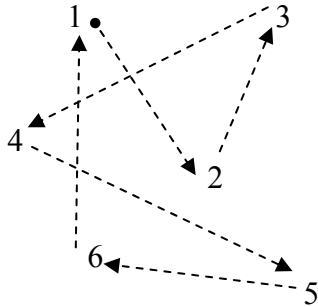
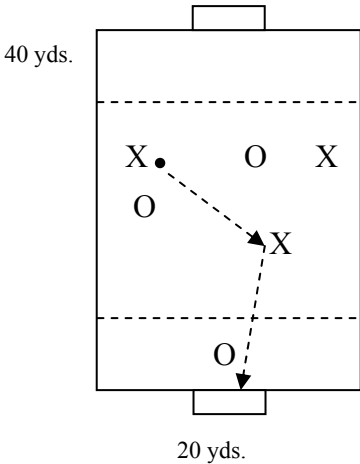
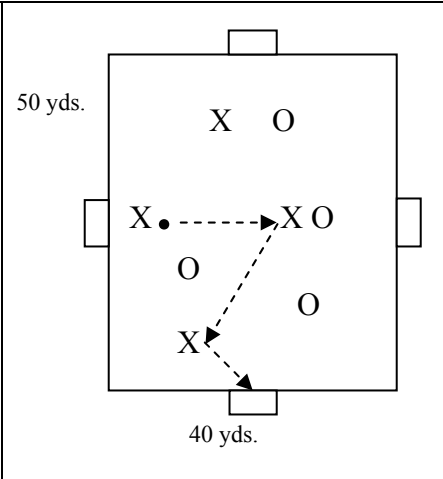
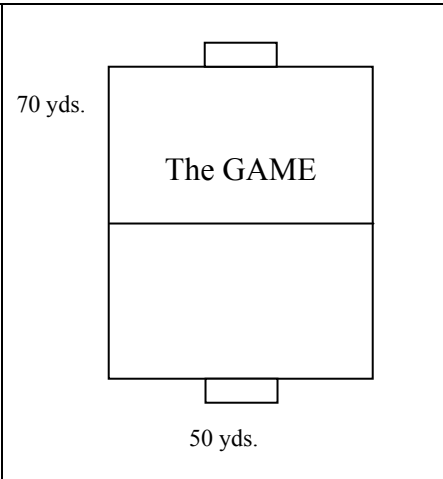


Topic: **U10 Practice Session**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Technical “number” passing, one ball between six. Each player counts off one through six and passing is completed in numerical order. Repeat and stretch.</p>	<ul style="list-style-type: none"> ▪ Keep it innovative, demanding and realistic. ▪ Begin with unlimited touches. Progresses to two touches, then one touch. ▪ Work on both short and long range passing. ▪ Change the order of passing (i.e., reverse order, odds then even, etc.) to increase the demand and thought process. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Accuracy of pass ✓ Weight (speed) of pass ✓ Movement off of the ball and correct supporting angles ✓ Verbal and visual communication
Match Related 1			
<p>3 v 3 game to two small goals (20 x 40 area or as needed).</p>	<ul style="list-style-type: none"> ▪ One player from the defending team drops to defend their goal (goalkeeper). The goalkeeper can use their hands anywhere in the zone. ▪ If the defending team wins the ball the roles reverse in transition. ▪ Award one point for a shot on goal and two points for a goal. ▪ Award one additional point for any combination play (i.e., takeover or wall pass). ▪ Play to points or time. 		<ul style="list-style-type: none"> ✓ Passes to feet versus passes to space ✓ Timing of runs and angles of support ✓ Visual and verbal cues to split defenders ✓ Quality of passing and receiving ✓ Decision making: when to dribble, pass or shoot

Topic: **U10 Practice Session**

Match Related 2			
<p>4 v 4 game to four small goals (40 x 50 area or as needed).</p>	<ul style="list-style-type: none"> ▪ To score, the attacking team must pass the ball through one of the four small goals. If the defenders win the ball, they become the attackers. ▪ Change the restrictions and award two points to dribble through and one point to pass through. ▪ Play until one team has scored (dribbling or passing) through each of the four small goals. ▪ Rotate players and teams accordingly. 		<ul style="list-style-type: none"> ✓ Awareness of space and time – speed of thought ✓ Team transition – support the ball in possession, defend around the ball when not in possession ✓ Encourage creative and instinctive play ✓ Tactical application of technique ✓ General decision making
Match Condition			
<p>6 v 6 with goalkeepers to two larger goals (50 x 70 area). Define direction and organization for each team.</p>	<ul style="list-style-type: none"> ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Keep it FUN! ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session