



AGE GROUP/PROGRAM: U10 TOWN

WEEK # 1

THEME: RUNNING WITH THE BALL AT SPEED/ARSENAL

SESSION GOALS:

- ★ Improve running with the ball technique
- ★ Changes in direction at speed
- ★ Shooting on the move

COACHING POINTS:

- ★ Use both feet.
- ★ Positive 1st touch into space with laces.
- ★ Keep ball in front but under control.
- ★ Head up between touches to see space.

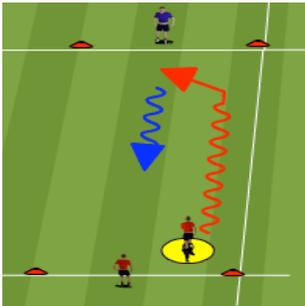
UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: RUNNING WITH THE BALL

SET UP: 20 x 10 YARD AREA

PROGRESSION



First player in the line runs with ball at speed down their lane then pass it to the next player in the opposite line and join back of new group.

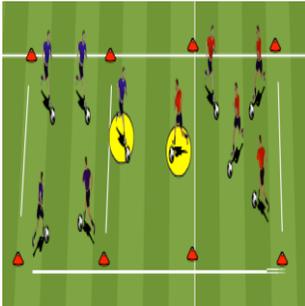
Receiving player takes positive 1st touch and repeats the exercise in opposite direction.

1. Move players to other side of grid to practice using left foot for dribbling and passing.
2. Make it competitive – first team to 20 passes.
3. Add gates to pass through

CORE GAME 1:

SET UP: 3 x 10 x 10 YARD AREA

PROGRESSION



Make three 10x10 squares. Each player has a ball. Coach numbers players 1-5 and puts 5 players in each end square/zone.

Coach calls out number and that player dribbles across to opposite square and continues dribbling.

1. Only use 1 foot.
2. Make it competitive – first player across wins point
3. Players must dribble around a top corner cone
4. Call two numbers

CORE GAME 2: FAST BREAK

SET UP: 40 x 30 YARD AREA

PROGRESSION



Create 2 squares to one side of goals. Each player has a ball. Number players 1-4.

Have 2 GK's in goal. Coach calls out number and player dribbles out of square, towards goal and shoots.

They then stay in opposite square and continue dribbling.

1. Place time restriction – must shoot within 5 seconds. Reduce time.
2. when coach calls number, a defender from opposite square advances to create a 1v1 before shooting (coach calls 1, then number 2 advances as defender without ball)

SMALL SIDED GAME

SET UP: 60 x 40 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



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WEEK # 2

THEME: BALL CONTROL/CHelsea

SESSION GOALS:

- ★ Develop a quality 1st touch on the move
- ★ isoccer

COACHING POINTS:

- ★ Keep eye on ball
- ★ Use different surfaces to control and receive
- ★ Get in line with the ball, and choose surface early.
- ★ Receive ball with a purpose – take touch into space.
- ★ Soft touch to keep ball under control.

UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: DRIBBLING

SET UP: 40x40 YARD AREA

PROGRESSION



Each player has a ball. Start with ball in hands. Players drop ball to ground and use sole of foot to squeeze ball in front and dribble.

Repeat with other foot.

1. Squeeze with inside of foot.
2. squeeze with outside of foot
3. Turn 180 degrees.

CORE GAME 1: RECEIVING THE BALL

SET UP: 20 X 20 YARD AREA W/ 5 YARD SQUARE IN MIDDLE

PROGRESSION



Half the group has soccer balls around outside 20x20 square. The other players stand inside smaller square without a ball.

Players in middle run to any of the outside players to receive a ball, pass it back and then run through the middle box before receiving a pass from a different player. Players must say 'yes please' to receive the ball.

Play for 90 seconds and switch players from inside to outside.

1. Receiving players are limited to 2 touches.
2. Outside players start with ball in hands and throw ball in air.
3. Receiving player must receive, turn and pass to an open outside player.

ISOCCKER

TEST: 8 DRIBBLING CONTINUED

TEST: 9 DRIBBLING CONTINUED

Duration is 20 seconds.

SET UP: Place each player in a 10x10 yard square with one cone in the middle.
Dribble the ball back & down the designated lane using either foot. Use only your right foot at the far line and the left foot at the start line. Use any turn. Each completed turn counts as 4 points. Partially counted turns count as 1 point. Restart if you turn with the wrong foot or if the ball does not cross the line before you turn.

Duration is 20 seconds.

SET UP: Place each player in a 10x10 yard square with one cone in the middle.
Treat the middle cone as a defender. Start to the left of the 1st cone and dribble towards the defender. Scissor around the ball with your left foot and push the ball with the outside of your right foot. Dribble around the far cone and repeat the scissor move in the opposite direction. Each completed loop counts as 4 points. Partially completed sections counts as 1 point. Restart if you do not complete the scissor properly or if the ball does not go around either of the outside cones.

