

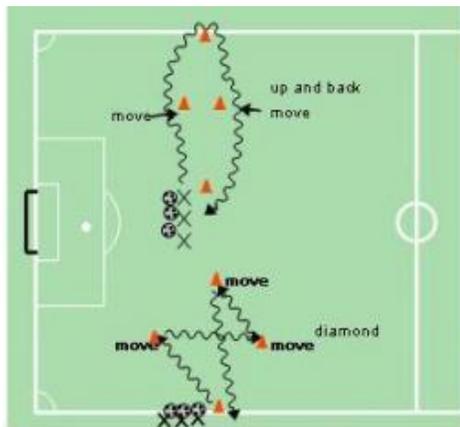


**Date:** 09/13/18      **Group:** U10 Boys and Girls  
**Length:** 75 mins  
**Start Time:** \_\_\_\_\_      **Focus:** Dribbling and Passing  
**End Time:** \_\_\_\_\_      **Level:** U10

Length	Start	Drill Name	Category	Notes
13		Warm Up	Warm up	
9		Box dribbling	Attacking/Dribbling	Next player goes when the first player gets to the second cone. Switch the starting cone after a few minutes so players work on the move going the other way.
9		Team dribble	Attacking/Dribbling	8 cones 4 for the grid & 4 for the center line all players with a ball When switching fields require players to dribble to the opposite endline (not just over the half field line)
9		1v1 Offensive/Defense	Attacking/Dribbling	
9		Baseball Passing	Passing/receiving	Nobody leaves their base in this drill. 4 cones 4 players 2 balls Baseball diamond about 10 yard base paths.
9		4 Corners - Agressive/Fitness	Passing/receiving	
15		Game play	game play	

**Notes:** This practice session re-introduces the passing concept and pairs it with dribbling.

**Drill Title:** Box dribbling (1 Diagram )

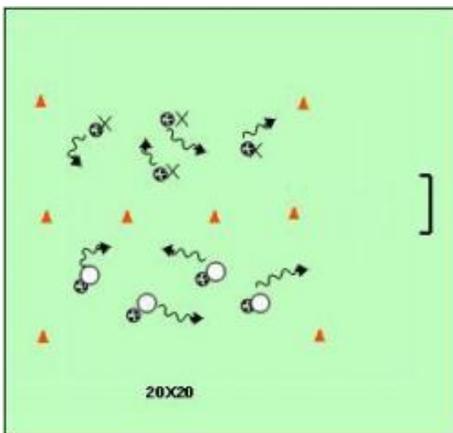


Groups of 3 or 4  
Set up the first grid with 2 cones  
in the middle(defenders).  
Up and back doing scissors,  
double scissors, sole role around middle cones.

Part 2-Spread 2 middle cones out to make a diamond  
and have players do reverse moves- pull back,  
cruyff, step over at the three cones.

**Key Points:** Repetitive dribbling moves Good warm up exercises

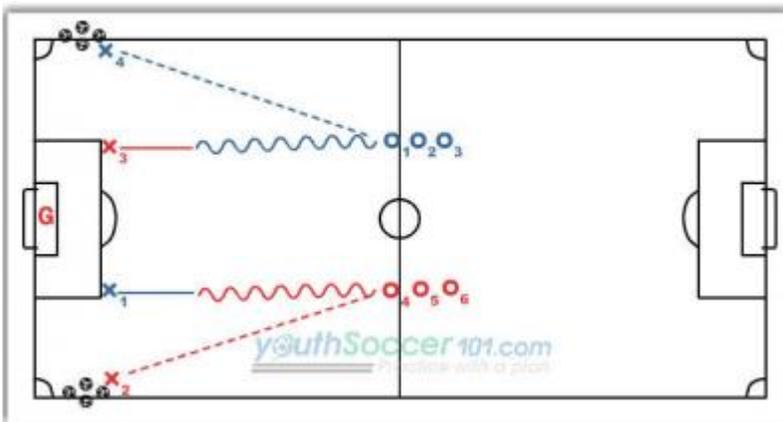
**Drill Title:** Team dribble (1 Diagram )



Divide the team in half and have the players dribble on their half of the field.  
Coach calls out "switch" players leave their ball &  
dribble with a team mates ball-stay on their half.  
"switch fields" players dribble to opposite half of the field with their ball.  
First team with everyone on their half wins a point. Play to 5 wins.

