



# Week 1

U9/U10

## Comfort On The Ball

Ownership · Teamwork · Leadership · Respect





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# Dribbling – Island Dribbling

**4 Separate 10 x 10 Grids** **COACH USES A NOODLE TO TAG**  
**IF PLAYER IS TAGGED HAVE THEM DO A SKILL AND RE-ENTER**

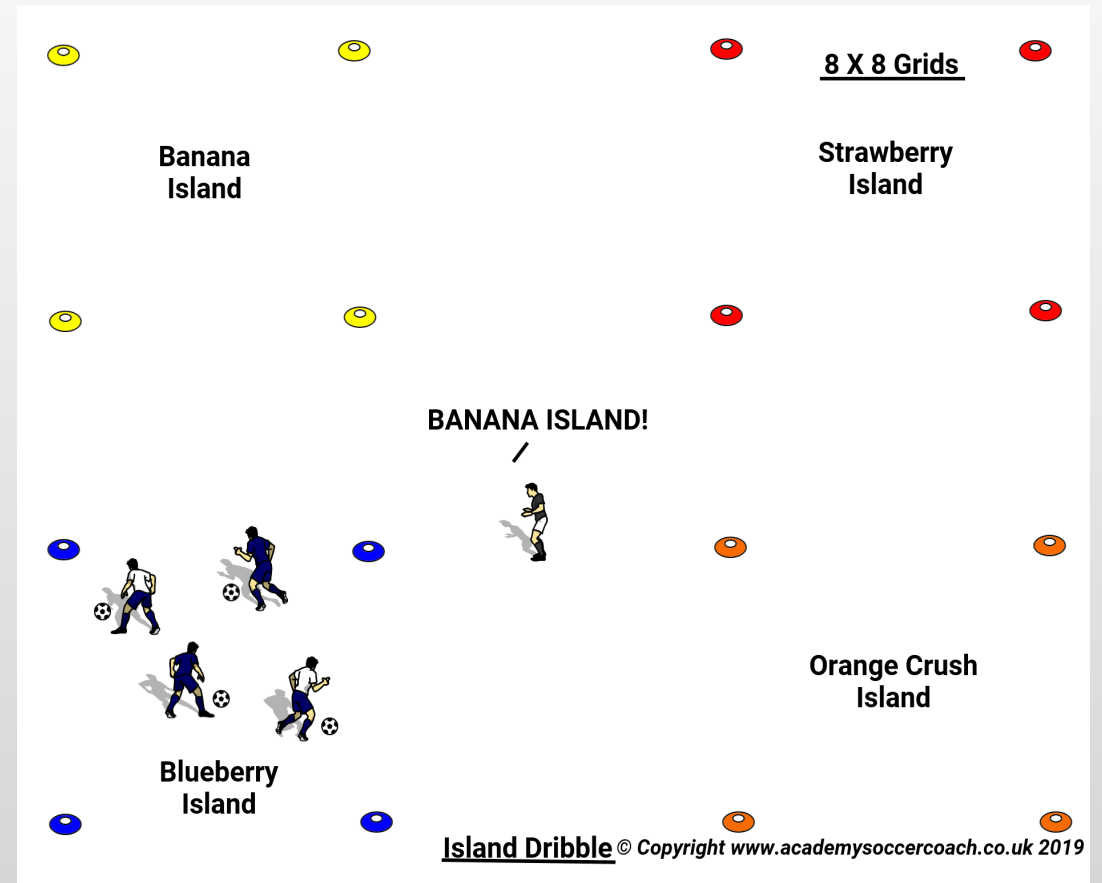
- Begin Without A Ball.
- Name The Islands. Can Be Silly Names.
- Have Players Run/Skip To The Island Without Being Tagged By The Coach
- Add Soccer Ball And Dribble To The Island. Island Is Safe Zone
- ~~When Tagged Join Coach. Several Players Can Make Up Their Own Group.~~

## Possible Coaching Points – Target Game

Encourage Listening While Playing

Encourage Change Of Speed/Direction To Not Get Tagged

*Guided Question – I Wonder How You Can Change Direction To Not Get Caught Off The Island?*



