

# Dribbling

U-10



**U10 Session: #1: Dribbling**  
**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

<u><b>(WARM-UP)</b></u>	<u><b>ORGANIZATION</b></u>	<u><b>KEY COACHING POINTS</b></u>
<p><b>Running the bases</b></p>	<p>Start with one tagger and go to two (coach to start as tagger for success)            Bases are neutral zones (only one allowed in at a time)            Advance to each player with a ball (except taggers)            Advance to tagging ball with foot, not person</p>	<p>Keep head up and always look around to see taggers            Reward those who scheme but don't cheat            Modify as appropriate that players cannot stand still            Awareness</p>
<u><b>INDIVIDUAL ACTIVITIES</b></u>		
<p><b>Shielding and Turning</b></p>	<p>Divide group into pairs, one of the players has a ball            Player with ball keeps ball on ground, touching with hand            Player without ball tries to tag it with their hand            If he touches ball, he gains possession (start again)            After each round, form new pairs            Advance to having players use feet to possess &amp; tag</p>	<p>Be strong on ball, keep forearm up to create more space            Stand sideways on to see ball and opponent's feet            Good balance with knees bent            Keep ball on the outside of foot away from opponent (either with hand or foot as appropriate)            Can play Running Bases game to see who can shield!</p>
<u><b>SMALL GROUP ACTIVITIES</b></u>		
<p><b>1v1 to 4 Small Goals</b></p>	<p>Divide players into two teams            2 players compete 1v1 for 30 seconds            Can score either way through any of the 4 goals            Play 3 rounds switching opponent each time            Coach starts with all balls and plays in to start</p> <p>Can build to two 1v1 battles going on at same time</p>	<p>Players need to be aware of opponent, goals and open space            Emphasize being strong on ball and not showing to opp.            Attack the space quickly to lose defender            Change of speed &amp; direction            Coach can show little body fake or coerver move</p> <p>Can use outside of foot to turn (like shielding)</p>
<u><b>LARGE GROUP ACTIVITIES</b></u>		
<p><b>4v4 "Football"</b></p>	<p>Divide group into 3 teams. One rests while others compete            Players score by dribbling into the end zone</p> <p>Advance game, by scoring with a pass to a player in the end zone</p> <p>Add fun / challenging way to score an extra point</p>	<p>Make team shape a diamond (option left, right and front)</p> <p>Players can shift spots as long as options remain            Need width, length and depth to attacking shape</p> <p>Quick attacking dribble for fast break            Isolate 1v1's as in previous exercise            Introduce drawing opponent in and then passing to free team-mate</p>
<u><b>THE GAME</b></u>		
<p><b>6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)</b></p>	<p>Appropriate sized field and goals for league play            Regularly switch goalkeeper and field positions</p>	<p>Stop and make relevant points for first few minutes, then...</p> <p>Let kids play uninterrupted!</p>

# Dribbling and Turning

U-10



**Session: #2: Dribbling & Turning**

**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

**(WARM-UP)**

**Link Tag**

**ORGANIZATION**

Start with two taggers in middle (coach to start as one tagger for success)  
On signal, players attempt to get to the other side of grid  
If player is tagged, they link arms with tagger  
Add ball. Players attempting to cross must now dribble  
Advance to tagging ball with foot, not person

**KEY COACHING POINTS**

Keep head up and always look around to see taggers  
Reward those who scheme but don't cheat

**INDIVIDUAL ACTIVITIES**

**Turning & Dribbling**

Demonstrate turning in circle with inside of foot  
Make a fun game with coach (defender) trying to kick ball out of grid (penalty 5 toe touches)  
Coach for success, more pressure on advanced players  
  
Repeat with outside of foot  
Introduce & demonstrate scissors move (use both feet)

Awareness of defenders, utilize good technique  
Make shortest turn to get body between ball & defender  
Don't cut ball towards defender  
Knees bent and weight on ball of foot  
Accelerate after turn or fake

**SMALL GROUP ACTIVITIES**

**1v1**

Play 1v1 in small grid (10x15 yards)  
Coach has all balls and plays in from halfway line  
Player with ball tries to dribble over end line  
  