For more information visit
www.isoccer.org

SMALL SIDED GAME

SET UP: 60 X 40 YARD AREA

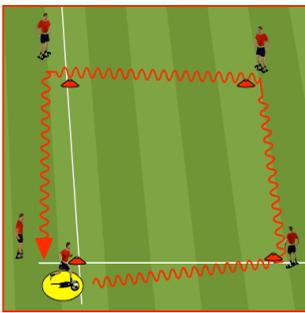
6v6 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U10 TOWN **WEEK # 3** **THEME: PLAYING OUT FROM THE BACK/MAN UTD**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> ★ Moving the ball up field from defense to attack ★ Players being comfortable receiving the ball close to their own goal ★ Quality of passing 	<ul style="list-style-type: none"> ★ Use both feet. ★ Receive ball on the front foot – GK throw must be in front of receiving player. ★ Look up – awareness of field. ★ Positive touch into space and accelerate. ★ Weight and accuracy of pass. ★ Be aggressive to attack the space in front. 	<ul style="list-style-type: none"> ★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

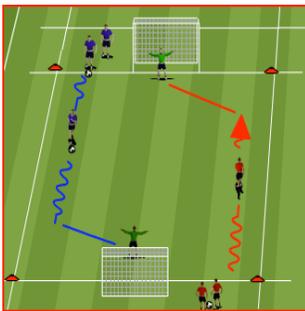
WARM UP: DRIBBLE AROUND THE SQUARE **SET UP: 15 x 15 YARD AREA** **PROGRESSION**



In groups of five players are to dribble around the square and make a short pass into the next player when they arrive at the cone.

1. Change direction
2. Use both feet
3. Make a longer pass at the halfway mark
4. Play a wall pass with the next player

CORE GAME 1: PLAYING OUT WITH ATTACKING **SET UP: 25 x 25 YARD AREA** **PROGRESSION**



Place 2 groups to the side of each goal as shown.

Each GK starts with ball – keep supply of balls in each goal. GK's roll ball to the side and a player runs onto the ball and dribbles before passing to opposite GK.

Player joins back of opposite group.

Switch GK's after a few minutes.

1. Switch to other side of goal.
2. Place 2 players in middle of area. Player who receives ball now must pass to player in middle who turns and shoots. Passing player moves to middle and repeat.
3. Passing player performs give and go with middle player and shoots – then replaces middle player.

CORE GAME 2: TACTICAL 6 V 0 **SET UP: 60 x 40 YARD AREA** **PROGRESSION**



Set up 2 teams of 6 in the same formation – 3-1-1. Each GK starts with a ball.

On coach command, each GK throws ball to one of the 2 full-backs and the team tries to score as quickly as possible.

The other team is NOT ALLOWED to defend. First team to score gets the goal. Play first team to 5.

1. Place certain restrictions on the pattern of play – e.g. full back must pass to center mid before team can shoot.
2. Full-back must pass to central defender before team can shoot.
3. All players, except GK, must be across half-way line before team can shoot.

SMALL SIDED GAME **SET UP: 60 x 40 YARD AREA**

6v6 with normal rules. Play 2 periods of 12-15 minutes.



**AGE GROUP/PROGRAM: U10
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WEEK # 4

THEME: COMBINATION PLAY/SPURS

SESSION GOALS:

- ★ Develop communication skills
- ★ Passing sequence
- ★ Work as a team to create goal scoring opportunities

COACHING POINTS:

- ★ Communication
- ★ Weight and accuracy of passing
- ★ Movement to support.
- ★ Change of speed and direction.
- ★ Be aggressive.
- ★ Can players disguise their intentions by using different surfaces and movements?

UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: COMBINATIONS

SET UP: 30 YARD CIRCLE

PROGRESSION



Half the group inside the circle with a ball with the other half on the outside as target players.

Players on the inside run up to an outside player and pass, then receive the ball back before looking to pass to someone else on the outside.

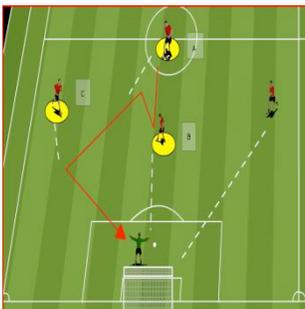
Start with 2-3 touch and work through the following

1. Change feet
2. 1 touch
3. Change over
4. Wall pass
5. Overlap

CORE GAME 1: 4 v 0 TO GOAL

SET UP: HALF FIELD

PROGRESSION



Half a field with wide players on the sideline. Player A will pass into player B's feet who returns the ball back to A. A passes out to a wide player, C. This player takes a touch and shoots on goal whilst A follows up with the opposite wide player.

