



## **U10 Curriculum**



**Week 1**

Topic: Dribbling/turning

**Warm-up (10 min): Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

**Drill 2 (10 min): Review the Hook Turn and Pullback**

**Setup:** 20x25 field, all players have a ball

**Instructions:** Coach should review the inside Hook Turn and have players stand in place and try the move. Once they have the hang of it, they should continue to follow Red Light/Green Light instructions and when coach calls out “HOOK TURN,” players should perform the move. *Progression:* Coach should review Outside Hook Turn/pullback, following above instructions

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should keep the ball close to their feet and not lose possession when stopped. Players should go at their own speed when trying the move, as they get more comfortable and are doing it correctly, they can increase their speed

*Water Break (2-3 min)*

**Drill 2 (10 min): Home Base Game**

**Setup:** 20x25 field, all players have a ball, setup a central circle with cones (home base) and also cones about 20 yards away around the circle, all players start inside the circle

**Instructions:** Players should be dribbling inside “home base” and on the coach’s command, all players will dribble at green light speed to outside cones, do a hook turn around the cone and dribble back at green light speed to the “home base”. You can vary with inside and outside hook turns. *Progression:* Perform a pullback at the outside cone

**Coaching Points:** Keep head up and keep ball close and under control

**Drill 3 (10 min): Team Race**

**Setup:** 20x25 field, every player has a ball, divide players into 2-4 teams depending on numbers (about 3-4 players a team), make a circle in middle of field with cones

**Instructions:** Players must dribble to middle circle, do a hook turn around a cone and dribble back to team, tag a teammate, then that teammate does the same thing, whichever team is done first wins. Vary using inside or outside hooks and pullbacks.

**Coaching Points:** Keep head up and keep ball close and under control

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!

**Week 2**



## Topic: Dribbling/Shielding

### **Warm-up (10 min): Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

### **Drill 1 (10 min): Turn and Protect or Get Tagged**

**Setup:** 20x25 field, all players have a ball, except for two taggers

**Instructions:** On coach’s command, all players have a ball in their hands, the taggers will try to tag the ball. The goal for the players with the ball in their hands is to turn there back (shield) to the taggers so they can’t tag their ball.

**Coaching Points:** Instruct players to keep their heads and turn/shield the defender from tagging their ball

*Water Break (2-3 min)*

### **Drill 2 (10 min): 1v1 Keep away**

**Setup:** Pair players up, each pair should have a 10x10 square playing area

**Instructions:** The game starts with both players in each pair placing one foot on the ball, when coach says “PLAY” both try to take possession of the ball, the player that gets the ball must keep it away from their partner, the winner is the player with the ball at the end of one minute, rotate so players play against different opponents

**Coaching Points:** Players should use good shielding technique while keeping ball under control

### **Drill 2 (10 min): Knock Out**

**Setup:** Create a grid depending on the number of players (generally 15x15) and have each player with a ball inside the grid.

**Instructions:** Instruct the players to protect/shield their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. When a players get knocked out of bounds, they must do 10 jumping jacks to get back in

**Coaching Points:** Keep head up, keep ball close and under control, shield the ball from other players

*Water Break (2-3 min)*

### **Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

### **Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!



### Week 3

Topic: Passing

#### **Warm-up (5 min) :** *Red Light/Green Light*

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

#### **Drill 1 (10 min):** *Stationary Gate Passing*

**Setup:** 20x25 field, players should be partnered up with one ball between them, multiple pairs of cones one yard apart

**Instructions:** Players stand about 7 yards away from each side of the gate and must pass it through the gate without touching the cones

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace

*Water Break (2-3 min)*

#### **Drill 2 (10 min):** *Moving Gates*

**Setup:** 20x25 field, players should be partnered up with one ball between them, multiple pairs of cones one yard apart

**Instructions:** Now partners have one minute to pass through as many gates as they can, players cannot go through the same gate twice in a row.

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace, make sure players are communicating

#### **Drill 3 (10 min):** *Keep your Yard Clean*

**Setup:** 20x25 field, field should be divided in half with cones, two equal teams, one in each grid. All players start with a ball.

**Instructions:** On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle (2-3 mins), play stops, the team with the least amount of balls in their yard wins.

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace

*Water Break (2-3 min)*

#### **Drill 4 (10 min):** *Numbers Game*

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

#### **Small Sided Games (10 min):** 3v3

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!



## Week 4

Topic: Possession

### **Warm-up (10 min): Caterpillar Tag**

**Setup:** 20x25 field, two or three taggers

**Instructions:** Taggers attempt to tag players on their arms and backs, once player is tagged; players join one hand with the tagger, forming a caterpillar. This caterpillar works together to try and tag the remaining players. The caterpillar only gets as big as three links, once fourth is tagged, the caterpillar breaks into smaller caterpillars.

**Coaching Points:**

### **Drill 2 (10 min): Bulldog**

**Setup:** 15x20 field, group of 4 or 5 (one ball), and group of 2 (with one ball each)

**Instructions:** Play 4v2 or 5v2, 4 or 5- players have one ball on the ground and attempt to make three consecutive passes, 2- players have one ball in their hands and score by throwing and hitting their ball against the group of 4s ball. Play for a couple minutes then switch roles.

