Play inside a 20x30-yard space with one ball per team. Teams should be wearing the same colored pinnies.

ACTIVITY:

Players pass the ball and move through the sequence of numbers. 1-2-3-4-5 and so on.



VARIATION(S):

Adjust the passing sequence. Adjust the number of touches per player.



Watch on youtube.com/calsouthsoccer:

https://youtu.be/_cKwRa3xBnA

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

COACHING POINT(S):

Move after the pass. Emphasize weight and accuracy of the pass using the follow through. Encourage communication. Anticipation. First-touch into toward your next pass if possible.

NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: KEEP YOUR YARD CLEAN!

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

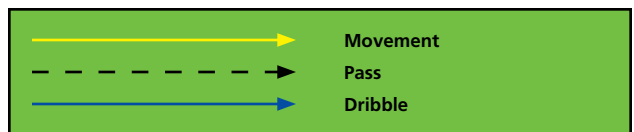
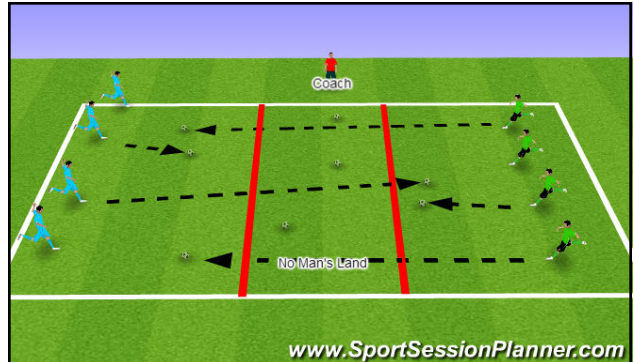
Split players into 2 teams, and place them at opposite ends of a field area. Create a neutral zone ("No Man's Land") between the teams into which is no player is allowed. The area can be as small as one yard and as large as ten yards wide. The width between the two teams is determined by how far the players can kick the ball. Each player starts with a ball.

ACTIVITY:

On the coach's command, each team tries to keep their side of the field free of balls by kicking them to the other team's side. As coach, be prepared to corral errant passes or balls stuck in NoMan's Land, and get them back in the game. After an appropriate amount of time (either quick rounds of 20-60 seconds each, when balls become too scattered or when players lose focus) call the game and count to see which side has the most balls on their side. Team with least number of balls within their yard wins. Give a fun, special activity for the losing team, i.e., 10 "Australian push-ups" (players lay on their backs and push up at the air like they are doing a push-up upside-down) and have the winning team tell the others, You've got to keep your yard clean!

COACHING POINT(S):

- Anticipation. Receiving under control. Playing ball quickly to space.
- Reaction time. Positioning.
- Fun amidst the chaos.



You Tube Watch on youtube.com/calsouthsoccer:
<https://youtu.be/x7rVvU-L1HE>

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NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: DEATH ON THE NILE

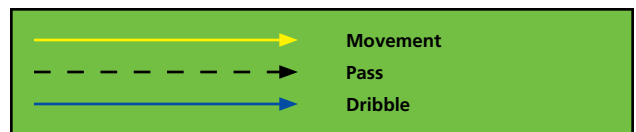
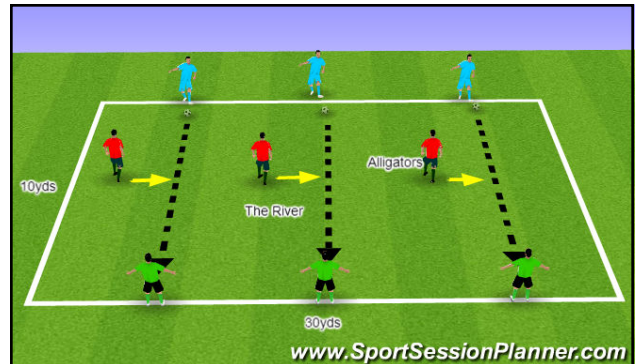
AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

Form a 10x30 yard field area to be known as “the river.” Create 3 teams with 3 players each. The first 2 teams are situated along opposite sides (“banks”) of the river. The third team occupies the center of the river as “crocodiles.”

