



Week 3

U9/U10

Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



Dribbling – Team Knock Out



SALVO
SOCCER
CLUB



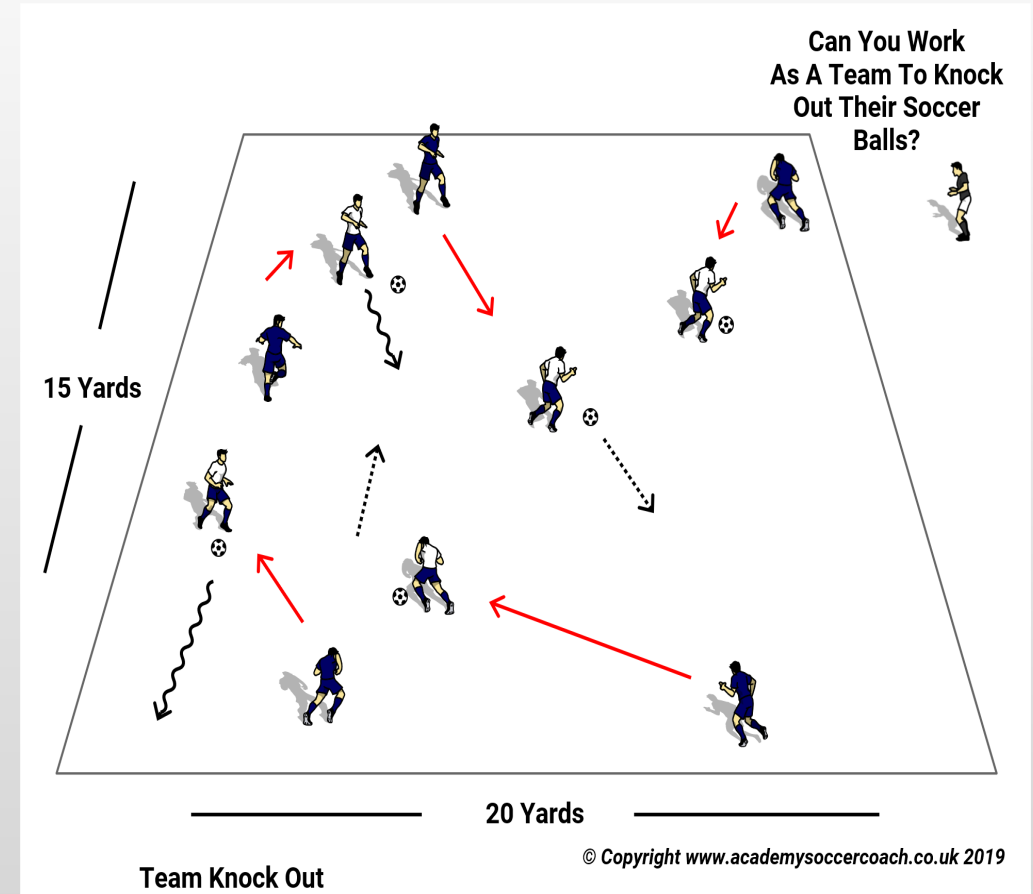
Grid 15 x 20 yards

- All Players need a ball and start to dribble in open space. Then split them into 2 teams.
- One team has soccer balls and the other does not.
- The team that is it tries to knock the other teams out of bounds.
- Designate an area for the players to come to if they have their ball knocked out of the grid.
- You can let players back in if they get to their ball before it stops rolling.
- Progress to both teams having soccer balls. Both teams must keep the soccer ball under control.

Possible Coaching Points

- Keep ball under control and be aware of pressure.
- Work together to get all players out of bounds.

Guided Question – I Wonder if You Should Work as a Team or By Yourself?



Dribbling – Tail Tag



Grid 15 x 15

- All players will need a bib, the bib will be used as a tail for the activity.
- Play without a ball to begin with.
- Players try to steal other players tails.
- If player loses tail they still try to get other tails. No one is ever done.
- Add soccer balls.

