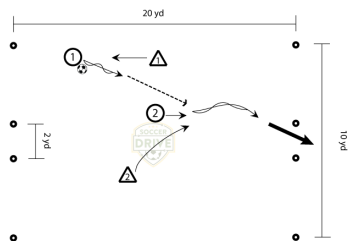




RECEIVING AND OPENING BODY TO FIELD

AGE LEVEL: U10 TIME: 60 MINUTES

20 X 10 2VS. 2



TIME 10 minutes

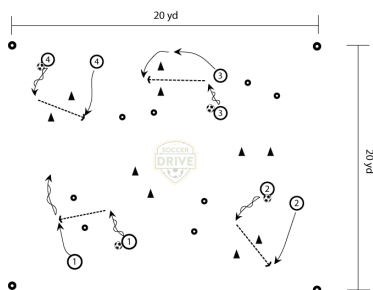
SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

COLOR GATES IN PAIRS



TIME 10 minutes

SETUP

- » Put your players in pairs with one ball per group.
- » Create a series of gates (two cones, 1yd apart) for the players to pass through
- » Make half the 'gates' a different color of cone (example: 3 red gates, and 3 blue gates).
- » If you don't have different color cones, make half the gates out of pennies.
- » Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another point.
- » Play for 45 seconds. Ask players their score and repeat the game challenging each pair to beat their own score.

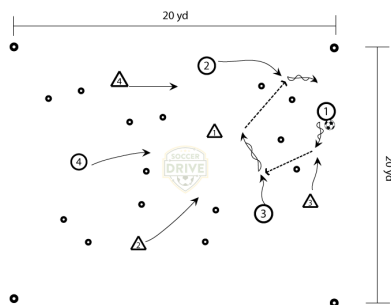
COACHING POINTS

- » Players need to try and take their first touch with the ball when receiving in the direction they want to go next.
- » Encourage players to open their body to the field so they can see more of it!

PROGRESSION:

- » Groups have to alternate color of goal they go to, or can only go to one color etc. Be creative!

GOALS, GOALS, GOALS



TIME 10 minutes

SETUP

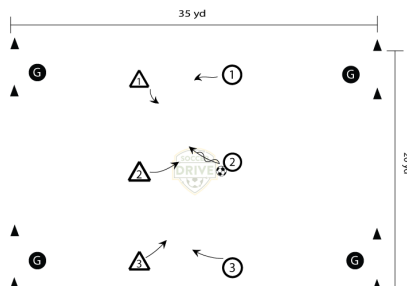
- » Spread a series of "goals" around the grid, which are two cones 2yds apart. Can use gates from game before.
- » Split your group into two teams.
- » Teams try to score as many goals as they can by passing or dribbling through a goal. Once a goal is scored, they go to another one. Teams can score on any goal.
- » If the other team wins the ball, they start attacking goals. If ball goes out of bounds, is a kick in to the other team. Keep score.

COACHING POINTS

- » Encourage players to open their body when receiving the ball so they can see more of the field
- » Players need to try and look over their shoulder before receiving a ball to they know what is behind them
- » Ask players to take their first touch towards to next goal they want to go to. Don't stop the ball, but use its momentum when receiving to redirect.
- » Can teammates spread out to help person with the ball find space?



RECEIVING AND OPENING BODY TO FIELD



4 GOAL GAME WITH GOALKEEPERS

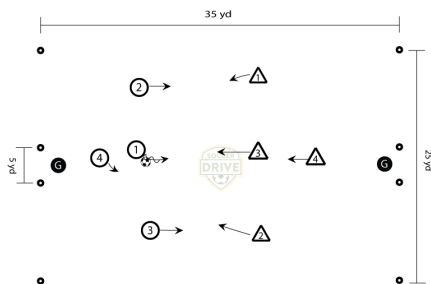
TIME 15 minutes

SETUP

- » Make field and place two 4 yard goals at each corner. Each goal will have a goalkeeper.
- » Play 5v5, with two goalkeepers from each team in the goals. 3v3 on field.
- » Each goal counts as 1pt.
- » Normal soccer rules, except no corners. Use goalkicks instead of corners.
- » Can use the goalkeepers on own team to play backwards and help keep possession.

COACHING POINTS

- » Encourage players to be aware of their surroundings. If one goal is crowded with defenders, can they look to go towards the other goal?
- » Take a look over your shoulder before receiving
- » Open body to field
- » Encourage players off the ball to get wide on field to offer better passing options.
- » Communication!



35 X 25 5 VS 5 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- » Cones for goals are 5yds wide and use goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, thrown-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

END OF PRACTICE QUESTIONS:

- » What is the role of the pressuring defender? (the slow down the attack so teammate can get back to help).
- » Use open ended questions to guide discovery:
- » When we receive a pass, where should we try and take our first touch (towards the direction we want to go next).
- » How can you see space better? (by looking over your shoulder before receiving ball, and opening body to field).
- » How can your teammates off the ball help you out when you have the ball? (by getting wide on the field and being loud!)
- » Have a team cheer, and see everyone on game day!