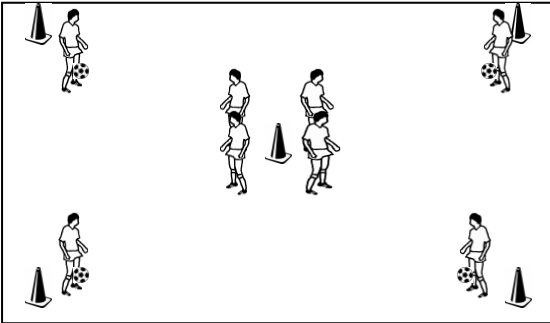
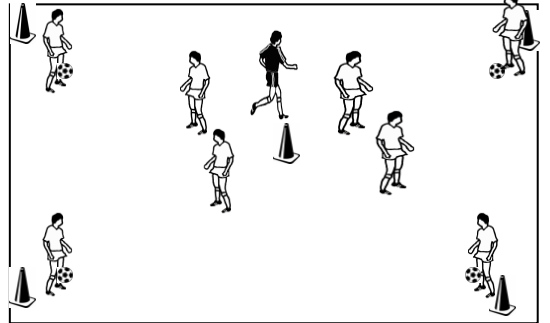
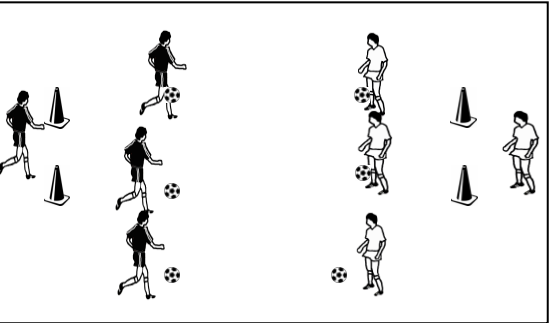


U10

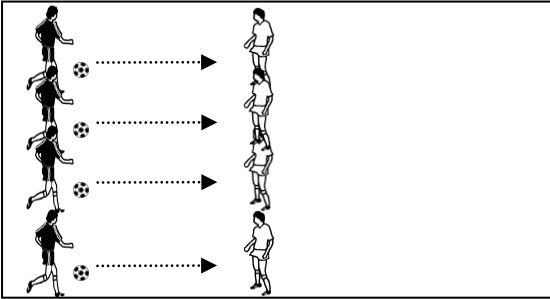
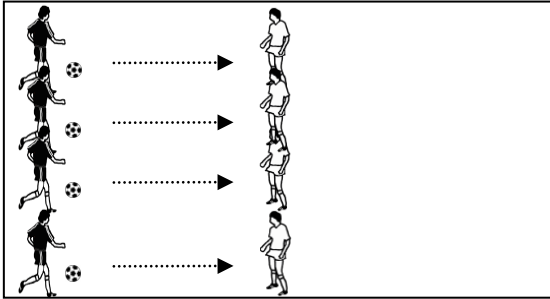
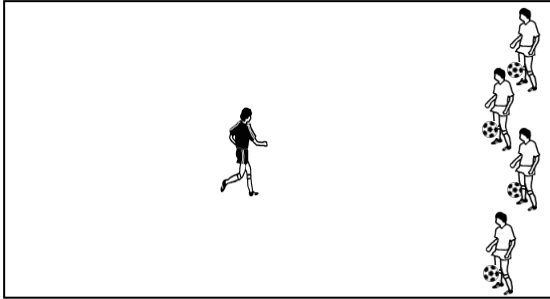
Early Touches

CHALLENGER - TEAM/PLAYER PROGRESSION Ages – U9/U10	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING (INSIDE OF THE FOOT)										
SHOOTING (TOP OF THE FOOT)										
TRAPPING WITH FOOT										
FEINTING AND DRIBBLING										
PUTTING OPPONENTS OFF BALANCE										
RUNNING WITH BALL INTO SPACE										
TURNING/ CHANGE OF DIRECTION										
STEP OVER (WITH PASS)										
STEP OVER (WITH SHOT)										
PRINCIPLE OF PLAY (SPREADING OUT)										
MARKING A PLAYER										