Possible Coaching Points

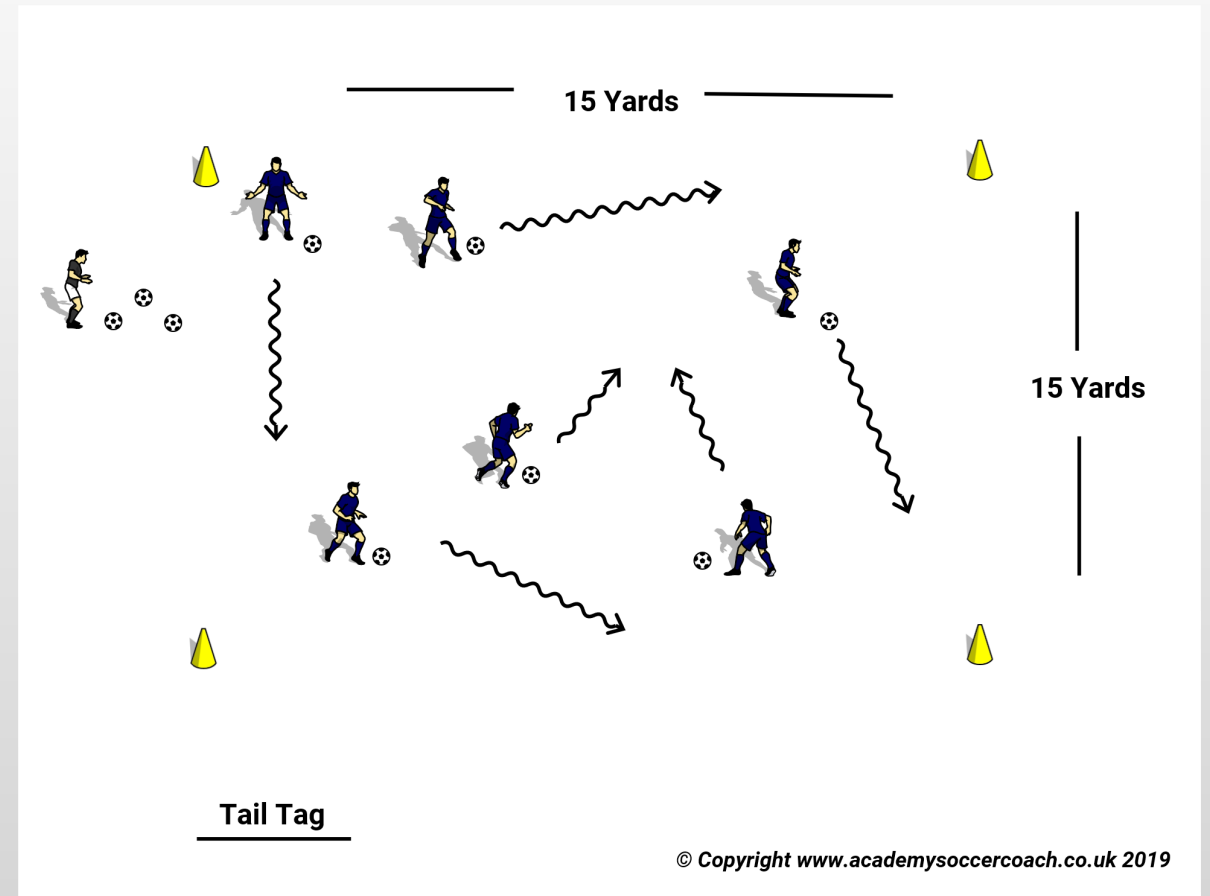
This is a maze game.

Vision with and without ball

It is as important to not lose your tail as it is to get others tails.

Balance

Change of speed/direction



Game Play – SEE YA!!



