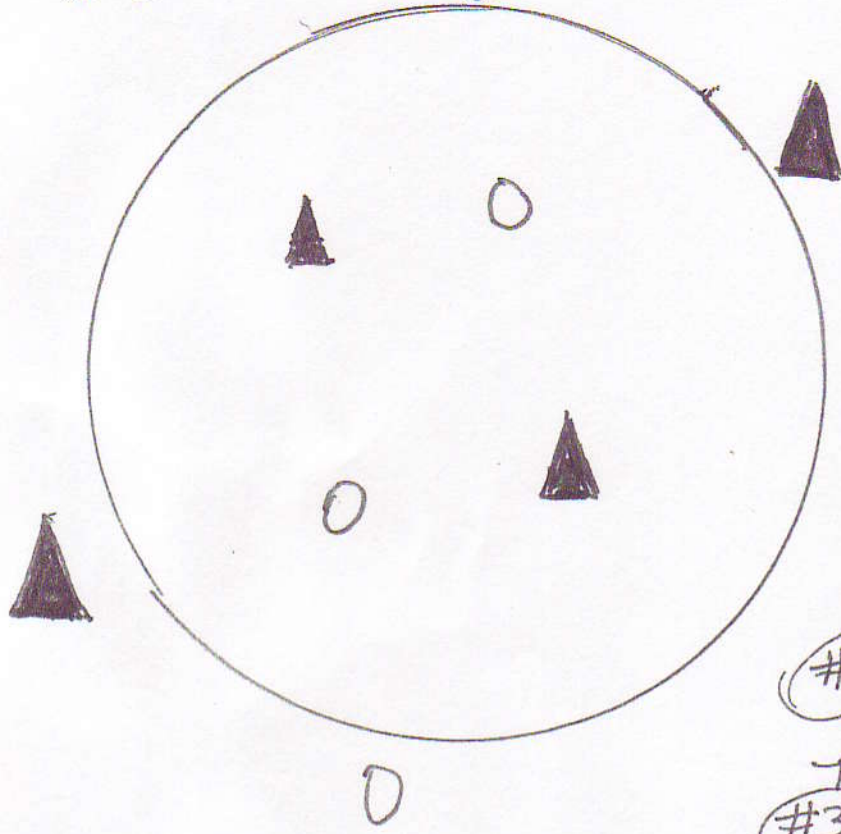


U-10 PRACTICE #1 RECEIVING, PASSING, DRIBBLING

CIRCLE EXERCISE

15 Yd. DIAMETER + ○

USES 2 BALLS / 1 PER TEAM - 20 MINUTES



- 4 PLAYERS PER TEAM
- TWO OUTSIDE THE CIRCLE AND TWO INSIDE

PROGRESSIONS

#1, PASS IN FROM OUTSIDE CIRCLE TO INSIDE PLAYER. INSIDE PLAYER PASSES TO 2ND INSIDE PLAYER THEN PASSES TO THE REMAINING OUTSIDE PLAYER.

COACH: RECEIVING & BALL CONTROL

#2 SAME AS #1, BUT OUTSIDE PLAYERS ARE MOVING AROUND THE CIRCLE.

#3 SAME AS #1 AND #2, BUT INSIDE PLAYERS CAN DEFEND THE OPPOSITE TEAM INSIDE ○.

SWITCH INSIDE AND OUTSIDE PLAYERS.

SCRIMMAGE-GAME

- COACH PASSING AND RECEIVING W/ EMPHASIS ON BALL CONTROL
- COACH GK ANGLES AND DECISION MAKING
- COACH DEFENDER COVER AND ANGLES
- TRAIN AT LEAST TWO GK IN CORNER KICK EXERCISE
- ⊗ INSTALL 2-3-2 FORMATION

- #1 UTILIZE SHORT SAFETY VALVE PLAYER AS AN OUTLET.
- #2 POSITION ANOTHER PLAYER IN FRONT OF THE NET 6-12 YDS OUT.
- #3 TEACH PLAYER TAKING CORNER TO CHOOSE BEST SCORING OPPORTUNITY
- #4 TEACH SAFETY VALVE PLAYER TO CHOOSE TO PASS TO OPEN PLAYER OR SHOOT FAST.
- #5 TEACH GK TO CUT DOWN THE ANGLE OF THE SHOT
- #6 TEACH GK DECISION MAKING AND WHEN TO COME OUT FOR THE BALL
- #7 TEACH DEFENDER ANGLES OF COVER.

CORNER KICK EXERCISE

USE GOAL & PENALTY AREA + 5 YDS.

COACHING POINTS - 3 ATTACKERS - 1 GK - 1 DEF