# Dribbling – Individual Gates



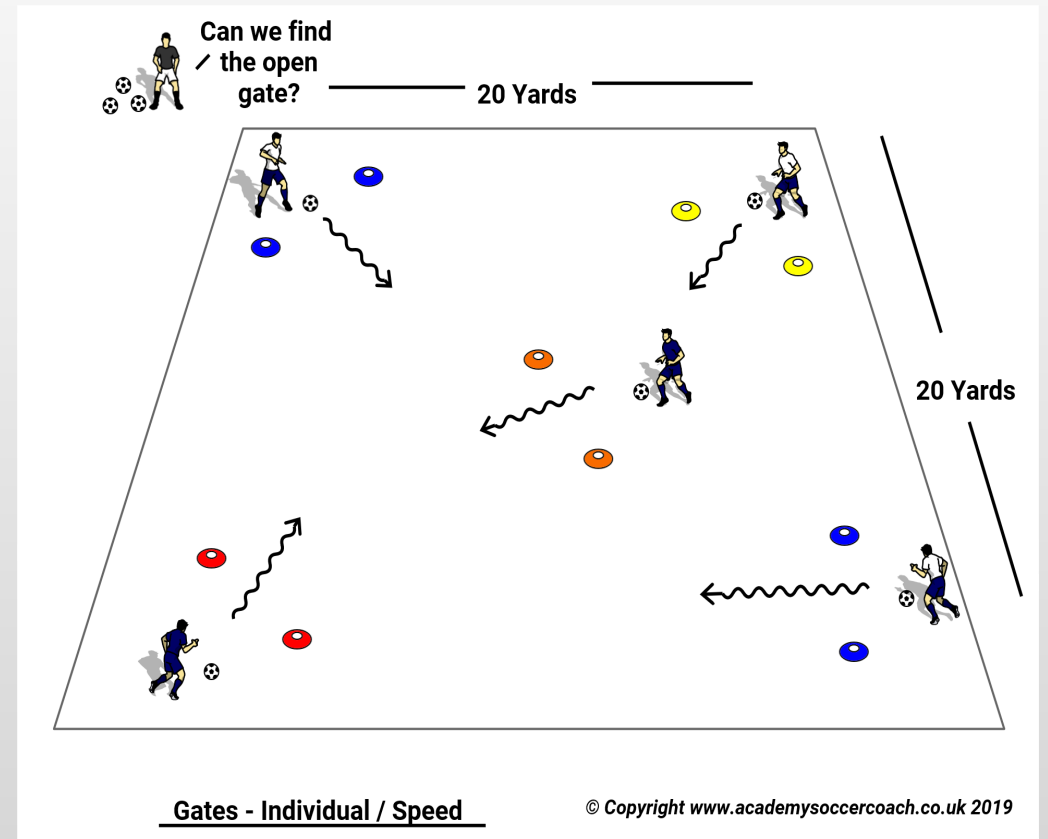
## Grid 20 x 20 Yards

- Begin without soccer balls and encourage players to go through gates in different ways (run, jump, backwards)
- Add soccer balls
- Play short rounds. Have players yell out the number of gates they dribbled through. Then try to beat that number
- Progress to doing a move through a gate. (Pull back, step over etc..)

## Possible Coaching Points

- Use all part of the feet to maintain control of the ball
- Vision – Where is the open gate?
- Be creative with surfaces of foot

