

U10 Week 6

Focus: All Skills

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.)

- Triangles
- 4-Corner Shooting
- Rack 'Em
- 2v2 to Targets
- 4v2 and 2v4
- 6v6 Scrimmage

End of Practice

Team Talk: Highland Soccer Club Core Value—**COMPETITIVENESS:** What does *competitiveness* mean? How can you be competitive? Can you be competitive and still have respect? Can you be competitive AND have good sportsmanship and respect for others? Can you be competitive and have fun? (The answer to all of those questions should be yes!)

Individual drills to do at home: Side shift and shoot (Tell parents 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: TRIANGLES

AGE: U8 **TIME:** 10 MINUTES

ORGANIZATION:

A pair of players takes 3 cones and spreads them about a yard apart into a triangle shape.

ACTIVITY:

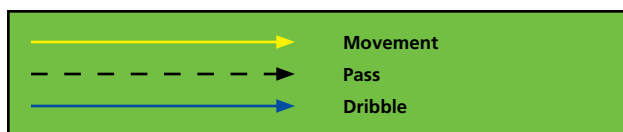
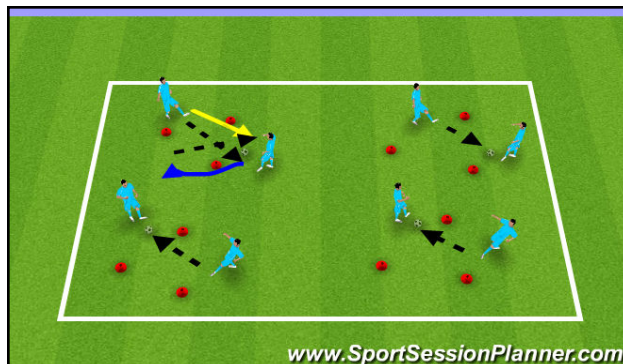
The first player passes the ball through a side of the triangle and the second player receives it. That player then dribbles around the cone and then passes it back to the first player using a different side of the triangle. Every time the pair does this successfully, it is counted as a point. Whenever a cone gets hit or the pass isn't completed, it is not counted as a point. See which pair can get the most points.

VARIATION:

Add a touch limit to promote quicker play.

COACHING POINT(S):

- Always be ready to receive a pass.
- Quality of passes.
- Quality first touch into space.



You Tube Watch on youtube.com/calsouthsoccer:
<https://youtu.be/e0EPUYH7DY4>

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

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 4 CORNER SHOOTING

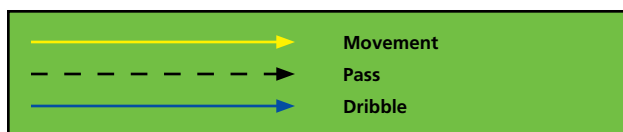
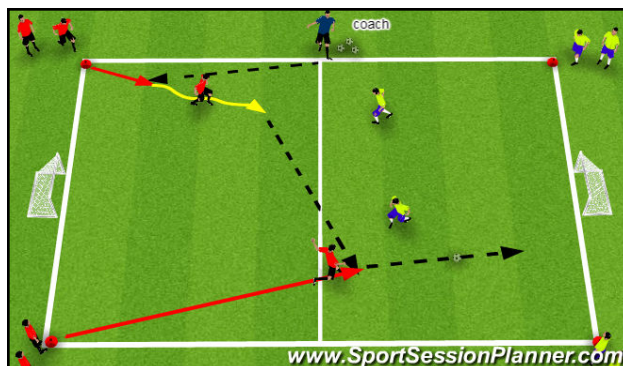
AGE: U8 TIME: 15 MINUTES

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: RACK 'EM

AGE: U8 **TIME:** 15 MINUTES

ORGANIZATION:

Create a 25x30 yard field with 2 goals and divide your players into 2 teams. Place each team on the opposite end of the field. Spread 8-10 balls along the half-line of the field.

ACTIVITY:

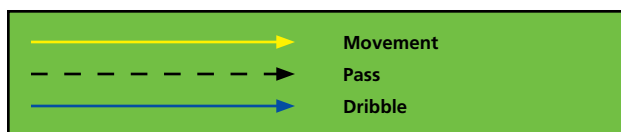
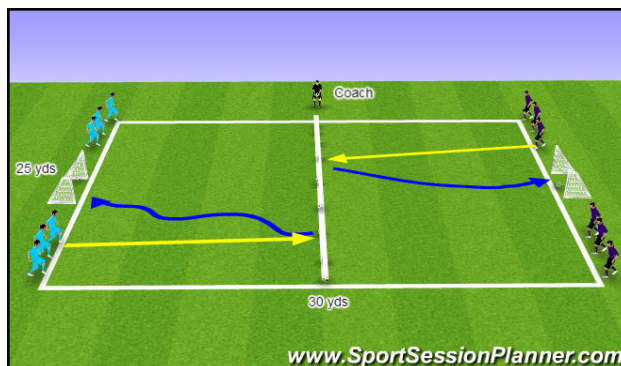
On the coach's signal, both teams should rush for the balls and try to get as many as possible back into their own goal. This will create many 1v1 and 2v1 real game situations, along with dribbling and finishing. Once all of the balls are in the goals (each goal equals 1 point for the team), the winning team shouts, "Rack 'em!" and the balls are set up on the half-line again. A new game begins. More balls set up on the half-line at the start will equate to more individual efforts, while less balls will force more 2v1 and 1v1 match-ups. Try it both ways and see what works best for your needs.

VARIATION:

As the coach, hold onto a different colored ball or one that stands out from the others and make it worth multiple points, in other words, the "money ball." Throw this ball into an open space towards the end of the game. This is a great variation if one team is dominating. It keeps the game exciting if other team can score the money ball.

COACHING POINTS:

- Dribbling. Passing. Finishing. Defense.
- Attacking and defensive pressure.
- Decision-making. Teamwork.
- 1v1, 2v1, 2v2 and real game situations.



Watch on [youtube.com/calsouthsoccer](https://youtu.be/dQvNyCFxuQ4):
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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://youtu.be/KN35_PKRryw

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RECREATIONAL ACTIVITY GUIDE

ACTIVITY: 4 vs 2 to 2 vs 4

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

ORGANIZATION:

Set up two 10x10 yard areas next to each other with four players of opposite teams in each area. Use one ball.

ACTIVITY:

When the red team is possession two blue players go across to try and win the ball back. Red tries to complete a certain amount of passes to get a point. If blue can win the ball back they attempt to pass to one of their team mates in their own area, this is worth three passes. Two red players then go across and try to win the ball back from blue who are now trying to connect a certain number of passes in a row to get a point.

COACHING POINT(S):

Coach where to take the first touch, away from pressure or towards where the player wants to go. Coach when and where to play the pass. Encourage one touch play where you can and two touch when you have to. Also encourage skill on the ball to create space while on the ball. Coach looking before the player receives the ball to improve speed of play.



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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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