SALVO
SOCCER
CLUB



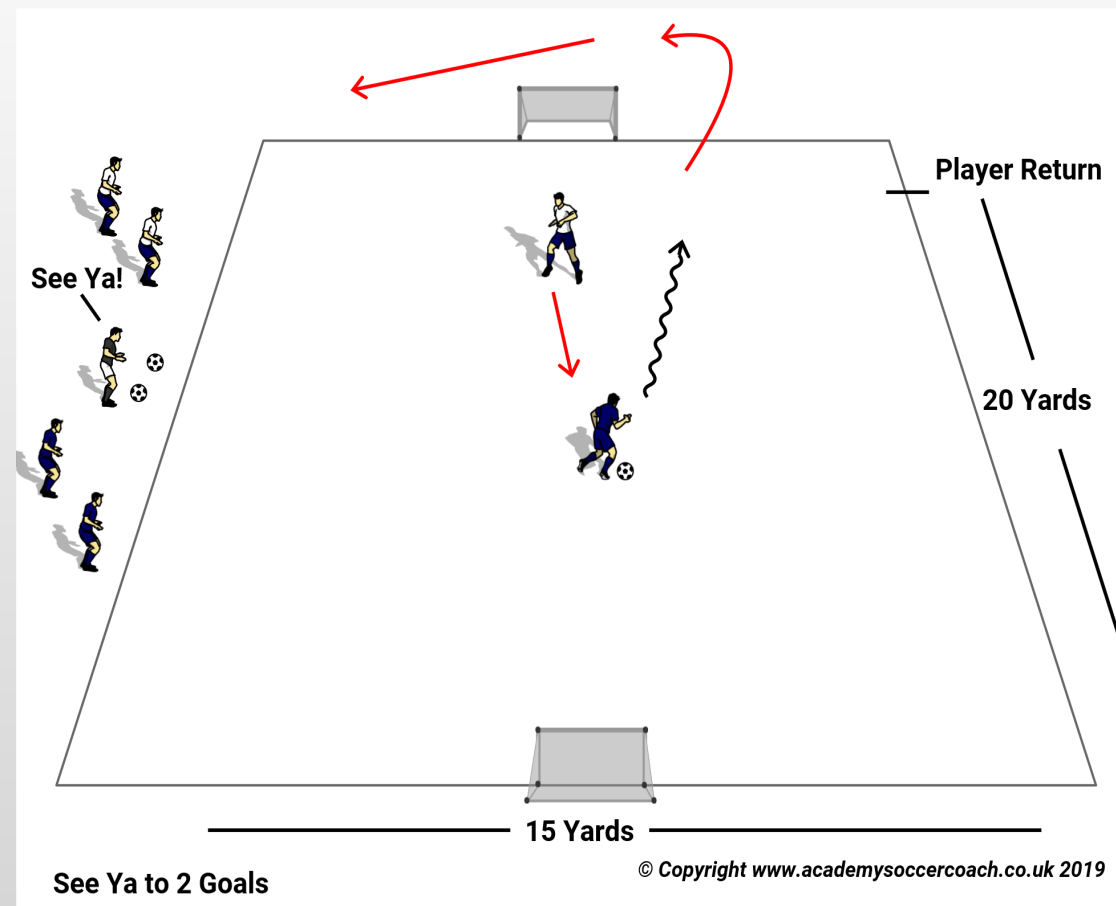
Grid 15 x 20

- 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 – What are you looking for when attacking the goal?
What are you looking to do when defending the goal?**



4 v 4 Game Play – Practice - Play



SALVO
SOCCER
CLUB



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.

