

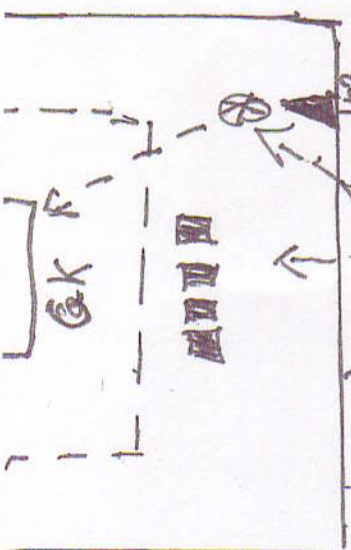
U-10 PRACTICE #16 - SET PLAYS AND GOALKEEPING

EXERCISE #1 - THROW-INS (FAST) TO A 2 PLAYER WALL PASS TEAM



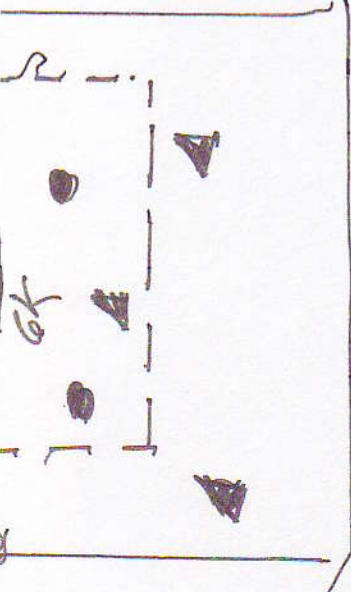
- GK - DEFENDER - 3 ATTACKERS
- #1 SIDELINE PLAYER THROWS IN TO PLAYER #1 ON THE RUN.
- #2 PLAYER #1 WALL PASSES TO #2
- #3 PLAYER #1 DRIBBLES TO PENALTY AREA TO PULL OFF THE DEFENDER THEN PLAYER #1 WALL PASSES TO PLAYER #2 RUNNING TOWARD THE FAR GOAL POST.
- #4 PLAYER #2 SHOOTS AND SCORES
- ROTATE ALL PLAYERS - 20-25 min.

EXERCISE #2 - AROUND THE WALL - DIRECT KICK - 20 min



- USE GK - 3 ATTACKERS AND 3-4 WALL PLAYER
- PLAYER #1 SETS UP LIKE THEY ARE GOING TO PASS TO PLAYER #2 FOR THE SHOT.
- PLAYER #1 ACTUALLY SENDS A CRISP PASS TO PLAYER #3 STANDING AT A 45° ANGLE OUTSIDE OF THE WALL
- PLAYER #2 RUNS OVER TOP OF THE BALL WITHOUT TOUCHING IT AS A DIVERSION.
- PLAYER 3 SHOOTS BALL AROUND THE WALL

EXERCISE #3 - CORNER KICKS - 20 min.



- USE 3 ATTACKERS PLUS 1 ATTACKER KICKING CORNER
- SET UP 2 DEFENDERS (1 OPTIONAL) AND GK.
- USE A SHORT FIELD CLOSE PASS TO NEAR ATTACKER FROM CORNER KICK.
- NEAR ATTACKER CAN SET UP DANGEROUS PASS IN FRONT OF THE GOAL TO THE OTHER 2 ATTACKERS OR TAKE A SHOT IF OPEN.
- ROTATE ALL PLAYERS.

SCRAMBLE GAME CONDITION - 30 min.