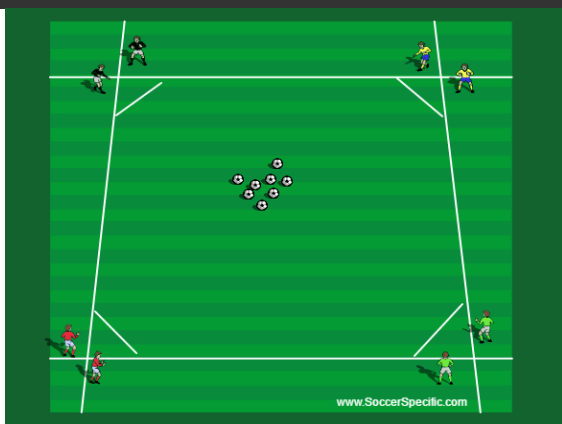


# U10 Week 7 Receiving and Turning

Date: **Feb 08, 2017**

Intensity: ● (1/10)

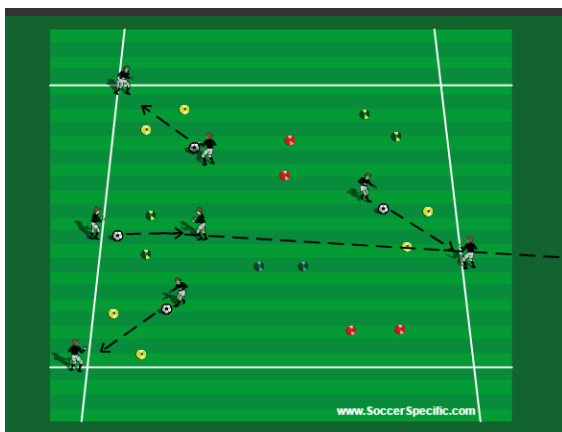


**Setup:** "Hungry, Hungry Hippos" - Create a square with the balls in the middle. 4 teams in different corners of the square

**Instructions:** Players run out and grab a ball with their hands and take it back to their corner - there is no contact. Play for a set period of time - team with the most balls at the end of time wins. Progression 1: Players can take balls from other corners. Progression 2: Game is played with feet instead of hands. Progression 3: Players can now take balls away from other players while they dribble

**Coaching Points:** Do not allow players to stand in a corner and "guard" - reward players for coming out and going after the ball. GO GET A BALL

1

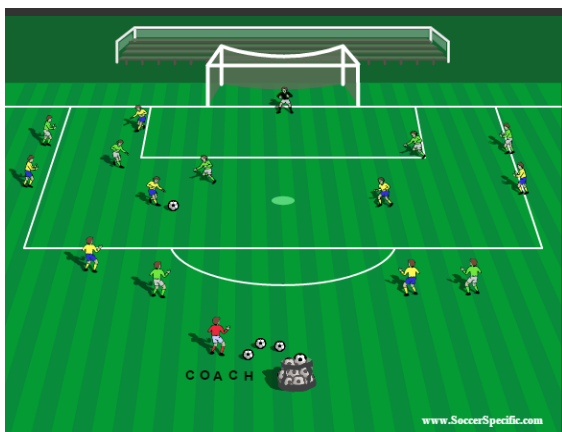


**Setup:** "Passing Gates" - 20x20 yd grid. Create 8-12 gates of 2-3 yds in distance. Break the team into pairs with one ball per pair.

**Instructions:** Groups of two try to execute a pass through each one of the gates without repeating a gate. Good communication to help each other find the next gate (head up and communicate color). Don't stand and wait if another team is at a gate, move on to another empty gate (keep moving).

**Coaching Points:** Keep ankle locked and foot flexed. Good weighted pass. Communication "Yes Chris" "Yes Amy" Be sure to spring to open space after a pass. Head up, find the space.

2



**Setup:** "Fire Finishing" - 2v2 or 3v3 (can add a neutral if needed) in the box with other players, in 2 teams, around the outside of the 18. Coach is positioned 25 yards from goal line with a pile of balls.

**Instructions:** Play begins with Coach playing a ball into the 18, and 2 teams battling to gain possession, and score a goal. At anytime, a player can pass the ball to a teammate on the outside of the 18, who then enters with the ball, and players switch spots. Play until the ball is dead, and coach then plays in a new one. Coach needs to drive the tempo of the activity. If the team without the ball wins possession, they must pass to a player on the outside before going to goal to replicate playing out of the back after gaining possession.

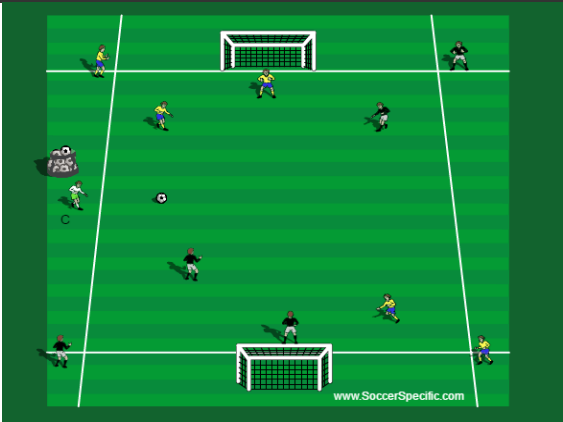
**Coaching Points:** 1) Ways to finish 2) Look to combine, move off the ball to create space/scoring chance 3) Play quick, keep the ball moving 4) Outside players move side to side to provide good angles of support

3

# U10 Week 7 Receiving and Turning

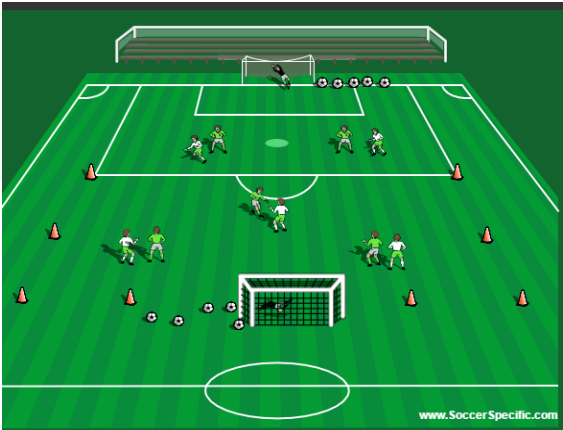
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**Setup:** In a 20x20 Grid with big goals, split two teams with lines on diagonal corners from each other, and goalkeepers in each goal.  
**Instructions:** Coach plays a ball into field and a player from each line comes out to play 2v2 to goal. Play 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