

Square Control

Age: U10

Level: Warm Up with Ball

Objective: Controlling the ball from the air



Scan the code to see the practice:



Organization:

Set out a 20x20 playing area. Split the group into 2 teams. One team who will be servers, are situated around the outside of the square with a ball each. The other team stand inside the square without a ball. The players in the square run to any of the servers they wish and receive a ball in the air that they control and pass back to the server. As the coach you can ask the server to throw the ball to specific parts of the body or you can ask them to vary the service so that players have to be alert to which part of the body is best to control the ball.

Progression:

Develop this by asking the server once they have thrown the ball to come out and pretend to be a defender and pressure the player controlling the ball.

Coaching Points:

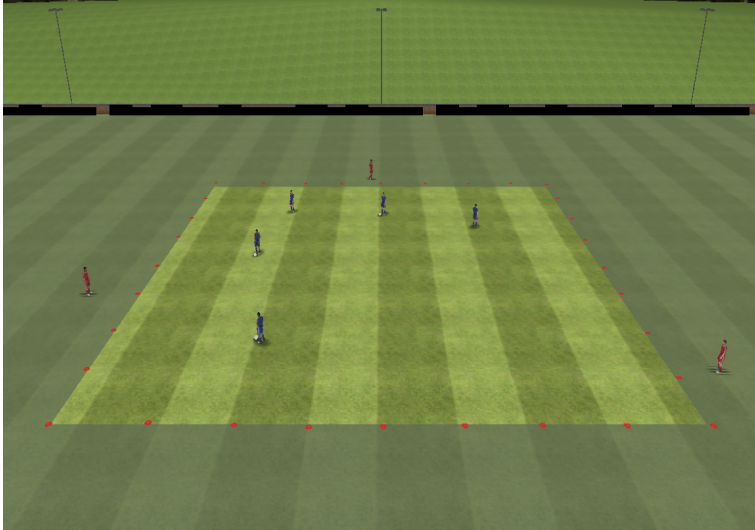
- 1: Use of controlling surfaces (foot, thigh, chest) do not just use any part of the body
- 2: Move into line with the ball in time to receive it - Soft control
- 3: Read the speed and trajectory of service, be willing to move forward or back to receive
- 4: Prepare the ball to space or away from defenders
- 5: Let the ball come across the body to open out

Control Possession

Age: U10

Level: Technique with Passive Pressure

Objective: Possessing the soccer ball



Scan the code to see the practice:



Organization:

Set up a 40x40 playing area. Split your team into a numbers up situation with 3 defenders against 5 attackers. The attackers have two or three balls between them inside the grid and must pass to each other keeping possession. The defenders start on the outside of the grid. On the command of the coach they enter the grid and try to kick-out the attackers soccer balls. If a ball is kicked out, the attackers try to keep possession of the remaining balls until all the balls have been kicked out. Once the game has ended players can switch to give each player a turn at both possession and defending

Coaching Points:

- 1: Use of controlling surfaces, do not just use any part of the body
- 2: Get in line with the ball and move towards the ball to control
- 3: Control the ball towards space, away from defenders or towards the goal
- 4: Control ball on back foot if looking to open out

Jimmy Neutron

Age: U10

Level: Technique with Full Pressure

Objective: Numbers up possession



Scan the code to see the practice:



Organization:

Set out a large area 50x30 yards. Split your group into 2 teams of 6, with 2 additional neutral players. The object of the game is for each team to play possession and make 8 passes, starting and finishing with a neutral player. Neutral players cannot be tackled, but can be marked and a pass to a neutral player may be intercepted. For every 8 passes completed starting and finishing with a neutral player, the team is awarded 1 point. First team to 5 points is the winner.

Coaching Points:

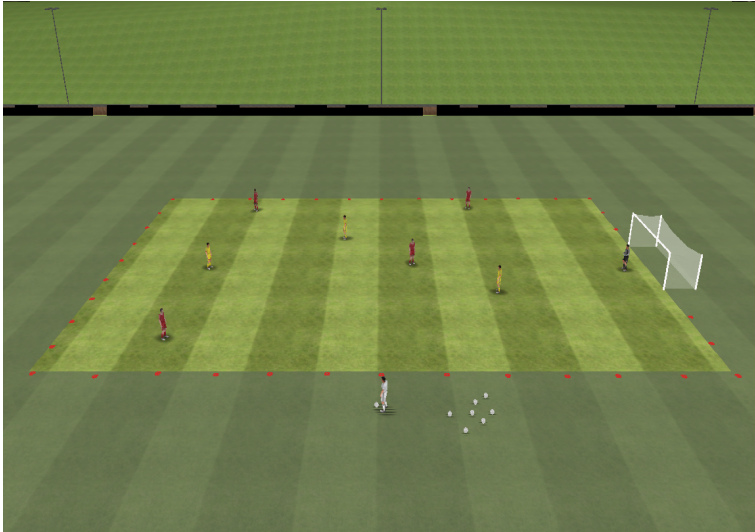
- 1: Read the service and move into line with the ball
- 2: Select controlling surface early and adjust body accordingly
- 3: Check in or check out to lose any defenders by creating passing angles or options
- 4: Control into space or towards the goal if that is an option (Prepare the ball)
- 5: If defender is tight control and protect the ball
- 6: Attitude to beat the defender with 1st touch or on the turn

Two Touch Numbers Down

Age: U10

Level: Small Sided Game

Objective: Quick passing when attacking.



Scan the code to see the practice:



Organization:

Set out a 50x40 playing area. Create a 4 v 3 plus 1 keeper. The red team of 4 players only tries to keep possession. If they make 8 consecutive passes they are awarded a goal. The yellow team of 3 players try to win possession and score in the goal. If the yellow team score, they nominate a red player to become part of their team. Then yellow team would have 4 players and become the possession team. Progress the game by limiting the team of 4 players to 2 touches, and the team of 3 having to shoot within 3 passes. Encourage the team of 3 to pass the ball forward quickly and shoot every time the opportunity arises.

Coaching Points:

- 1: Create passing angles or options so that team mates can find you with a pass
- 2: Open up the playing area and create as much space as possible
- 3: Check-in or out to create space away from defender
- 4: Select the appropriate controlling surface
- 5: Receive the ball on back foot to open out the field
- 6: Prepare the ball towards the goal, into space or away from defenders