

BRIGHTON YOUTH SOCCER - U10 PROGRAM

Session #1

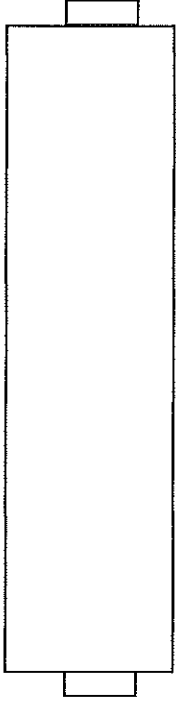
Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 10 - Minutes 15x15 yd square</p>	<p><u>"Dribbling - Change of Direction"</u></p> <p><u>Magic Square</u></p> <p>Layout a square, using different colored discs to represent each side. Players start by dribbling around inside the square at different speeds to warm-up. :</p> <p>"Swap" - they stop their ball with their foot and take another players ball and continue to dribble.</p> <p>"Explode" when you get a new ball.</p> <p>"Change" - change the direction you are dribbling. Who knows a change of direction move?</p> <p>Now introduce two opposing colors or sides of the square which represent two different "change of direction" the inside and outside cut. Players continue to dribble around inside the square when they hear the color they dribble to that side of the square and make the designated move. After a while introduce the other two other colors or sides of the square and add two different change of directions moves for example Drag Back, Stop & Turn, Cryuff, Pivot or Puskas. Continue dribbling inside the square and now incorporate all four colors or sides.</p> <p>Once the players understand the concept (and to encourage them to dribble with their heads up) use only visual commands. Hold up different colored disc to represent the sides of the square, your fingers to represent the different dribbling speeds. Clap to represent "Swap". Players must yell out any new command they hear or see.</p>	<p>Dribbling, decision making, foot skills, balance and coordination.</p>
<p><u>Activity 1</u> 10 Minutes 15x15 yd Square</p>	<p><u>Gatekeeper</u></p> <p>Using discs setup a lot of random gates one yard wide. There needs to be more gates than players.</p> <p><u>Game #1</u> - See who can dribble through the most number of gates in 30 seconds. Remind players to keep count of how many gates they dribble through. "How many gates did you go through?", "Next time try to beat your last score"</p> <p><u>Game #2</u> - Using pinnies divide players into two teams. The players in pinnies do not need a ball and stand with their arms wide apart in a gate to close it. This time dribbler's can only dribble through open gates. Keep count of the open gates you go through. On the command "Change" the pinnies run and close a different gate. After 30 seconds stop the game and add up the team's points. Swap roles and challenge the dribblers to beat the other teams score.</p> <p><u>Game #3</u> - Same as game #2 but you get two points if you can perform a change of direction move "Drag Back", Stop & Turn", "Pivot: or "Cryuff" in a gate.</p>	<p>Dribbling, heads up, change of direction and decision-making.</p> <p>"Can anyone show me a move to beat a player before entering a gate?"</p>

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Activity 2
10 Minutes
35x25
Rectangle

Combat



Coach

Two teams line up alongside the coach at the halfway line (red team and blue team). Coach throws out a ball and shouts 'One'. The first player from each line run out and plays 1v1 until a goal or the ball goes out of bounds. "Two" is 2v2, "Three" is 3v3 etc. If you shout out a color plus a number, the team in that color gets an additional player.

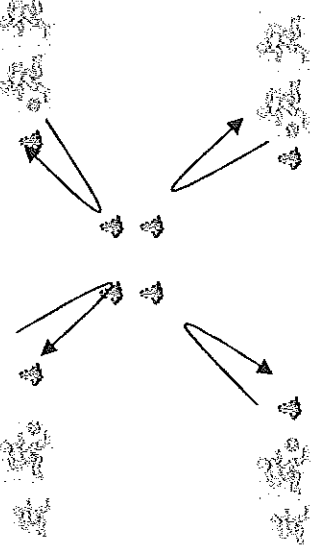
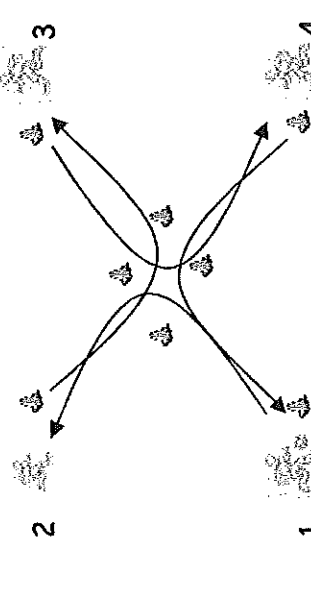
Dribbling, change of direction.

