

Competitive Activities for U10 Players

(8, 9 and Some 10 Year Olds)

Shield and Steal	Activity Description	Coaching Objective
<p>25x30 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 25x35 yard grid • Coach divides the players into two different colored teams. • All the red players start with a soccer ball and the white players do not. • On the coach's command, the game begins. All the white players have 45 seconds to win and possess as many soccer balls as they can. • Whoever has a soccer ball at the end of time earns a point for their team. (if the white team has 2 soccer balls and the red has 4, the red team wins the round) • Round 2, white team starts with the soccer balls. • First team to win 4 rounds wins. 	<ul style="list-style-type: none"> • Dribbling for individual possession and shielding. • Tackling (winning the ball) • Transition from offense to defense and defense to offense
<p>20x35 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 20-25x35 yard grid with 4 players on the perimeter (1 at each end and 1 on each side line) and 1 defender in the middle. • 1 soccer ball starts at one of the end lines. • On the coach's command, the game begins. The 4 outside players try to keep the soccer ball from the defender by passing side to side and end to end. (the ideal pass is the penetrating pass to the end line player) • If the defender wins the soccer ball, she returns it to the outside players. After 3 wins or 1 minute, the defender changes rolls with one of the outside players. 	<ul style="list-style-type: none"> • Passing and receiving technique • Body shape for receiving the ball. • Maintaining group shape and positional discipline (maintain a kite shape) • Decision making (when to play square and when to play the soccer ball through)

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Timed 4v2 Keep Away	Activity Description	Coaching Objective
<p>15x20 yard grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • 25x35 yard grid. • 4 players on the outside of the grid. 2 defenders inside the grid + 2 defenders waiting on the side. • Coach serves a ball and the outside players possess as long as they can before the defenders win the ball. • As soon as the defenders win the ball, the coach serves another ball in and the 2 defenders on the field leave and the next 2 come on. • Game last till all the balls are gone. Time how long it takes the defenders to win all the balls. 2 teams switch rolls and new defenders try to beat the time. 	<ul style="list-style-type: none"> • Pressure and cover of defenders • Time to transition new defenders
<p>15x25 yard grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach set up a 15x25 yard grid with 3 small goals on each end line. • Coach divides players into 2 teams. Both teams put 2 players on in the grid with the rest of the players waiting behind their goals. • Each team must defend 3 goals and can score on the 3 goals in the other end. • Players play 2v2 for 1 minute regardless of the number of goals scored. • At the end of a minute, all players leave the field and 4 new players enter to play 2v2. • Game is played till everyone gets 2-3 rotations onto the field. Players total their scores and get ready to play another round. 	<ul style="list-style-type: none"> • Changing the point of attack • Dribbling for penetration • Opportunity to create combinations

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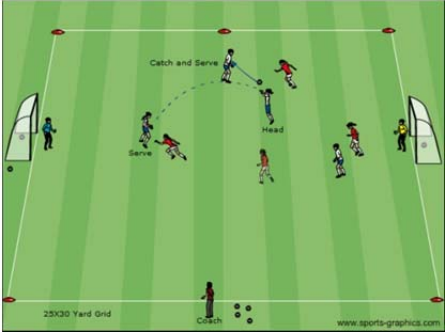
3v3+1 to Targets	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 35x25 yard grid with a player at each end who serves as a target/goal. • 2 teams of 3 on the field in different colors and a neutral player who will play with the team in possession of the soccer ball. • Each team attacks one target and defends the other target. • In order to score, a team must find a way to pass the soccer ball to the opposition's target. When in possession of the soccer ball, the attacking team has a 4v3 advantage. • Once a goal is scored, the target with the soccer ball plays it to the team defending in front of him and the game continues. • After a game to 3, the coach can switch the targets and neutral player. 	<ul style="list-style-type: none"> • Look for a penetrating pass • Attacking with a numerical advantage

3v3+3 On Deck to End Lines (or Goals)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 35 by 25 yard grid. • Coach divides the players into 3 teams of 3. Each team has a different color. • 2 teams on the field and 1 team waiting on the side (On Deck). • Each team on the field attacks 1 end line and defends the other. • A team scores by dribbling or passing to a teammate over the end line. • Once a team scores, they immediately drop back to defend. • The team that was scored on, goes to the deck and the team from the deck comes onto the field. • The new team on the field starts with the soccer ball at their defending end line. • First team to 3-4 wins. Coach can re-mix the teams and play again. 	<ul style="list-style-type: none"> • Lots of attacking and counter attacking • Passing and dribbling for penetration • Transition from offense to defense • Readiness of team on deck <p>*Variations:</p> <ul style="list-style-type: none"> ○ Play to small goals instead of end line ○ Player can't be waiting over end line for a pass; must time the pass and run to meet it over the end line