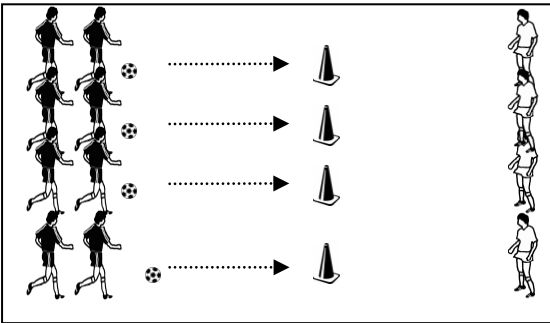
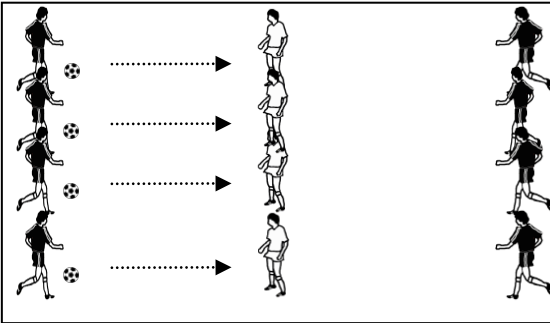
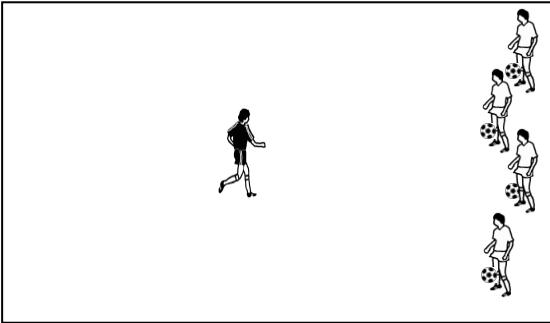
U9/U10 WEEK 1

<p>Unopposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are split into 2 groups with 1 group inside small grid within the box. Other group on the outside of the box with a ball. • Players on the inside must move to a feeder to receive a pass and then pass the ball to the feeder <p>Coaching Points</p> <ul style="list-style-type: none"> • Players are encouraged to pass the ball with the inside of their feet • Avoid Queuing for a pass by moving to open feeder • Placement of non kicking foot • Pass is made with communication • Weight of pass and control 	<p>Opposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • 1 Defender is now in place to place the players in the middle under pressure • Number of defenders is changed upon coaches request <p>Coaching Points</p> <ul style="list-style-type: none"> • Players in the middle must look and listen for the defender • Run towards feeder with no defender present • Control ball to create angle for pass, get ball out from under feet • Relax with pass and have correct weight • Eye contact when receiving pass and call their persons name when making the pass 	<p>Fun Game</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are set into 2 teams each player has a ball except 2 for each team who are behind a coned off area • Each team must pass the ball and hit the other team below the knee with their ball • If hit the player must kneel down and wait for the “doctor” to come out of coned area and tag them back in • If doctor is hit whilst out then it becomes an elimination to the end <p>Coaching Points</p> <ul style="list-style-type: none"> • Players have to keep the ball down by using the side foot and getting body over the ball • Being aware of surroundings by having head up
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U9/U10 WEEK 2

<p>Unopposed</p> <p>Dribbling: Feinting & Moves</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players partner off and one set face off 10 yards apart • Players with the ball dribble towards their partner who jogs backwards always watching the ball • The Players change over after reaching the other side <p>Coaching Points</p> <ul style="list-style-type: none"> • Encouraging moves , feints and shoulder dips as they move with the ball • Keeping their head up • Going at a pace in which they can control the ball • Having the ball out from under their feet 	<p>Opposed</p> <p>Dribbling: Feinting & Moves</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same as before only defenders now challenge for the ball upon the coaches call • Players score points for going past the defender and again they change at the other side <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must now have close control of the ball • Encouraged to go at speed to put defender off balance • Perform different moves 	<p>Fun Game</p> <p>Dribbling: Feinting & Moves</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and attempts to dribble past the defender and get to the other side. • Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Use of moves e.g stop and start to go round defenders • Keep the ball close when dribbling • Have head up at all times
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U9/U10 WEEK 3