Advance by introducing 2 small goals on each end line  
Attacker must decide which goal to attack  
  
If defender wins ball he can counter attack (keep score)

Players need to be aware of opponent, goals and open space  
Emphasize being strong on ball and not showing to opp.  
Attack the space quickly to lose defender  
Change of speed & direction  
  
Look to turn out of tight spaces. Protect ball and attack opposite goal

**LARGE GROUP ACTIVITIES**

**4v4 Dribble over End Line**

Divide group into 3 teams  
One team rests while others compete  
Players score by dribbling over the end line

Make team shape a diamond (option left, right and front)  
Players can shift spots as long as options remain  
  
Emphasize attacking the space behind the opponent  
Penetrate defense on the dribble  
  
Turn out of tight spaces (more composure)  
Introduce drawing opponent in and then passing to free team-mate – isolate 1v1 situations

**THE GAME**

**6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)**

Appropriate sized field and goals for league play  
Regularly switch goalkeeper and field positions

Stop and make relevant points for first few minutes, then...  
  
Let kids play uninterrupted!

# Attacking

U-10



**Session: #3: Attacking**  
**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

**(WARM-UP)**

**Marker Tag**

**ORGANIZATION**

Start with several markers (cones) inside a 20x15 area  
 Two players are taggers (coach can start for success)  
 If a player is standing at a marker he can't be tagged  
 If a player is on a marker a non-tagger may tag him and he has to move. No tag backs  
 Advance game by playing with the ball

**KEY COACHING POINTS**

Keep head up and always look around to see taggers  
 See who can tag the most players in one minute  
 Keep the ball under control  
 Touches depend upon defender's position

**INDIVIDUAL ACTIVITIES**

**Dribbling through Gates**

Set up a series of small gates (at random angles)  
 See how many gates players can dribble through in 45 seconds. Play twice.  
 Each time change direction with inside of foot  
 Advance to change direction with outside of foot  
 Perform step-over move before each gate

Good technique turns  
 Sharp turns with change of pace to next gate  
 Get chin up and head to open goals  
 Challenge individuals to beat own previous score

**SMALL GROUP ACTIVITIES**

**1v1 & 2v2**

Have a small gate/goal in the corner of a 10x15 grid  
 If the attacker dribbles through they get 3 points  
 If they dribble over the end line they get 1 point  
 Have each player defend against everyone once then rotate to the next player  
 Advance to two goals on end line and have attackers get points the same way as in 1v1's

Demonstrate block tackle and showing defensively in one direction  
 Show proper defensive stance  
 Make sure if we go tackle we win the ball  
 Stay on feet as long as possible  
 In 2v2, briefly address the roles of the first and second defender with pressure and cover

**LARGE GROUP ACTIVITIES**

**4v4 on large goals with keepers**

Divide group into three teams  
 On group rests while the others compete  
 Defensive team must apply immediate pressure to the ball to prevent a shot on goal

Look for pressure on the ball and proper coverage  
 Communication to team defensively  
 How are we at closing down our opponents  
  
 Can we shoot from further out  
 Opportunities to combine

**THE GAME**

**6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)**

Appropriate sized field and goals for league play  
 Regularly switch goalkeeper and field positions

Stop and make relevant points for first few minutes, then...  
  
 Let kids play uninterrupted!