Activity 3
30 minutes

Soccer Game

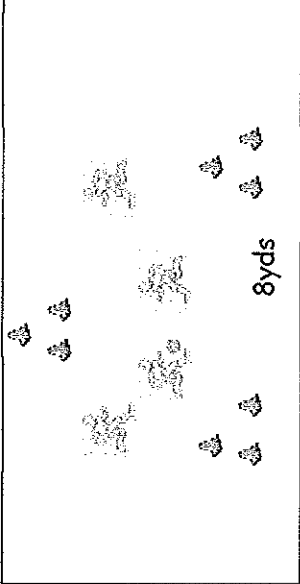
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Session #2

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 10 - Minutes 20x20 yd square</p>	<p>Activity "Dribbling to beat an opponent"</p> <p><u>Explode</u></p> <p>An advancement of the magic square activity from the previous weeks. Setup an inner 15x15 yds square marking each side of the square with different colored discs. Mark an outer square 20x20 yds with tall cones surrounding the inner.</p> <p>Have the players start in the inner colored square and run the Magic Square activity from the prior week. On the command "Explode" players have to leave the inner square dribble around any cone from the outer square and then back in to the inner square. Once players understand the "Explode" command maybe they can only do a certain type of move around the outer cone? Do not stop dribbling once you are back in the inner square.</p> <p>Once the players understand the concept (and to encourage them to dribble with their heads up) use only visual commands. Hold up different colored disc to represent the sides of the square, your fingers to represent the different dribbling speeds. Clap to represent "Swap". A cone to represent "Explode". Players must yell out any new command they hear or see.</p>	<p>Dribbling, decision making, foot skills, balance and coordination.</p> <p>Who is the quickest player back into the inner square?</p> <p>Who can perform a move to beat a player around a disc of the inner square whilst dribbling to the outer square?</p>
<p><u>Activity 1</u> 10 Minutes 4 yds x 4 yds square</p>	<p><u>In and Out</u></p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="885 1218 1404 1816"> <p><u>Review Change of direction moves:</u></p>  <p>Players dribble to cone facing them perform a dedicated move, return to their starting position, stop the ball for their partner and let them perform the exercise. Continue for a set number of moves or time.</p> </div> <div data-bbox="885 546 1404 1207"> <p><u>Progression: In and out of the box</u></p>  <p>Start with one ball. Player dribbles into box turns left using a dedicated move, gives ball to next player who continues the exercise. Progress by adding another ball. Do not get caught with two balls.</p> </div> </div>	<p>Review Change of direction moves: Inside cut Outside cuts Stop Turn</p>

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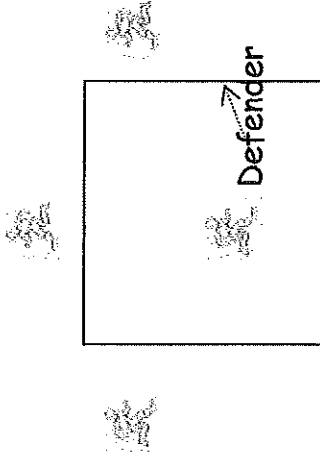
Session #2

<p><u>Activity 2</u> 10 Minutes</p>	<p style="text-align: center;"><u>2v2 Multi Cone Dribbling</u></p>  <p>Divide players into two groups and identify each player with a number 1,2,3,4 etc. When you shout a set of numbers those players from each team play against each other for 45 seconds and try to knock over the cones with the ball. You get one point for each cone knocked over. Accumulate points for each team.</p>	<p>Dribbling, change of direction, decision-making, communication</p>
<p><u>Activity 3</u> 30 minutes</p>	<p style="text-align: center;"><u>Soccer Game</u></p>	