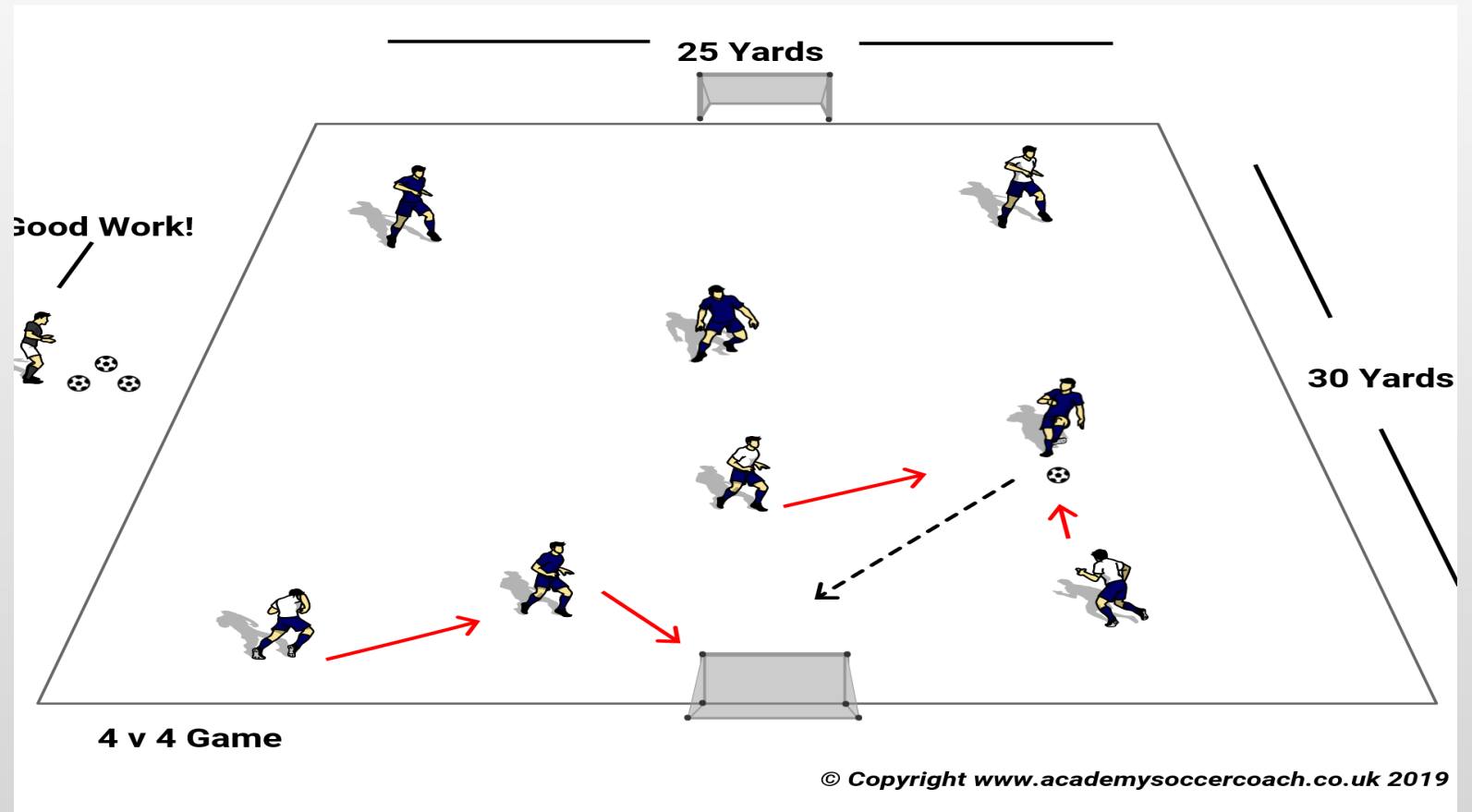
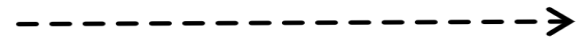


Diagram Details

Diagram Details



Player Dribbles the Ball



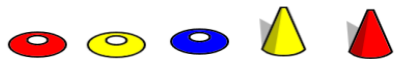
Player Passes / Shoots



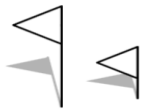
Player Runs with the Ball, Quickly



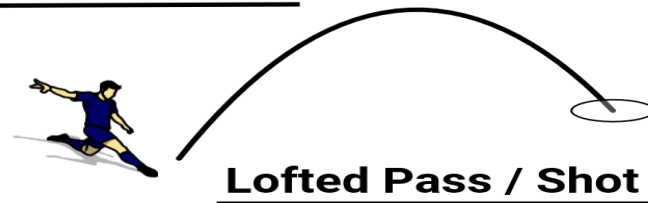
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals