

What to Teach 10U Players (Game Components)

Techniques (skills):

Running with the Ball

At speed and under pressure

Passing

With outside of the foot; with the head

Instep Drive

Shooting; crossing

Receiving Ground Balls with the Inside and Outside of Foot

Away from pressure; past opponent

Receiving Air Balls

With the instep (laces) and sole, inside and outside of the foot (wedge)

Throw-In

Short and long distances

Moves in Dribbling

Half-turns; step-overs

Introduce Heading

Head juggling (alone and in small groups)

Feet in contact with the ground

Introduction to jumping to head

Tackling

Balance foot and contact foot (block tackle)

Goalkeeping (skills)

Ready Stance for Goalkeepers

Foot positioning; body posture

“W” Grip

Positioning of thumbs; fingers spread

How to Hold a Ball After a Save

Ball to chest; forearm protection

Catching Shots at the Keeper

Body alignment path of ball

Punting

Distance and accuracy

Throwing

Bowling; over-arm (round house)

Goal Kicks

Distance and accuracy