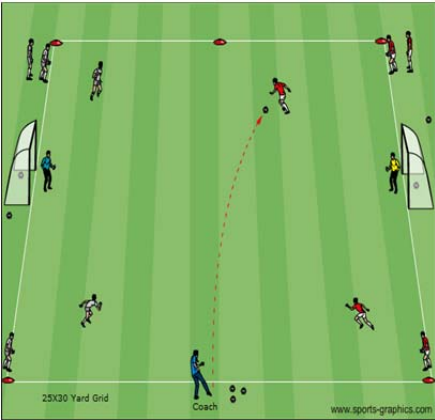
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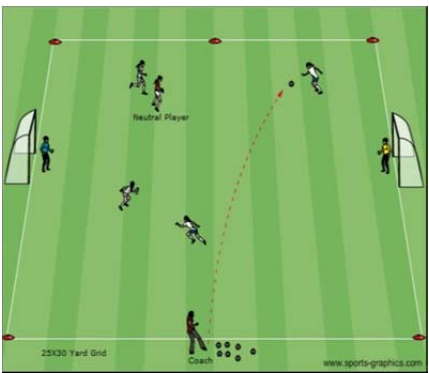
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2v2 Head Ball Challenge	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up multiple fields 8 yards wide and 10 yards long. • Team is divided into groups of 4 who play 2v2. One team starts attacking and one defending. • One attacker serves the soccer ball from midfield to her partner's head who tries to head the ball past the 2 defender who must remain on their end line. • If the soccer ball gets by the defenders, the attackers are awarded a point. • The attackers must now drop back and cover their end line and the defenders now try to attack. • One player brings the ball to the center and serves the ball to her partner's head. • Game is played for time or number of goals. 	<ul style="list-style-type: none"> • Heading Technique • Timing runs to head the ball
Head/Throw/Catch	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 25x30 yard grid with a goal at each end. • Coach divides the players into 2 teams of 5. Coach's choice to use goalies or not. • One team starts with the soccer ball in their hands. They serve the ball with 2 hands and under hand. • If their teammate can head it back to them or another teammate, they get a point. • If they can't head the ball, they can catch it to keep possession with their team. • If the team with the ball can score a head ball in the opponent's goal, they get 5 points. • Player with the ball cannot run with it (momentum steps only) • The defending team is trying to win the ball and start attacking. • If the soccer ball hits the ground, it is a turnover to the other team. 	<ul style="list-style-type: none"> • Heading technique • Heading under pressure • Heading to control vs heading for goal

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4 Corner Shooting	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up 25x30 yard grid with a goal and a goalie at each end. Coach sets up on the side line with all the soccer balls. • Team is split in half with half the players split into 2 lines, one on each corner. The other team does the same at the other end. • The coach serves a soccer ball into play. At the moment the soccer ball is in play, the first player from each of the 4 lines come out and play 2v2. • Play continues until a goal is scored or the soccer ball goes out of bounds. • When this happens, all players get off the field, the coach serves another soccer ball and 4 new players enter the field for a 2v2 match. • Game continues until the coach is out of soccer balls. • At this point the coach says he is out of soccer balls and asks the players to retrieve them for him. The players must dribble the soccer balls back to him. • Once the soccer balls are collected, a new game begins. 	<ul style="list-style-type: none"> • Dribbling, passing, receiving and shooting • technique under pressure of a game • Decision making in the competitive game environment.

3v3+1 Boss of the Balls	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up 25x30 yard grid with a goal on each end line. • 2 teams on the field. Each team has 2 field players and a goalie + one neutral player who plays with the team in possession of the soccer ball. • Coach sets up on the side line with all the soccer balls. Coach is the Boss of the Balls. • The coach serves a soccer ball onto the field and play begins. Both teams try to win the ball and score in their opposition's goal. • If a goal is scored or the soccer ball goes out of bounds, the coach serves another soccer ball into play. • Same players continue to play. 	<ul style="list-style-type: none"> • Making a decision that only the game can present. • Shooting which can be manipulated by the coach's service • Anticipation and excitement



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6v6 Game	Activity Description	Coaching Objective
 <p>35 x 50 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 35x50 yard field with a goal at each end. • Coach divides the players into teams of 6. • Teams play 5 + a goalie v 5 + a goalie (6v6) • Game is played with throw-ins, corner kicks, goal kicks and free kicks for fouls. • No restrictions but incentives may be useful. 	<ul style="list-style-type: none"> • Learn to use technical skills in a game environment. • All technical coaching objectives can be recognized • Coach can observe for future practice themes
8V8 Game	Activity Description	Coaching Objective
 <p>50 x 75 yard field Coach www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 50x75 yard field with a goal at each end. • Coach divides the players into teams of 8. • Teams play 7 + a goalie v 7 + a goalie (8v8) • Game is played with throw-ins, corner kicks, goal kicks and free kicks for fouls. • No restrictions but incentives may be useful. 	<ul style="list-style-type: none"> • Learn to use technical skills in a game environment. • All technical coaching objectives can be recognized