ACTIVITY:

Each team gets 1 minute in the middle of the river as crocodiles. The other 2 teams have to try and pass balls back and forth across the river, while the crocodiles try to gobble (intercept) the passes. (Make sure the playing area is wide enough to provide open spaces through which the balls may be passed successfully.) Play minute-long rounds with teams rotating in the middle of the river. The team that gobbles up the most balls as crocodiles in the middle wins the game.



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<https://youtu.be/KOi1SskxUEk>

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COACHING POINT(S):

- Passing through open space to targets.
- Teamwork. Communication. Ball movement.
- Defensive anticipation as crocodiles!
- Usage of space.
- Passing to a teammate along the same side of the river to open up “channels.”
- Communication

NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: Receive and Turn

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

ORGANIZATION:

Half the group on the outside of the area with a ball.
The other half of the group is inside the area without the balls.

ACTIVITY:

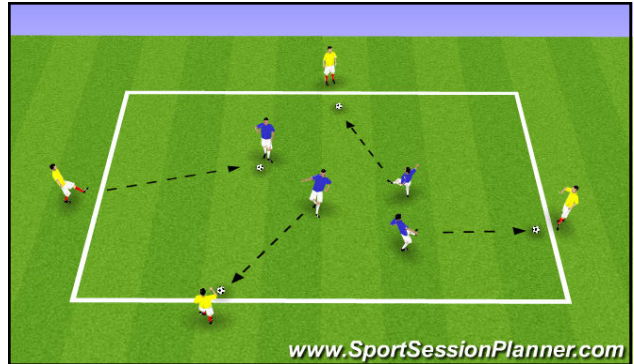
Players in the middle check to receive a pass from a player on the outside. Once they receive, turn and pass to an outside player without a ball, then check to receive another ball from a different player.
Switch players, inside and out after pre-established time

VARIATION(S):

Limit the number of touches before the pass must be returned to an outside player.

COACHING POINT(S):

Check to ball at a quality angle in an effort to open body to the field. Quality passes. Play pass to correct foot. Quality first touch into space to set up second touch. Head up to see the playing area.



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<https://youtu.be/pkO0yhdQ7jQ>

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NOTES:



RECREATIONAL ACTIVITY GUIDE

ACTIVITY: Passing and Moving into 1 vs 1

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

ORGANIZATION:

Each player needs a partner with one ball per group.

ACTIVITY:

Players pass and move within their groups of two. Upon the coach's command, the players go from passing and moving into 1 vs 1 where they fight for possession of the ball. Players are encouraged to utilize their dribbling moves worked on during the warm up to get around the defender. When the coach calls "freeze," whoever has the possession of the ball scores a point.

VARIATION(S):

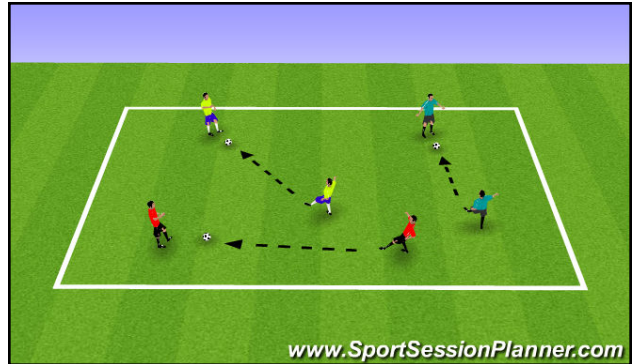
Players pass and move within their groups of two. As they pass and move, the coach calls out a two-player combination command, eg.: takeover, wall pass, overlap, etc. Players are instructed that when they hear the combination, they should attempt to perform it.

COACHING POINT(S):

In the modern game, players need to play effective short passes with both feet with the following surfaces: inside, outside, toe, heel, lace. Encourage players to cycle through all of the surfaces to gain experience with each.

Proper pace on the passes. Disguising passes.

Encourage players to recognize that the game has a rhythm and that part of learning to read the game involves not forcing combinations when they are not available. This exercise can be a good starting point to get players to be patient and to keep the ball moving until the moment arises.



Watch on youtube.com/calsouthsoccer:

<https://youtu.be/THOdV-gzAY>

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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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