# Passing

U-10



*(Activities should be developmentally appropriate.)*

**Session: #4: Passing**  
**Coach Name: Mike Smith Age Group U10**

<u><b>(WARM-UP)</b></u>	<u><b>ORGANIZATION</b></u>	<u><b>KEY COACHING POINTS</b></u>
<b>Math Dribble</b>	<p>Start with a 20x15 area, each player inside with a ball                      Players dribble ball &amp; practice turns (no walking)                      Coach stand on side and calls a number                      Players get in groups of that number as quickly as possible (take ball with them). Last group gets exercise                      Advance game by calling math problems</p>	<p>Good technique of turns                      Keep head up to avoid other players                      Speed dribble</p>
<u><b>INDIVIDUAL ACTIVITIES</b></u>  <b>Windows Passing</b>	<p>End math dribble in pairs!</p> <p>Set up a series of small goals (at random angles)                      Passing ball through goal earns 1 point.                      With partner, see how many gates players can pass through in 45 seconds. Play twice (add 15 seconds second time and coach for success!)                      Advance, left foot pass worth 2 points!</p>	<p>Good technique, toe up ankle locked                      Play pass then move                      Get chin up and head to open goals                      Peripheral vision, take first touch towards partner                      Challenge pairs to beat own previous score</p>
<u><b>SMALL GROUP ACTIVITIES</b></u>  <b>4v0, 4v1</b>	<p>Put group of 4 players in 20x30 grid with one ball                      The players pass ball between them. The ball and players cannot stop moving                      Then the coach steps in as the defender. The 4 try to complete as many passes as they can without the defender intercepting or touching ball</p> <p>Is major breakdown technical or tactical?                      Passing and receiving must be addressed. If players cannot keep ball 4v1... how will it be at 8v8!!</p>	<p>Ask players what shape the 4 end up in?                      What is the average distance of each pass?</p> <p>First touch                      Weight of pass                      On toes and moving to get behind line of ball</p> <p>Move to create good angles of support                      Maintain team shape</p>
<u><b>LARGE GROUP ACTIVITIES</b></u>  <b>Triangle Goals</b>	<p>Make 2 teams of 6 players                      Set up 3 flags in a triangle in middle of 30x40 area                      One team defends with 3 goalkeepers, one in each goal                      It is 6v3 around goals, attackers try to score                      Ball can score through either side of all goals!                      Coach plays ball in to attacking team. If defending team clears ball outside of boundaries then coach calls 'switch'                      The 2 teams change roles                      Coach plays ball to new attacking team                      Play for 5 minutes</p>	<p>Speed of Play                      Angles of Support                      Communication and calling when open                      Taking opportunities to shoot!                      Win ball back before they get it out of bounds</p>
<u><b>THE GAME</b></u>  <b>6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)</b>	<p>Appropriate sized field and goals for league play                      Regularly switch goalkeeper and field positions</p>	<p>Stop and make relevant points for first few minutes, then...                      Let kids play uninterrupted!</p>



# Combination Play

U-10



**Session: #5: Combination Play**

**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

<u><b>(WARM-UP)</b></u>	<u><b>ORGANIZATION</b></u>	<u><b>KEY COACHING POINTS</b></u>
<p><b>Tunnel Tag</b></p>	<p>Start with a 20x15 area, each player inside with a ball            Have 2 taggers (including coach)            If player is tagged they are frozen. Can be thawed if free player crawls through their legs            Advance game with ball. Tagger now must touch ball with foot. Thaw by passing ball through frozen players legs. Show some coerver moves</p>	<p>Good technique of turns            Keep head up to avoid other players            Speed dribble</p>
<p><u><b>INDIVIDUAL ACTIVITIES</b></u></p> <p><b>1v1 Get out of here!</b></p>	<p>Divide players into 2 teams, each start from opp. ends            Play 1v1 to 2 small goals in 20x15 area            Coach has all balls on half way and plays ball in            If ball goes in goal or out of bounds, coach shouts 'get out of here'            Play new ball in and next 1v1 commences</p>	<p>Good aggressive first touch            Dribble at defenders front foot            Use moves to get by opponent            Accelerate into space behind opponent            Only award goal if whole team claps when goal is scored!            Whole team must watch and learn from each other</p>
<p><u><b>SMALL GROUP ACTIVITIES</b></u></p> <p><b>Combination Play</b></p>	<p>Divide team into groups of 3            Have 3 in own space pass ball in triangle (change directions, pass &amp; receive with different parts of foot)</p> <p>Introduce wall pass, overlap and 3<sup>rd</sup> man run</p> <p>One player initiates combination by dribbling at team mate. The player passively defends by moving backwards and 3<sup>rd</sup> player sets up for wall pass            Similar with overlap and 3<sup>rd</sup> man run</p>	<p>Accurate passing and receiving            Awareness of type of combination            Disguise initial pass (maybe with outside of foot)            Communication</p>
<p><u><b>LARGE GROUP ACTIVITIES</b></u></p> <p><b>2v2 Get out of here!</b></p>	<p>Divide players into 2 teams, each start from opp. ends            Play 2v2 to 2 small goals in 20x30 area            Coach has all balls on half way and plays ball in            If ball goes in goal or out of bounds, coach shouts 'get out of here'            Play new ball in and next 2v2 commences</p> <p>Advance game by having players on same team come from opposite corners of field</p>	<p>Appropriate use of combination            Communication            Taking opportunities to shoot</p>
<p><u><b>THE GAME</b></u></p> <p><b>6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)</b></p>	<p>Appropriate sized field and goals for league play            Regularly switch goalkeeper and field positions</p>	<p>Stop and make relevant points for first few minutes, then...            Let kids play uninterrupted!</p>

