

U-10 Session
Sam Snow-US Youth Soccer Assistant Director of Coaching



<p>Warm-Up <i>Ball Master in Fours-getting them to work together</i></p> <p>Every group of four gives their ball to the coach and the coach tosses the ball out for each group to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach with 3 elbows and 1 hand; 2)w/feet and using 7 touches to get it to the ballmaster; 3)w/feet and using 17 touches to get it to the ballmaster; 4) w/feet and using 2 touches to get it to the ballmaster. The coach (ballmaster) walks around while the groups the ball back to him/her.</p>	
<p>1st Activity-Bulldog</p> <p>Put the entire group inside a playing area. Two players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the playing area. The two bulldogs try and work together and “hit” a player without a penny/bib on with a ball below the knees. When a player gets hit, they join the “bulldogs”. Progress along for time or until a group remains. This game works on passing, thinking ahead, receiving, and speed of play.</p>	
<p>2nd Activity-“Gates”</p> <p>Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.</p> <p>At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.</p>	
<p>Final Activity-The Match</p> <p>Coach has a supply of balls to keep match flowing.</p>	