Duration / Area size	Activity "Short Passing"	Coaching Points
<p><u>Warm-up</u> 10- Minutes 15x15 yd square</p>	<p><u>Magic Square</u> Run the Magic Square routine from week #1. Add the following at the end: Have each player stand between two discs on the outside of the square. Ask them to perform a specific move between their two discs. Look for the best player to demonstrate. Who can do the most moves in the next 30 seconds.? The moves to work on are: Inside Cut, Outside cut, Stop & Turn; Drag Back, Zico and Pivot.</p>	<p>Dribbling, decision making, foot skills, balance and coordination.</p>
<p><u>Activity 1</u> 10 minutes Random space</p>	<p><u>Shopping</u> Similar activity to the Gatekeeper game from the previous week but now players pass the ball through the gates. Using discs setup a lot of random gates one yard wide There needs to be more gates than players. The Gates represents shops. Players must pass through a gate to buy something at the shop, players can only buy one thing then need to visit another shop. How many things can you buy a one minute? Progress by having players work with a partner, now they must pass the ball through a gate to their partner to buy something.</p>	<p>Good passing technique: Locked ankle, knee raised, strike the middle of the ball, noon kicking foot alongside the ball, head down. Movement and communication.</p>

Activity 2
10 minutes
20 x 20 yd
Square

World Cup Keep Away



Set up a 20yd by 20 yd square. Simple 4v1 Keep away. A defender is inside the square and cannot go outside of it. The defender starts by passing the ball to an outside player, they then pass the ball to another outside player without the defender getting the ball. Can they complete ten passes before losing the ball? Players on the outside can move, try to restrict them to two to three touches. The player that loses the ball to the defender becomes the next defender. Once the players understand the idea, increase the size of the square and let them play inside the square.

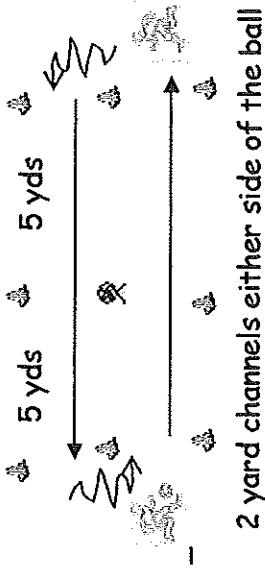
Good passing technique:
Locked ankle, knee raised, strike the top half of the ball.

If the players are struggling completing the passes, have them pick up the ball and throw it to get the idea.

Do not get married to the spot. Would you stand still in a game? Move after the pass.

Activity 3
30 minutes

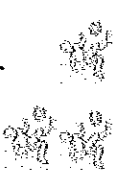
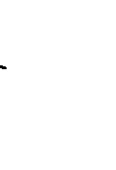

Soccer Game

Duration / Area size	Activity "Short Passing and Possession"	Coaching Points
<p><u>Warm-up</u> 10- Minutes 30 X 30 yd square</p>	<p><u>Ajax Warm Up</u></p> <p>Similar to Freeze Tag except pick two It's and give them one ball they carry or throw to each other, they must have the ball in their hands to tag a player. Tagged players are frozen by standing with their hands on their head with their legs wide apart. Frozen players are unfrozen when a free player crawls through the legs. The game is over when all players are frozen. If two It's are not enough pick a few more pair.</p>	<p>Fun warm-up. Cooperation of working in pairs</p>
<p><u>Activity 1</u> 10minutes 10 x 4 yd Rectangle</p>	<p><u>Precise Passing to Both Sides</u></p>  <p>Pair up players with one ball. Both players start with ten lives. Player 1 starts by passing the ball down one side to their partner. Player two receives the ball and passes it back down the other side to keep the ball going in a counter clockwise direction. If the pass goes outside the channel or knocks over a cone you lose a life. If they knock the middle ball off the disc in the middle they lose two life's. The first person to zero lives loses the game. Make sure to alternateate the direction the ball is passed. Depending on the success of the players you may have to adjust the distance of the pass.</p>	<p>Good passing technique: Locked ankle, knee raised, strike the middle of the ball, non kicking foot alongside the ball, head down. Limit the numbers of touches before passing. Push the ball to the side when you receive it.</p>

<p><u>Activity 2</u> 10 Minutes 20 x 20 yd Squares for each group</p>	<p><u>Explosive Squares:</u> Setup as above, eight to twelve players</p> <p>☛ ☛ ☛ ☛ ☛</p> <p>Players numbered 1,2,3,4,5,6 Players numbered 1,2,3,4,5,6</p> <p>Two pinnies</p> <ul style="list-style-type: none"> • Divide players into two equal teams and number each player sequentially. • Players pass and move the ball around inside their square. They do not have to go in the number sequence but may be best initially so they learn their numbers before progressing with the activity. • When the coaches yells out a number that player leaves their square, grabs a pinnie and goes into the opponents square to win the ball as much as possible for one minute. • Defenders earn a point every time they win the ball or the ball goes out of the square. • First pass after the defender wins the ball is free. <p>Accumulate the points. The winning team is the one with the most points at the end.</p>	<p>Do not coach during the game but maybe highlight a few things afterwards when the players are back in their own square.</p> <p>If the defender is too successful increase the size of the square.</p> <p>What's a good way to make the defender work hard?</p> <p>What can you do to help the player with the ball?</p> <p>What is a good angle of support?</p>
<p><u>Activity 3</u> 30 minutes</p>	<p><u>Soccer Game</u></p>	