*Guided Question – I Wonder How I Can Get Through More Gates Next Time?*



# Game Play – SEE YA!!



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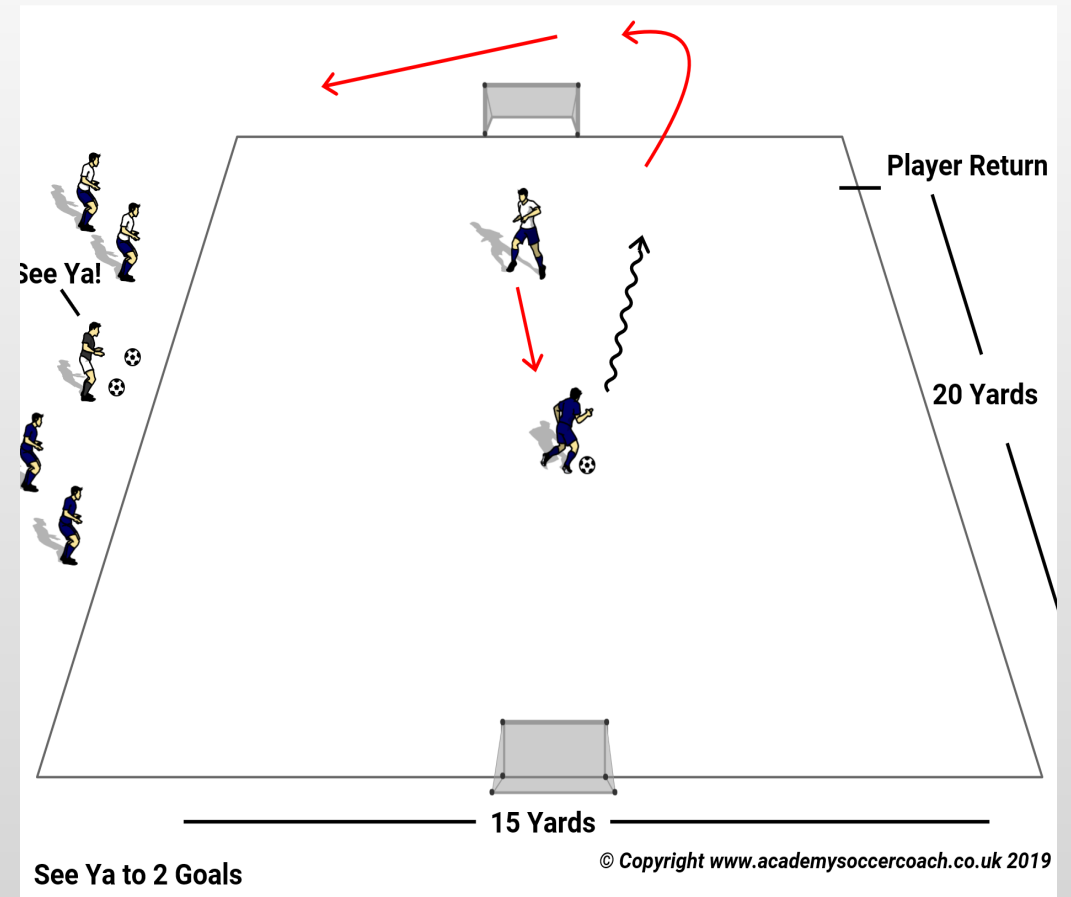
## Grid 15 x 20

- Place all balls in a pile.
- Have players line up in two teams on either side of the coach.
- Coach sends ball into field. Start 1 v 1.
- As they get the game call out a number of players to send on the field, 2 v 2 etc...
- Teams play directionally to goals/.
- Keep the game moving quickly.

## Possible Coaching Points

- Look to attack right away
- Keep ball under control while attacking
- Transitions between attacking and defending
- Work with teammates in 2 v 2 +