**Key Points:** Head up while dribbling Quick change of direction Dribble with pace

**Drill Title:** 1v1 Offensive/Defense (1 Diagram )



**Setup:**

- 2 teams (blue + red)
- Offensive players lineup on the 50
- Defensive players lineup on the 18
- Goalie in net

**Drill:**

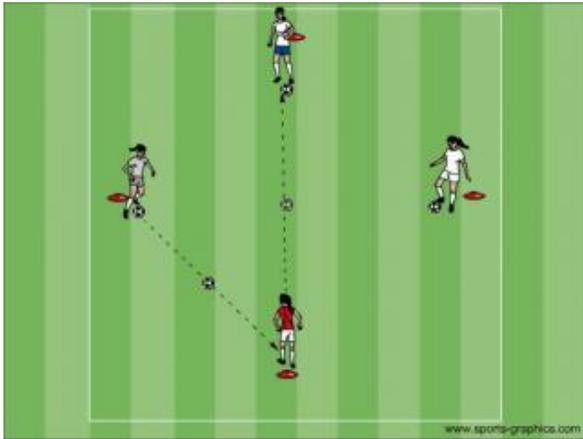
- Defenders pass ball to teammates on the 50
- Defender from opposite team cannot move from 18 until offensive player touches the ball
- Offensive player takes on defensive player 1v1
- Offensive player can shoot from anywhere
- If offensive player enters 18 they have 5 seconds to shoot the ball
- Both teams go at the same time
- Goalie defends both balls
- Rotate defenders every few plays

**Modifications:**

- Only allow Offensive players to shoot inside the 18

**Key Points:** 1v1 creating separation shooting early forcing attacker outside quick decisions (G) head on swivel (G) later movement (G)

**Drill Title:** Baseball Passing (1 Diagram )

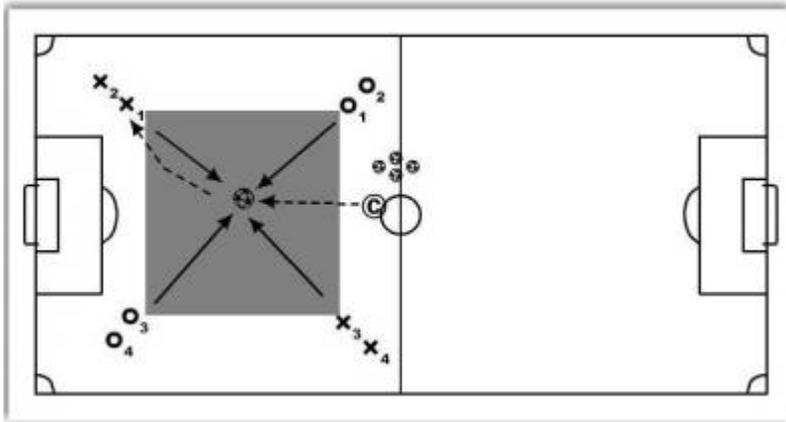


Home plate is the player working.  
They must pass to player that does not have the ball and cannot pass back to where the ball came from.

Balls start at 1st and 3rd base.  
Anyone on a base always passes to home plate only.

**Key Points:** Excellent passing drill that makes players think ahead.

**Drill Title:** 4 Corners - Agressive/Fitness (1 Diagram )



4 teams with even number of players in each line is possible.  
First player in each line goes first.  
Coach passes ball into middle of square. First 4 players fight for ball and first one to pass back to next player in their line wins point.  
Play to a certain number and then start again. Maybe switching teams if necessary.

**Key Points:** Proper passing technique. Inside of foot , toe up, ankle locked, L shape with other foot and follow through hitting ball with inside of foot. Outside of foot , toe down, ankle locked, toe pointed in and hit ball with little toe part of foot.