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace, make sure players are communicating

*Water Break (2-3 min)*

### **Drill 2 (10 min): Hollywood Squares**

**Setup:** 30x40 with a small square in each corner, one player in each small corner square, divide players into (2) groups of three and (1) group of 2

**Instructions:** Groups of three score by passing the ball to any player standing in a corner square and having that player control the ball who then pass the ball back to the same team, groups of two score by stealing the ball from any group of three and dribbling out of the space, play for a couple minutes and switch roles

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace, make sure players are communicating

### **Drill 3 (10 min): East-West vs North South**

**Setup:** Two teams, each team has a target play on both ends, one team goes N-S and the other goes EW.

**Instructions:** Teams try to possess ball and pass to their target play on the outside of grid, a point is scored every time the ball gets to one target and then back to the middle.

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace

*Water Break (2-3 min)*

### **Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

### **Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!



**Week 5**

Topic: Dribbling

**Warm-up (5 min): Tag**

**Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

**Drill 2 (10 min): Sharks and Minnows**

**Setup:** 20x25 field, all players (Minnows) have a ball except for one- the SHARK

**Instructions:** The Minnows start at one end of the grid. The Sharks stand on the opposite line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.

**Coaching Points:** Keep head up and keep ball close and under control

**Drill 3 (10 min): Star Wars**

**Setup:** 20x25 field, every player has a ball, setup 5x5 squares/zones on each corner of field and one in middle for a total of 5 squares/zones

**Instructions:** On coach's command, all players have one minute to dribble through as many zones as they can, each zone is one goal and you cannot go through the same zone twice in a row. Progression: Have one defender in each zone; all other players now try to get through the zone without being stopped by the defender

**Coaching Points:** Keep head up, keep ball close and under control

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!



## Week 6

Topic: Combination Play

### Warm-up (10 min): Sequence Passing

**Setup:** 20x25 field, two groups, each group starts with one ball

**Instructions:** Players are numbered and must pass in that sequence, 1 to 2, 2 to 3 and so on with the last number passing to 1.

**Coaching Points:** All passing should be done on the move with no standing; both groups play on the same field causing some chaos forcing teams to communicate more. *Progression:* Add a second ball

### Drill 2 (10 min): Combination Square

**Setup:** 20x20 grid, 4-5 players inside grid in a bib with no ball, all other players on outside of grid with a ball

**Instructions:** Players with balls look to dribble around the grid and try to connect with the vested players to perform wall-passes. The player initiating this wall pass needs to play a firm pass, sprint to an open space, receive the ball, and burst again with speed once receiving the ball. The vested player must show themselves to others constantly in order to give support and look.

**\*\*If struggling with the combinations, can have players in bibs more stationary**

**Coaching Points:** Keep head up, change of speed after initial pass, communication

*Water Break (2-3 min)*

### Drill 2 (10 min): 4v2 to goal

**Setup:** 25x20 field, 4 attackers vs 2 defenders, goals on each side

**Instructions:** 4 attackers get 1 point for scoring in goal and 5 points for doing a wall pass, 2 defenders get 3 points for stealing and scoring in their goal

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace, make sure players are communicating

### Drill 3 (10 min): 3v3 with outside neutral players

**Setup:** 20x25 field, 3v3 or 4v4 with 1 neutral (always offensive player)

**Instructions:** Teams play normal 3v3 or 4v4 to goal, offensive team is always one person up with the neutral always offensive, to score, players get 1 point for scoring on goal and 5 points for doing a wall pass

**Coaching Points:** Make sure technique is good, kick with inside of foot- not the toe- with their heel pointing towards the ground and toe pointed up, Crisp passes with good pace

*Water Break (2-3 min)*

### Drill 4 (10 min): Numbers Game

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

### Small Sided Games (10 min): 3v3

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!





## Week 7

Topic: Finishing

### **Warm-up (5 min) :** *Red Light/Green Light*

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

### **Drill 1 (10 min):** *Stationary Gates: Shooting Technique (inside of foot and/or laces)*

**Setup:** 20x25 field, players should be partnered up with one ball between them, multiple pairs of cones one yard apart

**Instructions:** Players stand about 7 yards away from each side of the gate and must “shoot” it through the gate without touching the cones

**Coaching Points:** Make sure technique is good: plant foot next to ball, lock ankle, either strike with side of foot or with laces, head down

*Water Break (2-3 min)*

### **Drill 2 (10 min):** *Four Corners*

**Setup:** 20x25 field, Divide players into four lines, two next to the goal posts and two about 15-20 yards away from goal

**Instructions:** Player on the goalpost should pass to the player across from them who takes a shot on goal. Those two players then switch lines. After about 5 minutes rotate lines to the opposite side so they can work on both feet (i.e the two left lines move to the right side and the two right lines move to the left).

**Coaching Points:** Make sure technique is good: plant foot next to ball, lock ankle, either strike with side of foot or with laces, head down

### **Drill 3 (10 min):** *Shooting Wars*

**Setup:** 20x25 field, Divide players into two teams with each player having a ball. Place two goals about 30 yards apart facing each other. Each team lines up on the right side of their goal. Mark a “shooting zone” in the center.

**Instructions:** First players on both sides start dribbling into zone and shoots. Immediately they should follow their shot and become goalie on goal they just shot on. Both sides should be going at the same time.

**Coaching Points:** Make sure technique is good: plant foot next to ball, lock ankle, either strike with side of foot or with laces, head down

*Water Break (2-3 min)*

### **Drill 4 (10 min):** *Numbers Game*

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

### **Small Sided Games (10 min):** 3v3

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!





**Week 8**

Topic: Players choice

**Warm-up (5 min): Tag**

**Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

**Drill 2 (10 min): Favorite Game**

**Drill 3 (10 min): Favorite Game**

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!