# Advanced Passing

U-10



**Session: #6: Advanced Passing**

**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

**(WARM-UP)**

**Handball Tag**

**ORGANIZATION**

Start with a 20x30 area, with 5 yard end zones  
Divide players into 2 teams  
Player who has ball cannot move more than one step  
Team tries to throw and catch ball down field  
Score by connecting a pass into the end zone  
If ball is intercepted or dropped, other team gets ball

**KEY COACHING POINTS**

Communication  
Pass & Move  
Movement off the ball, angles to support team mate  
Highlight smart and/or combination play  
Bring out points that kids do automatically with hands

**INDIVIDUAL ACTIVITIES**

**Passing and Moving**

Start with a 20x30 area  
Players are paired up and pass and move in area  
Coach is defender, tries to knock balls out  
If ball knocked away, both players sprint there and do 5 opposite toe touches

Good technique of passing  
Keep head up to avoid coach (defender)  
Speed dribble  
Move to support at good angle & distance  
Communication

**SMALL GROUP ACTIVITIES**

**2v2 Flying Changes (2 small goals)**

Divide players into 2 teams, each start from opp. ends  
Play 2v2 to 2 small goals in 20x20 area  
If ball goes over end line, 2 new players come onto field attacking with ball. Players that shot ball become defenders. Great transition game  
If ball goes out on side, pass or dribble in towards own end line to restart

Good aggressive first touch  
Dribble at defenders front foot  
Use moves and combinations to get by opponent  
  
Bring ball on from opposite side that other team shoots at

**LARGE GROUP ACTIVITIES**

**4v4 (+1) to 2 small goals**

Divide players into 2 teams  
Similar game 4v4 to 2 small goals  
Add a neutral player (or depending on level, coach can play this role – always play with attacking team)

Accurate passing and receiving  
Awareness of type of combination  
  
Disguise initial pass (maybe with outside of foot)  
Communication  
With neutral player, attacking team will always have an open player – find him!  
Communication  
  
Angles and speed of support

**THE GAME**

**6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)**

Appropriate sized field and goals for league play  
Regularly switch goalkeeper and field positions

Stop and make relevant points for first few minutes, then...  
  
Let kids play uninterrupted!