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Session #5

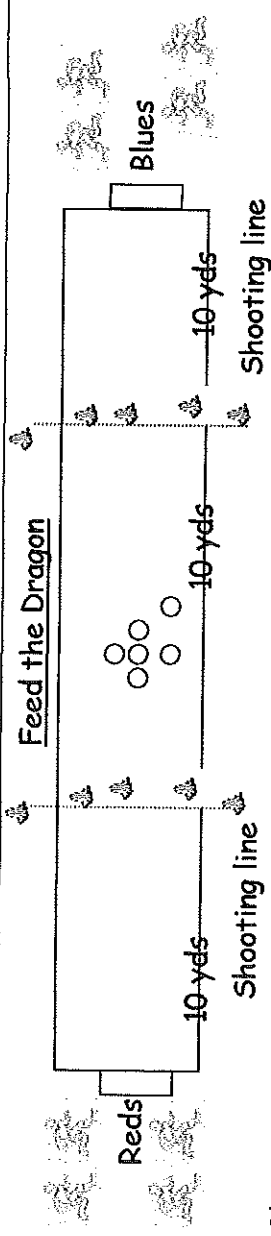
Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 10 Minutes 15x20 yd</p>	<p style="text-align: center;"><u>Magic Square</u> "Shooting"</p> <p>Run the Magic Square routine from week #1. Add the following mid way through: #1. Whilst you are dribbling can you make a move to beat a player or fake., followed by a short pass into space? Try to keep your ball inside the square? #2. When you collect you ball after the pass can you make a change of direction move?</p>	<p>Dribbling, decision making, foot skills, balance and coordination.</p>
<p><u>Activity 1</u> 10 Minutes 15x20 yd rectangle</p>	<p style="text-align: center;"><u>Junkyard Soccer</u></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>5yds</p>  <p>A</p> </div> <div style="text-align: center;"> <p>10 yards</p>  <p>B</p> </div> <div style="text-align: center;"> <p>5 yds</p>  <p>C</p> </div> </div> <p>Divide an area into three equal sections A, B and C. Have one team in the left section A, no teams in the middle "B" or "No Man's Land" or "Fence" and have the other team in the right section "C". All players have a ball. On the command "Go" the idea is to kick all the balls out of your zone "Backyard" into the "Neighbors backyard" or zone. No players can go into the "No Man's Land" zone B; if a ball goes into the middle the facilitator kicks it back into play. Play for a set period of time then count up balls in each team's zone.</p>	<p>Looking for players to strike the ball with their laces: #1 Address the ball correctly with a curved run #2 Place non-kicking foot along side the ball #3 Toe down and heel up use your laces to contact the ball #4 Follow through and land on striking foot</p> <p>May need to adjust middle zone depending on age so players are able to reach the other backyard.</p>

BRIGHTON YOUTH SOCCER - U10 PROGRAM

Session #5

Activity 2

10 Minutes
35x25 yds
rectangle



Place as many balls as possible in the middle of the field. Use discs to form a shooting line far enough from the goal so the players have to shoot and not dribble it into the net. Divide players into two equal teams. Have them divide into two lines alongside the net. The goal is the Dragon. On the command "GO" the first player from each line runs and gets a ball then turns and shoots before the shooting line. Then they "high-five" the next person in line and go to the back of the line. The next person then goes to get a ball and shoots etc.

If a player shoots after crossing the line it does not count and the ball goes back to the middle. If a ball misses the goal it goes back to the middle. Team wins when they have the most balls in their net (when there is none left in the middle).
Add goalies for last game to make it more realistic.

Want to see above on shooting technique.

For stronger players divide the shooting line into thirds and they most shoot for the outside third.

Play using good foot and then a game using weak foot.

Activity 3

30 minutes

Soccer Game