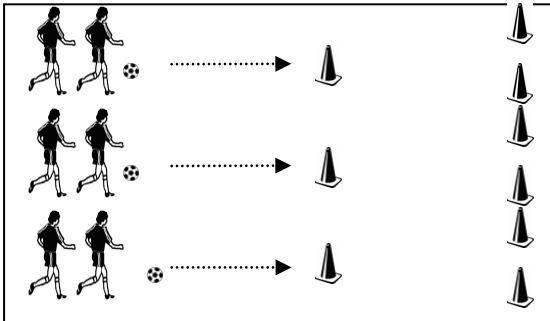
Unopposed Dribbling: Step over with pass Organization	Opposed Dribbling: Step over with pass Organization	Fun Game Dribbling: Step over with pass Organization
		
Implementation <ul style="list-style-type: none"> • Players are in groups of 3 and stand facing each other 25 yards apart with a cone in the centre. • Player with the ball dribbles towards the cone and the performs a step over before passing the ball on to the next player Coaching Points <ul style="list-style-type: none"> • Keeping their head up • Going at a pace in which they can control the ball • Big step over the ball and drop the shoulder • Push off with the outside of the foot 	Implementation <ul style="list-style-type: none"> • Same as before only a defenders in placed of the cone • Defender begins passive and can progress to challenging for the ball Coaching Points <ul style="list-style-type: none"> • Keeping their head up • Keeping ball out on front of them • Using step over at correct point • Big step over and drop over the shoulder • Pushing off and away from the defender 	Implementation <ul style="list-style-type: none"> • Each player has a ball and attempts to dribble past the defender and get to the other side. • Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate Coaching Points <ul style="list-style-type: none"> • Moving with ball into space • Use of step over to go past defender • Keep the ball close when dribbling • Have head up at all times

U9/U10 WEEK 4

Unopposed

Dribbling: Step over with Shot

Organization



Implementation

- Players dribble towards the middle cone before performing a step over and the shooting
- Player follows shot and returns back to the start

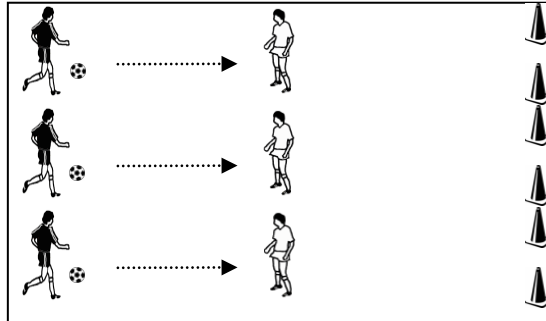
Coaching Points

- Keeping their head up
- Going at a pace in which they can control the ball
- Big step over the ball and drop the shoulder
- Push off with the outside of the foot
- Strike through the ball with laces
- Head over the ball
- Knee over the ball

Opposed

Dribbling: Step over with Shot

Organization



Implementation

- Same as before only a defenders in placed of the cone
- Defender begins passive and can progress to challenging for the ball
- Player now strikes a shot at goal after going round the defender

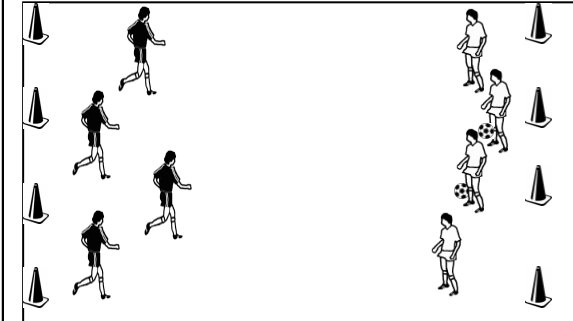
Coaching Points

- Keeping their head up
- Keeping ball out on front of them
- Using step over at correct point
- Big step over and drop over the shoulder
- Pushing off and away from the defender
- Reiterate striking points

Fun Game

Dribbling: Step over with Shot

Organization



Implementation

- Players are separated into 2 teams
- Players have to score as many goals as the can in the various goals
- Team with most goals wins
- Goalkeepers are optional

