
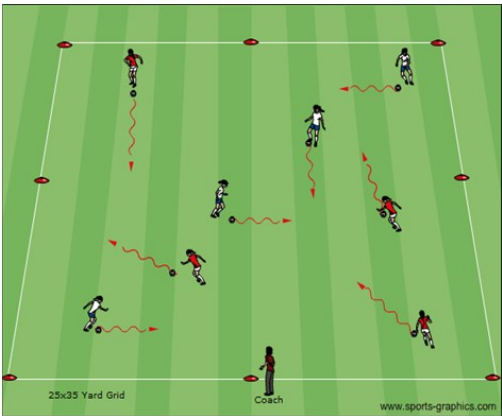
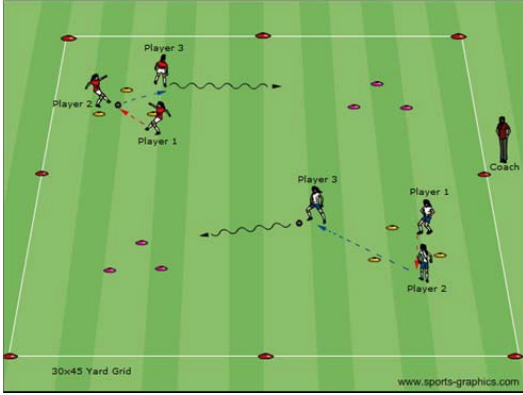


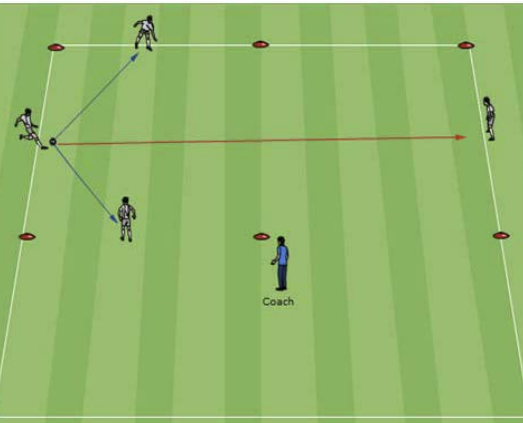
Dynamic Activities for U10 Players

Fast Footwork (Foundation Work)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player with a soccer ball in 15x20 yard grid. (size of grid is to keep the players close to coach) • Coach leads the players in choreographed footwork activities: <ul style="list-style-type: none"> ○ Sole of foot ball taps (left-right-left-right) ○ Inside of foot ball taps (left-right-left-right) ○ Pull the soccer back with the sole of the foot and push with the inside of the same foot to the opposite foot. ○ Sole of foot back and forth ○ Sole of foot side to side; left foot rolls to right and right foot rolls to left. 	<ul style="list-style-type: none"> • Repetition of proper mechanics • Quick and supple touches • Head up <p>*Variations: add a quarter or half turn every 10 touches (right foot then left)</p>


Free Dribble	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Each player with a soccer ball in a 25x35 yard grid. • Players should use all surfaces of their feet. • Coach will prompt players to: <ul style="list-style-type: none"> ○ Change direction ○ Inside foot chop ○ Scissors ○ Fake left/go right ○ Step over and turn ○ Pull back ○ Half turns ○ Roll the ball under the foot 	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep head up and use peripheral vision • Change of direction and speed