**GUIDED QUESTION - How can you attack the space behind the defender?**



# 4 v 4 Game Play – Practice - Play



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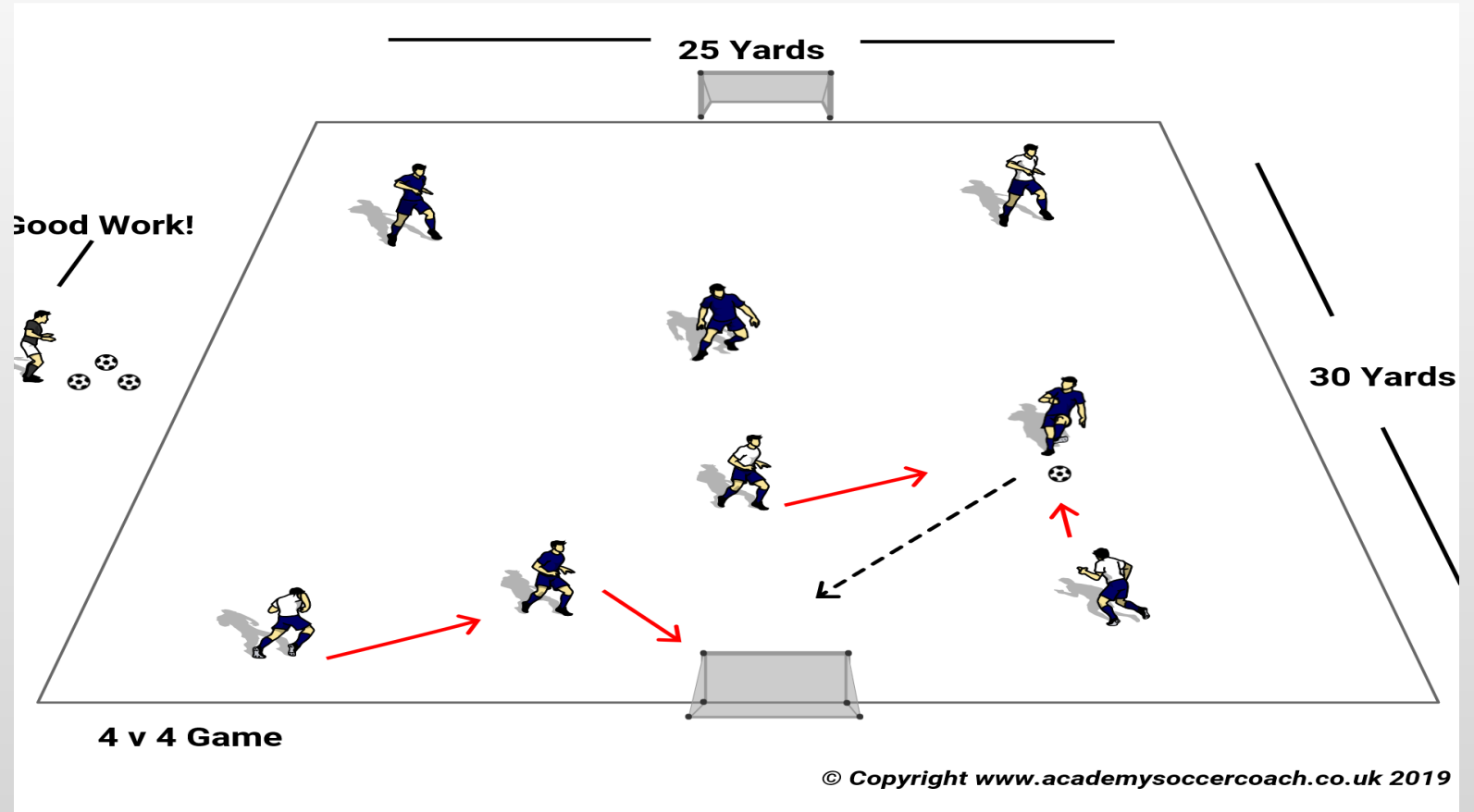
Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U9/U10 Practice Model

10 minutes of Scrimmage to start  
30 minutes of activities  
20 minutes Scrimmage with your team

Keep games to 4v4 – 5v5 to maximize opportunities on the ball for players.

Rotate players to keep games competitive.

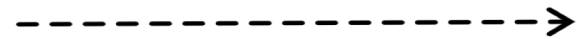


# Diagram Details

## Diagram Details



Player Dribbles the Ball



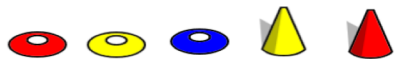
Player Passes / Shoots



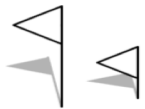
Player Runs with the Ball, Quickly



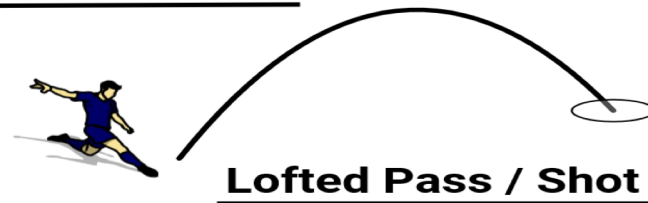
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals