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

Warm-Up

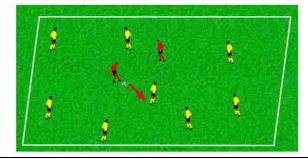
Ball Master in Fours-getting them to work together

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.



1st Activity-Bulldog

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.



2nd Activity-"Gates"

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.



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.

Final Activity-The Match

Coach has a supply of balls to keep match flowing.