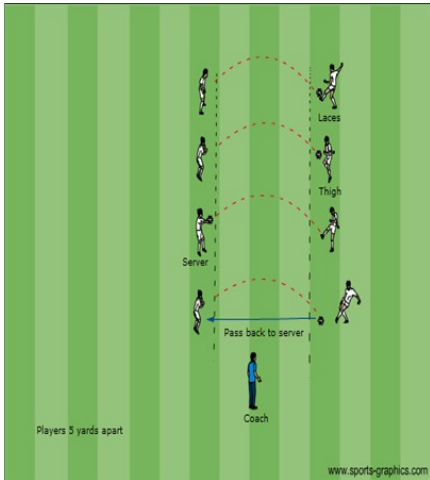
Dynamic Activities for U10 Players

Triangle Gate Passing in 3's	Activity Description	Coaching Objective
 <p>30x45 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 30x45 yard grid with several triangle shaped gates. • Coach divides the team into groups of 3 with one soccer ball for every each group. • At each gate, player 1 passes to player 2 who passes to player 3 so all three sides of the triangle are used. Player 3 dribbles to the next gate and her teammates join her. • Dribbling player now becomes player 1 and the same pattern continues to as many gates as possible in 45 seconds. • Second round, passes through the gate must be with the outside of the foot. 	<ul style="list-style-type: none"> • Quick passes in a small space • Playing from the small space to open space • Introduction to combination play <p>*variations: Pass with the outside of the foot Pass with inside of the foot</p>


4v0 Passing	Activity Description	Coaching Objective
 <p>25x35 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • 4 players in 25x35 yard grid. Players will need one soccer ball which starts at one end or the other. • 3 of the players pass among themselves. After 4-5 passes the 4th player calls for the ball. Whoever has it at that point must make a long pass to the far player. • The 2 players on the side lines support the pass by moving into the opposite end of the field. • The 3 players to begin to play the ball short for 4-5 passes before the new long player calls for the ball. • After 90 Second rounds the coach walks inside the middle of grid to force some direction. 	<ul style="list-style-type: none"> • Passing and Receiving technique • Body shape for receiving the ball. • Preparation touch <p>Maintaining group shape and positional discipline (Maintain a kite shape)</p>

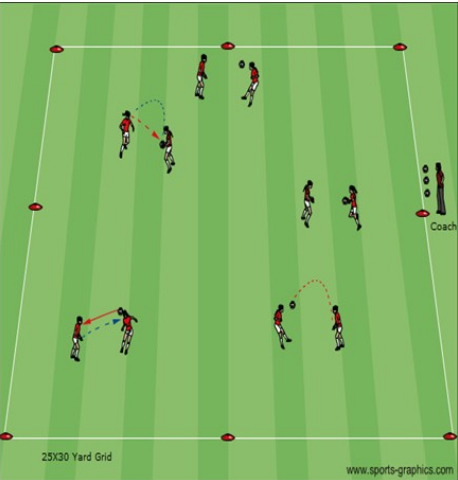
Dynamic Activities for U10 Players

Receiving Flighted Balls in 2's	Activity Description	Coaching Objective
 <p>The diagram shows two players standing 5 yards apart on a green field. A coach stands in the center. A server on the left tosses a ball to a receiver on the right. The receiver can use their laces, thigh, or chest to receive the ball. After receiving, the receiver passes the ball back to the server. The text 'Players 5 yards apart' and 'Coach' are visible. The website 'www.sports-graphics.com' is at the bottom right.</p>	<ul style="list-style-type: none"> • One soccer ball for every 2 players. • Partners face each other about 5 yards apart. • One player is the server. He holds the soccer ball in his hands and, with 2 hands and under hand, tosses the soccer ball to his partner at different heights. • The receiver uses his chest, thigh or instep (laces) to receive the ball before it touches the ground. • The receiver then passes the ball back to the server. • After 9-10 services, the partners switch rolls. 	<ul style="list-style-type: none"> • Proper receiving technique • Good body balance • Appropriate touch on soccer ball <p>*Variation: Coach can stipulate that two different surfaces must be used prior to the soccer ball hitting the ground.</p>

