

Forward Movement - Diagonal Run

Age: U10

Level: Warm Up with Ball

Objective: Finishing breakaways



Scan the code to see the practice:



Organization:

Area 30 x 30. Players in two lines A & B.

Players from line A pass the ball across to the players in line B.

Once players from A pass the ball to B they then make a diagonal run across the flag.

The player in line B passes the ball into the space in front of the player making the diagonal run.

This player then takes maximum two touches before shooting. Players rotate lines.

Progression:

Add an extra flag and an additional line - C.

The same pattern of play occurs as earlier, but now the players in line B have the option to play a pass into the diagonal run of players in line C.

The players from line C can either shoot or look to play a pass into the attacker from line A.

Coaching Points:

1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness inventive ways to get the ball past the keeper.

2: Accuracy and technique over power, aim for the corners of the goals - Time the shot

3: Develop the accuracy using both feet before improving the power of the strike

4: Inside of the foot for accuracy and laces for power

2v1 Defending

Age: U10

Level: Technique with Full Pressure

Objective: Role of 1st and 2nd defender



Scan the code to see the practice:



Organization:

Set out a 20 x 10 area. Place 4 goals in the grid with 2 goals at each end of located in the corners. Duplicate the area as needed. Defenders start in the opposite corner to the attacker. The drill begins by the defenders passing the ball diagonally to the attacker. The defenders become active on the attacker's 1st touch. One attacker then attempts to score by running or passing the ball, through either goal. The defenders attempt to win the ball or force the attacker and the ball out of the area. Players rotate roles. Add scores to bring competitive edge to the drill.

Coaching Points:

- 1: 1st Defender: Close and lock the ball, make play predictable, do not allow penetrative passes or shots. Make any challenge with leading foot
- 2: 1st Defender: Sideways on, quick feet shoulder width apart, low into the challenges
- 3: 1st Defender: intercept pass if possible, do not let attacker turn, try and avoid 1v1 with attacker facing up.
- 4: 1st Defender: When numbers down, make play predictable and close off one of the passing options
- 5: 2nd Defender: Communicate with defender 1. Connect with defender 1 as to impact any predictable pass
- 6: 3rd Defender: Balance the defensive shape out, hold line just below 2nd defender make covering runs if needed

Break Away

Age: U10

Level: Small Sided Game

Objective: Breakaways in a small sided game.



Scan the code to see the practice:



Organization:

Set out a pitch 60 x 40 and divide into thirds.

Play 5v5 in the middle third.

Teams play possession keep away, on the completion of 2 passes they can release only one player into the final third to create a 1v1 with the GK.

No defenders or team mates are allowed in the final third to begin with.

Progression:

You can progress the drill by adding an extra attacker allowed to go in to look for rebounds. Then add a defending opponent to recover and chase the attacker down in the final third. Creating a 2v1 in front of goal.

Limit the time or touches that the attacking players are allowed to have in the attacking third.

Coaching Points:

- 1: Create space - make the most of the area by providing width and depth
- 2: Passing options - make good decisions with the ball to keep away from pressure and the defenders.
- 3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.



Break Away

- 5: Positive: Run at the defenders diagonally to open up space.
- 6: Accuracy before power: Build up power of strikes
- 7: Anticipate: Look for rebounds off the keeper

Diagonal Pass and Run

Age: U10

Level: Small Sided Game

Objective: Diagonal passes in a small sided game.



Scan the code to see the practice:



Organization:

Set out a 60x50 yard playing field.

Use a large enough field for the size of your team to create enough space for success.

Set up two goals. Add a center-dividing line down the middle from one goal to the other using cones.

The object is to play a conditioned game where you can only score a goal from a pass or a run made across the central dividing line.

Coach the players to make diagonal passes across the center line to players making straight runs on the opposite side of the line.

Or players can make a diagonal run across the central line to receive a straight pass and then shoot.

Progression:

Condition the players to only have limited touches.

Coaching Points:

1: Accuracy before power: Build up power of strikes

2: Create space: Width and depth, interchanging position, combination play ideas.

3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.



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(U10 Season 3 / Week 09)

Diagonal Pass and Run

5: Positive: Run at the defenders diagonally to open up space.

6: Anticipate: Look for rebounds off the keeper.