

U10 Drills

Expectations of a U10 Player	Achievable Targets	Unachievable Targets
Motor skills becoming more refined	Balance, flexibility and strength improving, thus enabling the child to perform more complex tasks. Some children can juggle a ball 100x.	Strikes a ball in the air over a distance of 10-20 yards consistently
Learning will take place at different stages in young children	Everyone will learn and improve as a soccer player	Children learn and develop differently, do not expect everyone to learn at the same rate. Remember the more the child practice, the better they become
Have the ability to stay at tasks longer	Can listen longer, take basic instruction and begin to understand what is expected of them	Children by now are becoming more deliberate in their recall memory, they still become bored quickly. K.I.S.S. - Keep Instruction Short and Simple
Have the ability now to think in advance and begin to anticipate where the ball will be	Can now hold a certain position. i.e. If you play on the left wing you should stay out on the left.	Only has limited soccer experience, although understands the concepts of positions still gets pulled out of position by following the ball instead of player
Can identify with a team and begin to make friends. Socialization becomes very important	Learn new skills, have fun and make new friends	If situations are left to develop children form groups and leave players behind as they may not fit socially. This should not be allowed to occur.
Repetition of skills become very important, to ensure players can perform certain tasks under pressure	Have the ability to perform the basic tasks of soccer, dribble, pass and shoot; however repetition is still important to improve these skills	Under pressure in game situations these skills break down. Remember PRACTICE MAKES PERFECT.

Dribble and Shoot

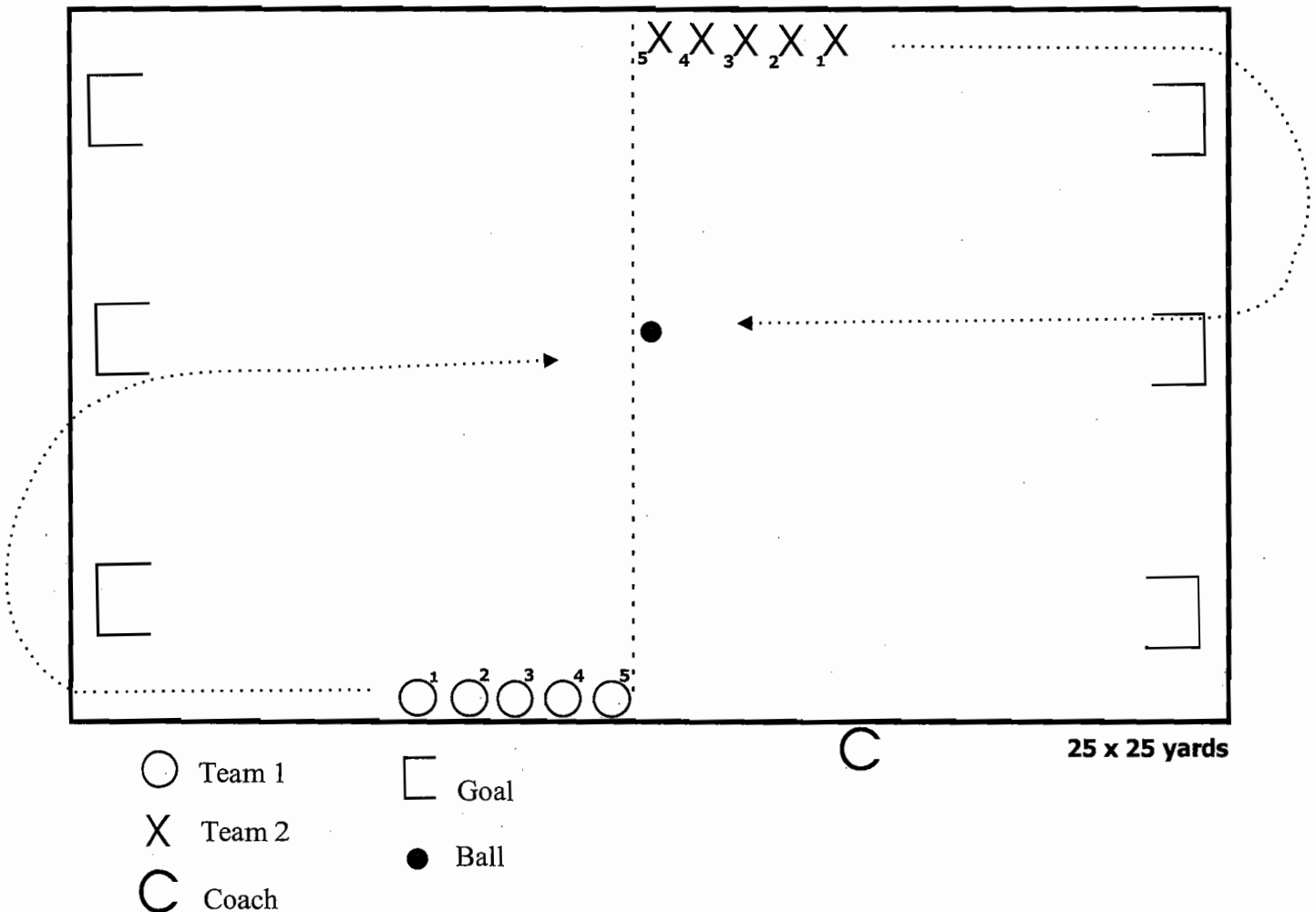
Purpose: To encourage dribbling and shooting under pressure

