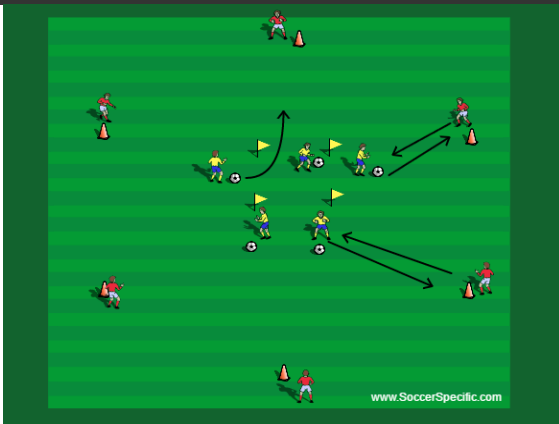


U10 Week 6 Receiving

Date: **Feb 08, 2017**

Intensity: ● (1/10)



1

Setup: "Reverse Irish Box" - Circle of players outside w/o balls, group of players inside w/balls in center box. Group in the middle is works for 1 minute, then rotate groups.

Instructions: Players in the middle dribble through the box, communicate and pass to a player on outside of box. Outside players receives and passes directly back. the ball from an outside player, rehearse the desired technique, then returns to the inner square & repeat. Exercise can be used to teach passing, receiving, & aerial control while always involving verbal/nonverbal communication. 1) Play it back in 2 touches. 2) Play a ball back in 1 touch (advanced). Limitless possibilities.

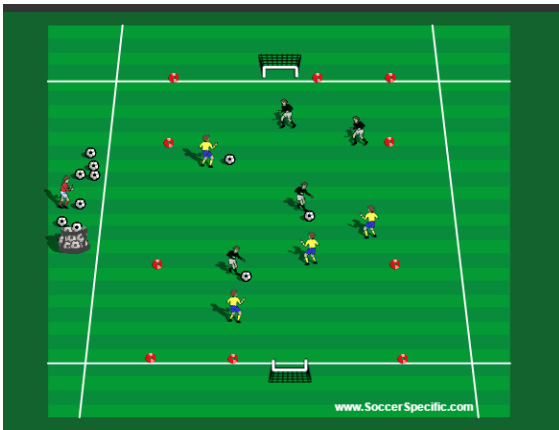
Coaching Points: Communication - If a player doesn't ask for it, don't give it to them

Proper technique of the pass - both weight and accuracy

Good first touch (cushion the egg) at an angle to create space

Check your shoulder before receiving

Open body shape and receive with inside of back foot

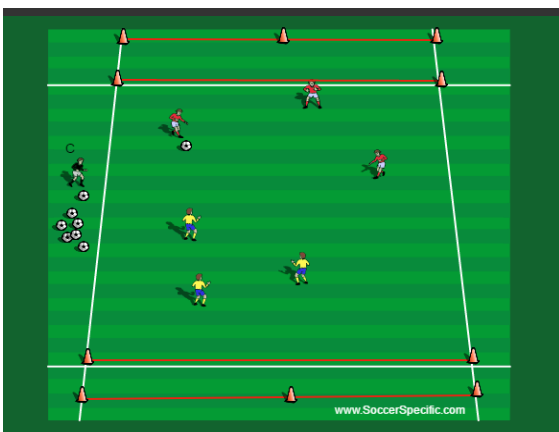


2

Setup: "Balls Everywhere" - A grid of approximately 35 x 25 yards, Two teams of 3-4 players each Coach is on the sideline of the grid with all the balls

Instructions: This activity is set up as a normal small sided game, with each team attacking a small goal. The coach begins this activity by playing two balls into the grid. As soon as one ball goes out of bounds, the coach plays another one into the grid. When the coach runs out of balls, the players must run to get all the balls and dribble them back to the coach to restart the activity. The coach can put 2, 3, or 4 balls into play at one time.

Coaching Points: Fun Ball control & Dribbling Teamwork & Desire to get the ball



3

Setup: "3v3 to End Zones" - 30x20 grid, coach with a pile of balls, endlines marked, End Zones are 5yds deep

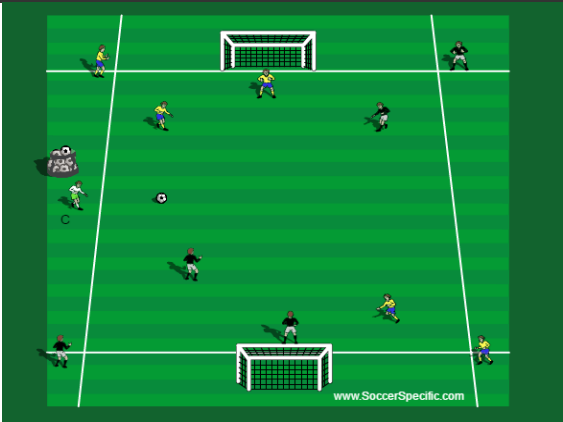
Instructions: Coach serves the ball out, and players try to cross the opposing teams line into the end zone in control of the ball. They can also pass the ball into the end zone for a teammate to run onto it gaining control inside of the end zone. If defenders win the ball, they can counter to the other team's end zone. As soon as the ball goes out, coach quickly plays in a new ball where ever. This keeps kids focused, and allows coach to break up the heard. Give differnt value of points for scoring while dribbling vs passing and receiving in the grid. i.e. 1 point to dribble in 3 points for a pass and receive into the grid.

Coaching Points: Recognize when you have space to dribble. Pick up your head when ever possible. "take Pictures" so you know what options you have before you receive the ball. Head on a swivel Dribbling control, passing/receiving & Teamwork

U10 Week 6 Receiving

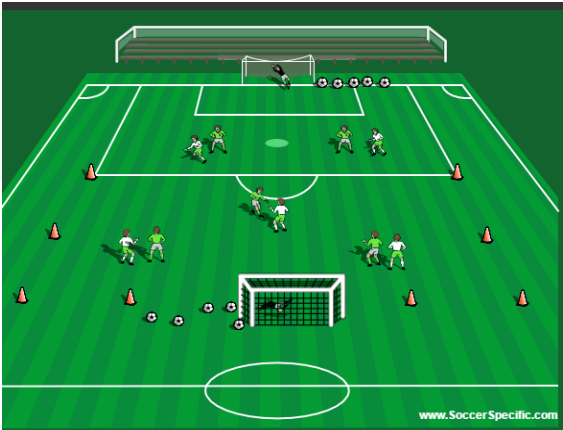
Date: Feb 08, 2017

Intensity: ● (1/10)



Setup: In a 20x20 Grid with big goals, split two teams with lines on diagonal corners from each other, and goalkeepers in each goal.
Instructions: Coach plays a ball into field and a player from each line comes out to play 2v2 to goal. Play until ball is out of play. GKs can distribute if they gain possession. Once players get the flow, add that they can pass to one of their lines to "unlock" another teammate. You can unlock multiple players as long as you rotate lines. Game can build to as many players as you have until ball goes out of play. Coach can manipulate game as sees fit.
Coaching Points: Play forward when you, go to goal quickly
Get help if needed
How do we use numbers up situations, force defenders to make a decision

4



Setup: 5v5 + keepers
Instructions: Play
Coaching Points: Depends on your topic

5