

U10 Coaching Clinic

The players

- Start to initiate play on their own rather than be reminded its time to play
- Have the ability to remember and follow more complex instructions
- Start to demonstrate an ability to think in advance of the ball (anticipation)
- Start to gain tremendous amounts of physical strength, endurance and power
- Many players become more serious about Play and who they play with

What to think about

- Start to move to 4 players, 1 ball
- Technique
- Encourage controlling of the ball
- Work on both feet
- Plenty of repetition
- Stretching and cool downs
- Fundamental, match related and match conditioned

What to work on

- Technique, technique, technique!
- Control, Dribbling, passing, shooting
- Using team mates
- 2v1, 2v2, 2v3, 3v3 both offensively and defensively
- Introduce goalkeepers

Games

- 7v7 (with goalkeepers)
- 2 x 25 minute halves
- Rotate players in different positions



Examples of Activities for the U10 Player

Dribbling

Knockout

- Everyone with a ball
- players try and kick other players soccer balls out of the area, while controlling theirs
- If ball stops when out of area, player must do 2 juggles before they come back in the game

Introduce turns and dribbling moves

- When turning or dribbling trying to keep the ball away from the defender
- Use the foot that is furthest away from defender

Passing

Two up one down

- 2 teams, one with 1 ball on the ground and the other with two balls in the hands
- Team with the ball on the ground has to pass the ball
- Team with the 2 balls on the ground has to try and throw their ball to hit the opponents ball on ground
- Timed event, both teams try, winning team is team that has the most hits.

2v2 plus 1

- Neutral player plays on team who passes them the ball
- Maintain possession

Control

- Half the group with balls
- All players move around and look to pass the ball (if they have one) or receive a ball
- Player receiving pass must control ball with inside or outside foot.
- Move up the body with control parts; Thigh, chest, head

Shooting

Movable goal

- 2 players hold the ends of a pinnie, to form a goal
- All other players have a ball
- Players with a ball try and score a goal by kicking their ball between the players with the pinnie
- The goal moves around to avoid anyone scoring on them

'Get out of there'

- 2v2 game with goals
- Coach plays ball in
- Teams play until a goal is scored or ball goes out of bounds
- If ball goes out of bound, coach calls 'get out of here' and 2 new teams are in
- If goal is scored the 2 players who score stay on and 2 new opponents come on