Organization

1. Set up two teams, five players per team
2. One team wears scrimmage vest
3. Set up a 25x25 grid with six small goals. Three goals on each side
4. Teams are separated and placed on the half-way line, opposite of each other
5. Each player on each team is given a number between 1 and 5
6. When the coach calls out a number the team's player must run around the back of their goal, through the middle goal and try to score in any of their opponents three goals

Coaching Points

- Positive first touch
- Get the ball out of your feet and use attacking dribble
- Make space to strike the ball early



Soccer Bowling

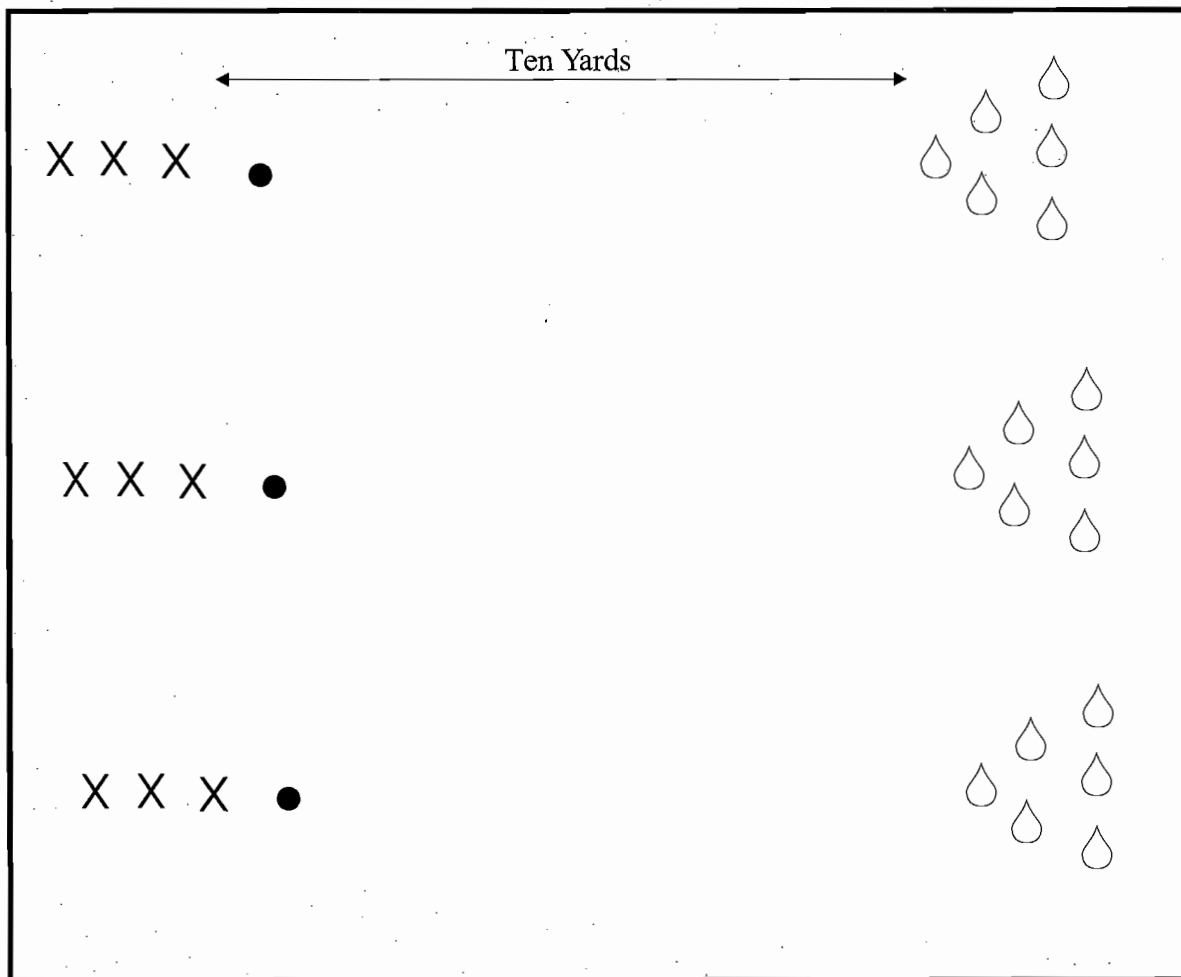
Purpose: Incorporate correct passing technique through fun games