Coaching Points

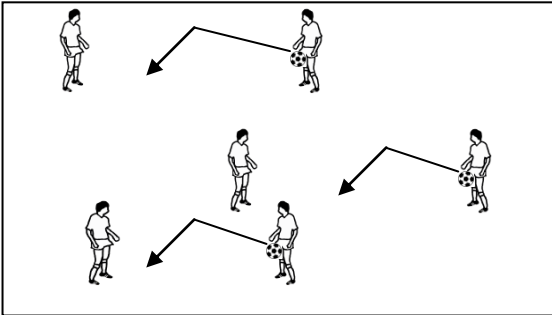
- Moving with ball into space
- Use of step over to go past defender
- Attack open space with the ball
- Use step over where appropriate
- Shot on goal when they have a chance

U9/U10 WEEK 5

Unopposed

Passing: Passing and Receiving

Organization



Implementation

- Players are with a partner and stand facing each other.
- One ball between two the player with the ball gentle throw the ball underarm for his partner to stop then pass back.
- Pass should be light and to the players feet
- Progress practice, player follow the pass and runs around partner and back to the start

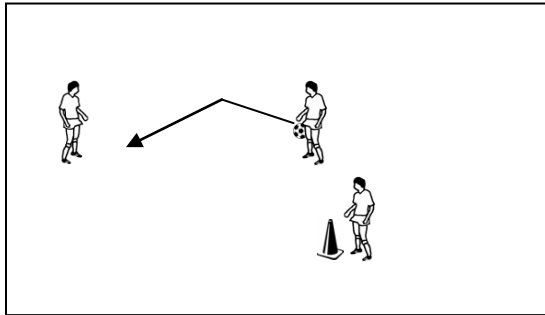
Coaching Points

- Encourage players to move to meet the ball.
- Encouraged players to pass the ball with the inside of their feet
- Placement of non kicking foot
- Relax Weight of pass and control
- Face where you want the ball to go

Opposed

Passing: Passing and Receiving

Organization



Implementation

- Players are now in a group of 3 with an additional player standing at a cone to the left/ right of the play
- Once the ball is thrown to the player controlling the ball the 3rd player steps out from behind the cone to put them under pressure
- Coach can adjust the practice to suit each skill level e.g. delay defender

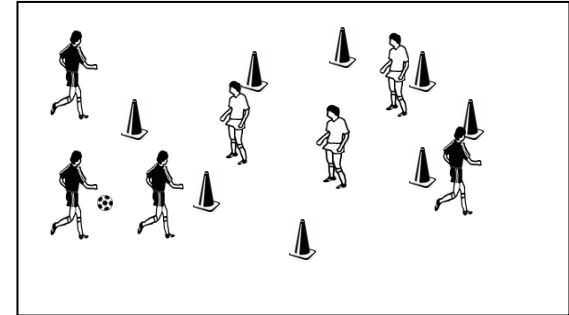
Coaching Points

- Use the inside of the feet to pass
- Relax with pass and have correct weight
- Placement of non kicking foot
- Strike through the ball
- Eye contact when receiving pass

Fun Game

Passing: Passing and Receiving

Organization



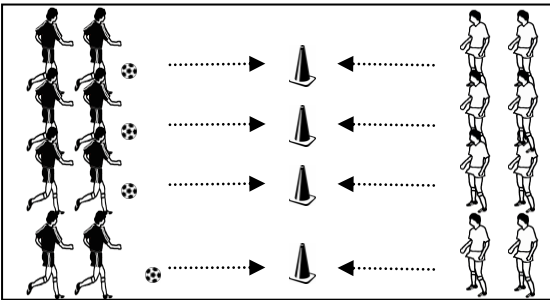
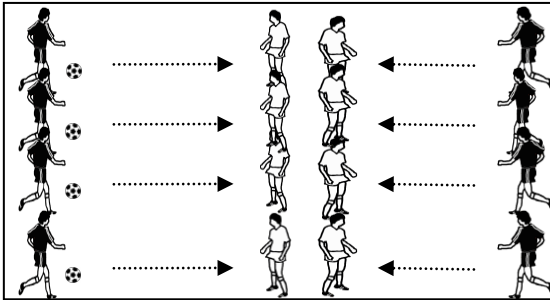
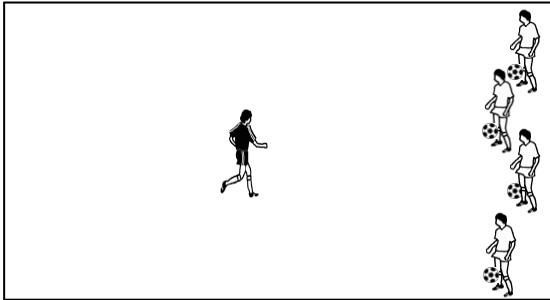
Implementation

