



# CREATIVITY

AGE LEVEL: U10    TIME: 60 MINUTES

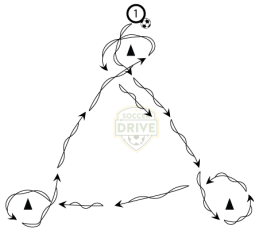
## PRACTICE PLAN

### TRIANGLE CONTROL

**TIME** 5 minutes

**SETUP**

This is a simple soccer drill that emphasizes ball control. There are two parts to this drill, the first part requires players to dribble the soccer ball the entire time. Set up three cones as shown about 10 - 15 yards apart. Players should be divided into groups of three. On the whistle the first player dribbles the ball around each of the cones. Players need to go around the cones on different sides to work on control with both feet. They should also work on using the inside and outside of the feet. Have players maintain control for 1:00 and then blow the whistle for the first player to stop and the next player to begin. Have each player do three repetitions before moving to the next stage. Therefore players should be dribbling for 1:00 with 2:00 rest. Stage 2 includes a passer in the middle of the triangle. The drill works the same but now the player with the ball must make a give and go between each cone. Once the player dribbling the ball is done they move to the middle to become the passer and the passer sits out for 1:00 rest until it is their turn to be the ball carrier.

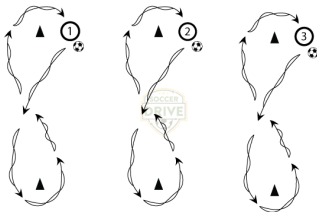


### FIGURE EIGHTS BALL CONTROL

**TIME** 5 minutes

**SETUP**

This soccer drill is a simple dribbling drill where players will dribble around cones in a figure 8 path. Set up the cones as markers to where the players will dribble around. Once the whistle is blown prompt the players to focus on their footwork while they are dribble around the path. Focusing less on speed and more on technique is important in this soccer drill.

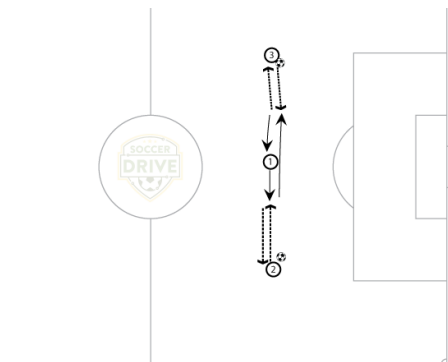


### QUICK CHECK AND PASS

**TIME** 10 minutes

**SETUP**

This soccer drill requires 3 players. Setup players 1 and 2 15-20 yards apart. Position player 3 between players 1 and 2. Player 3 starts the drill by checking out and checking into player 1. Player 1 makes a quick pass to player 3. Player 3 makes a quick return pass, turns, and checks into player 2. Player 2 makes a quick pass to player 3. Player 3 makes a quick return pass, turns, and checks into player 1. This drill should last a minimum of 1 minute.



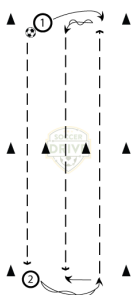
### PASSING ACCURACY

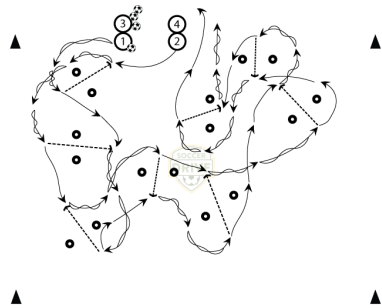
**TIME** 10 minutes

**SETUP**

It is important at a young age for players to develop an understanding for how important it is to pass the ball with accuracy. Coaches should have a good collection of passing drills that emphasize this skill.

This soccer passing drill requires 8 cones or discs, two players, and one soccer ball. The objective is to work on accuracy when passing the ball straight ahead and when running parallel using the instep. Set up the cones or discs as shown in the diagram and animation. The players should be a 10 - 20 yards apart depending on their skill level. Have the players pass the ball to each other through a pair of cones of their choice. When passing through the middle cones they should be facing the player they are passing to. When passing between a set of cones on the outside they should be facing the direction of their run and use the instep to pass the ball. More experienced players should try to bend the ball around the inside cone.



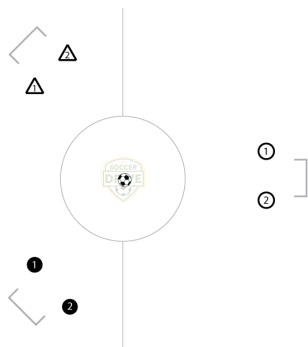


### EQUESTRIAN SOCCER DRILL

**TIME** 15 minutes

**SETUP**

This soccer drill promotes creativity and passing skills. The set up for this drill is determined by the coach. Place numerous pairs of cones or discs in a random fashion on the field. The pairs of cones or discs should be 3 to 4 feet apart. The players should divide themselves into pairs with one ball for each pair. Players need to work together to complete a pass through each set of cones or discs. They may choose to do this in any way they want as there is no set course, therefore they need to communicate and read each other to complete the course. A variation is to have two or three pairs of players go at the same time. Encourage creativity and problem solving.



### 2 VS. 2 VS. 2 SMALL AREA SOCCER GAME

**TIME** 15 minutes

**SETUP**

This drill provides an opportunity for the players to have fun and get creative. To set up the drill make three goals (cones or nets) in a triangle formation. Divide players into three teams of two players each. Each team has their own goal to protect and they can score in either of the other teams goals. If needed you can add a third player to each team as a keeper. It is a fun game and allows the players to use creativity and game awareness.