Organization

1. Set up four teams, 3 players in each team
2. Approximately 10 yards away from the players set up 5 tall cones as in bowling
3. Each player takes a turn to pass the ball and try to knock the cones down
4. First team to knock down all the cones wins

Coaching Points

- Body position/approach the ball at an angle
- Keep ankle locked on kicking foot
- Non-kicking foot by the side of the ball
- Use inside of foot to strike through the target
- Weight of pass to hit the target and knock the cone down accurately



X Players

● Ball

⊖ Tall cones

Road Runner

Purpose: Improve the player's dribbling

Organization

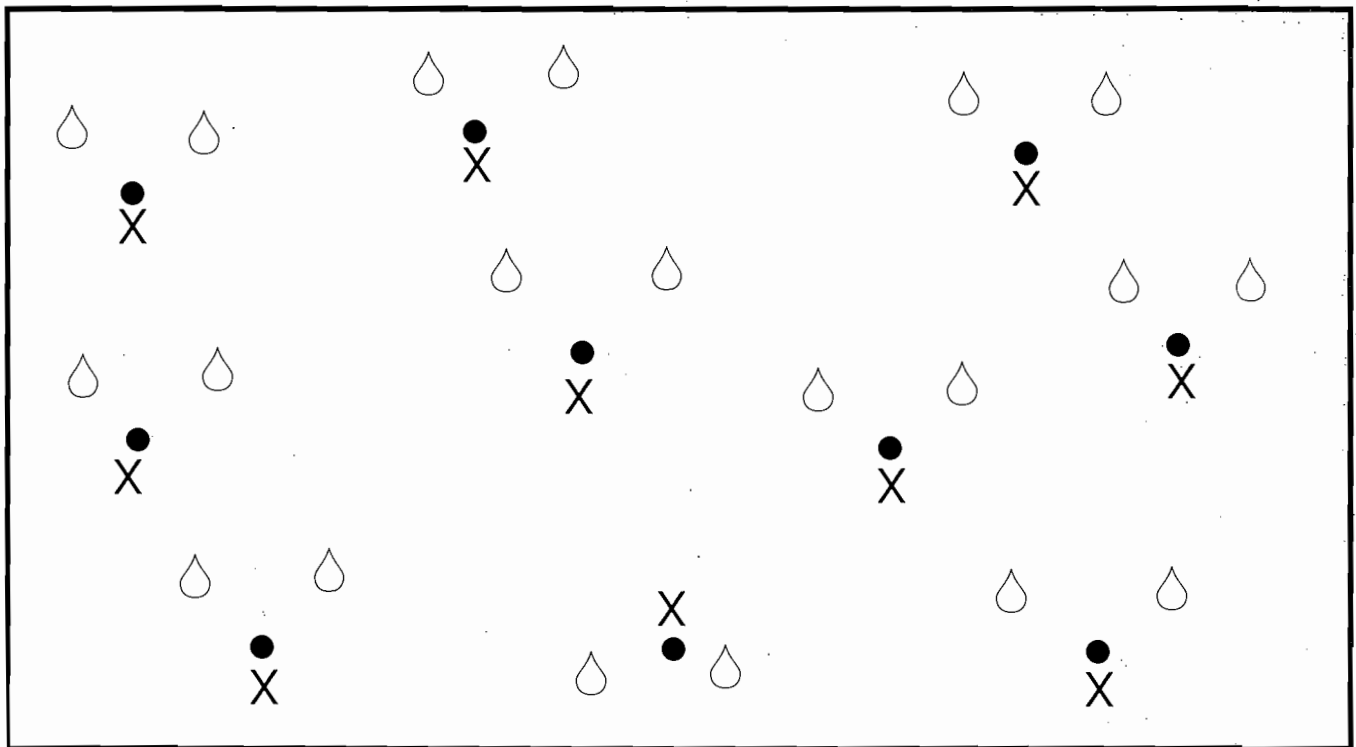
1. Ten players enter a 30x30 marked area
2. Each player has a ball
3. Ten gates are set up in different areas of the grid
4. Each player on coach's command must dribble through as many cones as they can in 90 seconds
5. Ensure players **DO NOT DRIBBLE AROUND IN CIRCLES**
6. Players receive 1 point for every cone they dribble through
7. Players lose 1 point every time they collide with each other

Progression

1. Use right foot only
2. Use left foot only
3. Use outside of foot only

Coaching Points

- Head up to see where everyone is and where the open gates are
- Keep ball close
- Work on change of pace, accelerate through the gates



30 x 30 yards

X Players

● Ball

☹ Cones