- Players are set into 2 teams
- 1 team in a defined area the other team surrounding them
- Players are eliminated if hit below the waist with the ball
- 1 ball is used at first with others being introduced at the coaches discretions

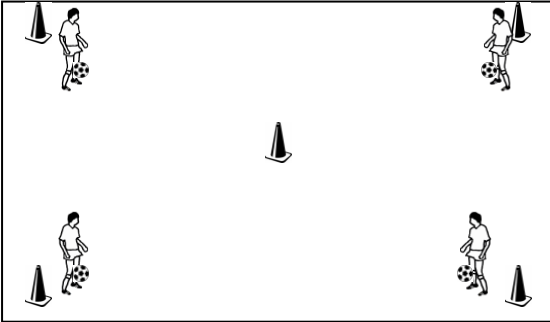
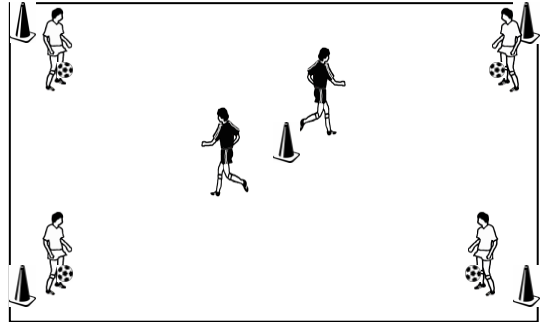
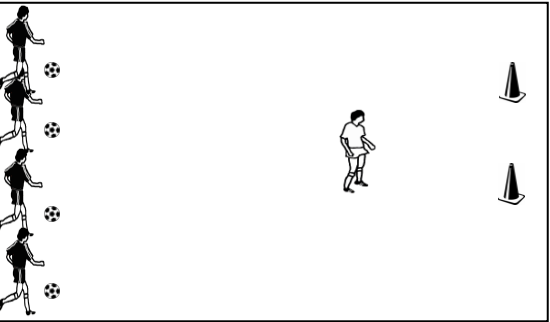
Coaching Points

- Players have to keep the ball down by using the side foot and getting body over the ball
- Being aware of surroundings by having head up

U9/U10 WEEK 6

<p>Unopposed</p> <p>Dribbling: Step over with pass</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are in groups of 4 and stand facing each other 25 yards apart with a cone in the centre. • Player with the ball dribbles towards the cone and then performs a step over before passing the ball on to the player on the other side <p>Coaching Points</p> <ul style="list-style-type: none"> • Keeping their head up • Going at a pace in which they can control the ball • Big step over the ball and drop the shoulder • Push off with the outside of the foot 	<p>Opposed</p> <p>Dribbling: Step over with pass</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same as before only a defender is placed of the cone • Defender begins passive and can progress to challenging for the ball <p>Coaching Points</p> <ul style="list-style-type: none"> • Keeping their head up • Keeping ball out on front of them • Using step over at correct point • Big step over and drop over the shoulder • Pushing off and away from the defender 	<p>Fun Game</p> <p>Dribbling: Step over with pass</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Each player has a ball and attempts to dribble past the defender and get to the other side. • Defenders can be made to “hop” or “act like crabs” etc to increase fun and help players success rate <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Use of step over to go past defender • Keep the ball close when dribbling • Have head up at all times
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U9/U10 WEEK 7