# Air to Ground

U-10



**Session: #7: Air to Ground**  
**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

<u><b>(WARM-UP)</b></u>	<u><b>ORGANIZATION</b></u>	<u><b>KEY COACHING POINTS</b></u>
<b>Cyclones &amp; Ladders</b>	Divide players into 2 teams One team forms a line, the other a circle Players in line pass ball from one to another, alternating over head and then under legs. One player from the circle sprints round it twice. Point for winning team!	Communication Introduces stretching and warms up muscles
<u><b>INDIVIDUAL ACTIVITIES</b></u>		
<b>Air to Ground Turns</b>	Each player gets a ball Hold ball in hands, drop and as it hits ground touch ball with inside of foot and transfer the up-down momentum to sideways Try to turn 90 degrees Try similar turn with the outside of foot	Good technique of turning Standing leg should be bent with weight on the ball of foot Foot should be lifted just over halfway up ball, keep foot same height all way through turn Timing of getting over ball Advance to make the turning foot the first step of acceleration
<u><b>SMALL GROUP ACTIVITIES</b></u>		
<b>Control from Air Contest</b>	Play 2v2 with 2 cones 10 yards apart One player stand by one cone and the other near the other cone Each team of 2 has a ball. Game starts by throw in from one player to his partner who has one touch to leave it as close to the cone as possible. Each team goes and the closest ball scores a point. Game starts again from opposite end. Keep score and play to 5. Start a competition ladder, winning pair moves up	Be on toes Move feet quickly to get body behind line of ball Offer a large surface area to ball Relax body just as ball contacts surface Turn hips towards cone
<u><b>LARGE GROUP ACTIVITIES</b></u>		
<b>Chip &amp; Dale Game</b>	Having a large grid with a little semi circle at each end for the goalkeepers Divide players into 2 teams Two teams play, but to score team has to chip/play ball in air to goalkeepers hands Once a goal is scored, ball gets played out to the opposite team who go and attack their end  Play 2 games of 5-8 minutes	Accurate passing and receiving for attacking team  Concentrate on 1 <sup>st</sup> defender, put pressure on quickly from goalside  Technique of chipping or lifting ball Communication
<u><b>THE GAME</b></u>		
<b>6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)</b>	Appropriate sized field and goals for league play  Regularly switch goalkeeper and field positions	Stop and make relevant points for first few minutes, then...  Let kids play uninterrupted!

# Heading

U-10



**Session: #8: Heading**  
**Coach Name: Mike Smith**

*(Activities should be developmentally appropriate.)*

<u><b>(WARM-UP)</b></u>	<u><b>ORGANIZATION</b></u>	<u><b>KEY COACHING POINTS</b></u>
<b>Pac Man</b>	Each player starts in 20x30 grid (all balls in pile at side) Coach begins game by dribbling ball in grid If coach tags player, they have to go get a ball and join coach as a tagger Play til everyone has a ball. Repeat game twice	Dribbling skills Keeping head up and looking for defender(s) Keep moving, no standing or walking allowed
<u><b>INDIVIDUAL ACTIVITIES</b></u>  <b>Heading Technique from sitting</b>	Each player gets a ball Try head juggling Then get a partner. Have one player sit down and lean back, hands off floor. Their partner throws ball underarm from 1-2 yards away so they can come forward and head back	Good technique of heading on forehead Sit back arms out to side, keep neck muscles stiff Move forward from waist (using core muscles) and thrust arms backwards for power to head through ball Meet ball as coming forward, keeping eyes open Practice timing
<u><b>SMALL GROUP ACTIVITIES</b></u>  <b>1v1 Heading game</b>	Pair players up and put a cone 5 yards from them They hold ball out at arms length, lean back and pull back against their forehead as their body comes forward  Each player tries to head ball as close to the cone as possible. Play 5 rounds, closest ball scores a point  Advance and try again with cone 10 yards away	Work on power and accuracy  Keep feet and hips pointing towards the target Work on timing (connect ball as body is still coming forward)  Minimal neck movement!
<u><b>LARGE GROUP ACTIVITIES</b></u>  <b>2v2 Heading Game</b>	Play 2v2 in a 10 yard square Pair with ball try to head it back and forth until one of them can head it toward the other team's endline The defending pair must stay on their line and play goalkeepers Once ball drops or is headed goalwards, goalkeepers become attackers and head it to each other trying to score. Play rounds of 2 minutes Advance game by not allowing defenders to use hands!	Accurate heading and receiving Quick and light footwork to get under ball  Communication Try different attacking headers... maybe even diving Maybe have players try for fun!
<u><b>THE GAME</b></u>  <b>6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)</b>	Appropriate sized field and goals for league play  Regularly switch goalkeeper and field positions	Stop and make relevant points for first few minutes, then...  Let kids play uninterrupted!