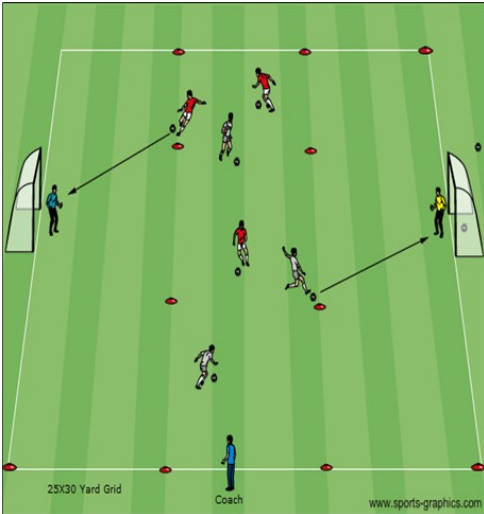
Dutch Circle (Passing, Receiving & ...)	Activity Description	Coaching Objective
 <p>The diagram shows two groups of players forming a circle on a green field. A coach stands in the center. A server on the left tosses a ball to a receiver on the right. The receiver can use their laces, thigh, or chest to receive the ball. After receiving, the receiver passes the ball back to the server. The text 'Players 5 yards apart' and 'Coach' are visible. The website 'www.sports-graphics.com' is at the bottom right.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Coach divides the players into 2 groups. <input type="checkbox"/> One group of players form a circle with a 30-35 yard radius. <input type="checkbox"/> Players forming the circle have 1 soccer ball each and they are considered windows. <input type="checkbox"/> The other group of players gets set inside the circle without a soccer ball. <input type="checkbox"/> Coach will inform the players in the middle how to receive the soccer ball and how to play it back to an open window. <input type="checkbox"/> Each round the players may have to either receive the soccer ball to feet, thigh, chest or head. <input type="checkbox"/> The inside players must now play the ball to an open window. <input type="checkbox"/> The players on the inside must not receive a different soccer ball from a different window. <input type="checkbox"/> Round last 1 minute. Players must play as many soccer balls in that time as they can. <input type="checkbox"/> Groups now switch rolls and play again. 	<ul style="list-style-type: none"> • Proper receiving technique • Intelligent movement • Passing accuracy and pace <p>*Variation Serve to Feet Serve to Thigh Serve to Chest Serve to Head</p>

Dynamic Activities for U10 Players

Heading to Self	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 25X30 yard grid with all players inside. Each player has a soccer ball in their hands. • Players jog around with their soccer ball and serve the ball into the air to themselves. • Players head the soccer ball into the space in front of them, jog after it and pick it up. • Repeat for the duration of the round (approx. 1 minute) and at least one more round. • Round 2, players serve the soccer ball into the air, try to head back into the air in order to catch the ball. 	<ul style="list-style-type: none"> • Proper heading technique for both attacking and defensive head balls. • Good body balance • Body in line with the flight of the soccer ball

Heading with a Partner	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • All players get a partner and 1 soccer ball between every 2 players. • One player is the server who serves the soccer ball with 2 hands and under to their partner. • The other player tries to head the soccer ball back to their partner. • After 8-10 serves, the partners switch rolls. • Second round, the player heading the soccer ball will try to head the soccer ball over the servers head. • The third round, the 2 players try to head the soccer ball back and forth and try to get as many in a row as they can. They can have as many restarts as they want in 90 seconds. 	<ul style="list-style-type: none"> • Head eye coordination • Body shape for both attacking and defensive heading • Weighted touches on the soccer ball with their head

Dynamic Activities for U10 Players

Numbers Shooting	Activity Description	Coaching Objective
 <p>25x30 Yard Grid Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 25x30 yard grid with a goal at both ends. Grid will have a 10 yard wide lane through the middle. • Each goal will have a goalie in it and all the players will have a soccer ball in the lane and will be divided into 2 colored teams. • Each player from each team in the center lane has a number 1-6 (or 1-the number of players per team). • Each team as a particular goal they are shooting on and will shoot in sequential order. • When the coach gives the command to start, both teams shoot on their goal. • Next shooter can shoot once the goalie has made previous save • Shooters chase their soccer balls immediately unless they will interfere with the goalie. • Once all shooters have shot, the players chase their soccer balls and return to the center lane for the next round. 	<ul style="list-style-type: none"> • Shooting technique of a moving ball • Repetition of shooting technique of a moving ball • Shot save repetition for goalies