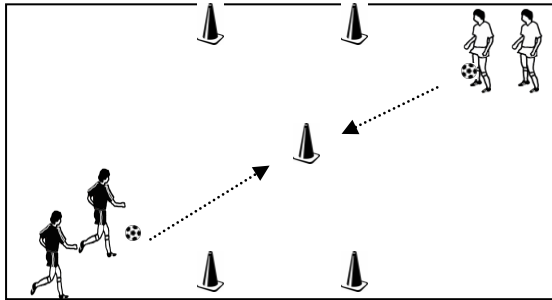
<p>Unopposed</p> <p>Turning: Changing of Direction</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players dribble from the corners into the middle cone and perform a turn • Variation of turns, outside , inside cruyff, drag back <p>Coaching Points</p> <ul style="list-style-type: none"> • Slow into turn i.e approaching cone • Arm out, spin • Knee's bent • Chop down on ball with outside/ inside of the foot • Accelerate away from turn 	<p>Opposed</p> <p>Turning: Changing of Direction</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same exercise as before only 2 defenders stay in close to the middle. • They cannot challenge for the ball but if a player gets to close they may knock the ball away <p>Coaching Points</p> <ul style="list-style-type: none"> • Repeat coaching points in previous drill • Pace of dribbling into the defender • Turning at correct moment 	<p>Conditioned Game</p> <p>Turning: Changing of Direction</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players line up with a ball with one defender "Referee" in front of them • Player ask "how long is left Ref?" • Ref calls a number up to 12 and players take that many steps • At the call of full time the ref turns and try's to steal the players balls. • Players must turn and dribble back to end line, if caught they join the ref <p>Coaching Points</p> <ul style="list-style-type: none"> • Same as before
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U9/U10 WEEK 8

Unopposed

Dribbling: Step over with Shot

Organization



Implementation

- Players dribble towards the middle cone before performing a step over and then turning to shooting
- Player follows shot, move on to the 2nd line
- It is important to step up several goals and only 3 per line to avoid waiting

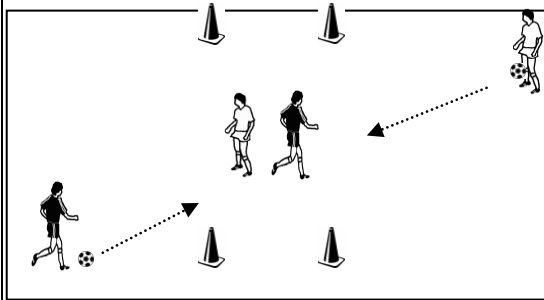
Coaching Points

- Keeping their head up
- Going at a pace to keep ball under control
- Big step over the ball and drop the shoulder
- Push off with the outside of the foot
- Strike through the ball with laces
- Head over the ball
- Knee over the ball

Opposed

Dribbling: Step over with Shot

Organization



Implementation

- Same as before only a defenders in placed of the cone
- Defender begins passive and can progress to challenging for the ball
- Player now strikes a shot at goal after going round the defender

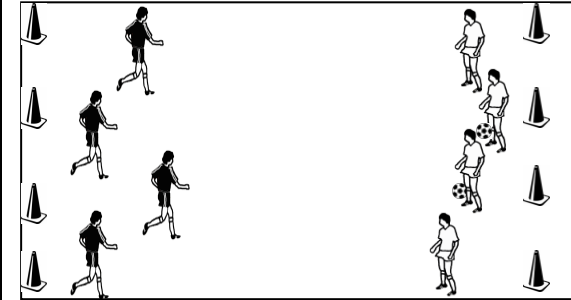
Coaching Points

- Keeping their head up
- Keeping ball out on front of them
- Using step over at correct point
- Big step over and drop over the shoulder
- Pushing off and away from the defender
- Reiterate striking points

Fun Game

Dribbling: Step over with Shot

Organization



Implementation

- Players are separated into 2 teams and have to score as many goals as they can into the various goals
- Team with the most goals wins

Coaching Points

- Moving with ball into space
- Use of step over to go past defender
- Attack open space with the ball
- Use step over where appropriate
- Shot on goal when they have a chance