- When player A takes a touch, this should be a visual cue for B to check away
- Play should be one or two touch
- A's pass to C should be in front into space
- Head up for passing, crossing and shooting
- C's should check away also to create space

1. Player A throws the ball into the air so they control the ball before playing B
2. Player C should start more central and nearer the half way line. When A takes their touch, C should get high and wide
3. A should join the attack when C strikes across goal
4. Play 4v1

CORE GAME 2: 4 v 4 + TARGET PLAYERS

SET UP: 40 x 40 YARD AREA

PROGRESSION



Play 4v4 in the middle with 4 Target players on the outside. The two teams in the middle must try and play to a target player to get a point.

When they find a target player that play must maintain possession with that team i.e. any of the four team members that initially passed them the ball.

1. Teams in the middle have to make 3 passes before they can find a target player
2. Limit touches
3. Move two target players into the middle

SMALL SIDED GAME

SET UP: 30 x 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U10 TOWN

WEEK # 5

THEME: POSSESSION/LIVERPOOL

SESSION GOALS:

- ★ Communication skills
- ★ Movement of players within the team
- ★ Shape
- ★ Speed of play

COACHING POINTS:

- ★ All players on their toes
- ★ Players must look for space to move into
- ★ Communication
- ★ Quality 1st touch
- ★ Smooth passing

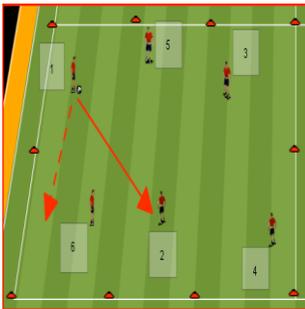
UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: SEQUENCE PLAY

SET UP: 30 X 20 YARD AREA

PROGRESSION



Split group into 2 teams and number 1 through 6 (use whatever numbers you have).

Players must pass in sequence.

Player 1 passes to Player 2 who passes to 3, etc. Start with players passing the ball using their hands – insist that no ball should hit the ground.

1. Reverse the numbers so players have to think in advance.
2. Put the ball on ground and players pass instead of throw.
3. Receiving player must call out next number BEFORE receiving the ball.

CORE GAME 1: 4 v 1

SET UP: 10 X 10 YARD AREA

PROGRESSION



4 attackers vs. 1 defender in the area. Defender starts with ball and passes to an attacker to start exercise. Attackers look to keep possession and score a goal for making 4 consecutive passes.

If defender wins ball, they score a point by dribbling to any of the outside cones.

Change defender after 2 minutes.

1. Increase number of passes to score a goal.
2. Limit touches of team of 4 – each player is allowed no more than 3 touches.
3. Limit to maximum of 2 touches per player in possession.

CORE GAME 2: 4 v 4 + 2 NEUTRAL PLAYERS TO END ZONE

SET UP: 60 X 40 YARD AREA

PROGRESSION



Have two teams of 4 inside the area with two neutral players inside making it 6v4 to the team in possession.

Neutral player plays for team in possession – put them in a different colored pinney from 2 teams.

To score a goal a team must pass the ball to one of the target players and get the ball back to retain possession.

1. Players have to make 3 passes inside before they can pass to a target player
2. 5 passes inside also equals a goal.
3. Team must go from one target player to the other to score a goal.
4. Take out the neutral players and make it 5v5

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U10 TOWN

WEEK # 6

THEME: ATTACKING 2 v 1/MAN CITY

SESSION GOALS:

- ★ Dribbling at speed
- ★ Angles of support
- ★ Quality of finish

COACHING POINTS:

- ★ Speed of play
- ★ Quick decisions
- ★ Quality in execution
- ★ Awareness

UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: BALL MASTERY

SET UP: 30 X 25 YARD AREA

PROGRESSION



Each player has a ball and performs the required ball mastery, turns and moves.

Give them 60 seconds to perform each one as many times as they can, and for the turns and moves they should perform each one after 5 touches whilst dribbling around the area for 60 seconds.

1. Make sure they use both feet.
2. Make it competitive by getting them to keep their scores

CORE GAME 1: 2 v 1 COMBOS TO GOAL

SET UP: 25 X 15 YARD AREA

PROGRESSION



Put a GK in goal. Have 2 attackers. Play starts with one attacker passing to other attacker and then attacking goal for a shot.

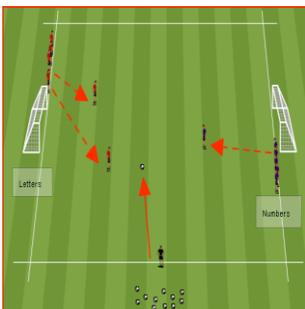
Vary starting position by having attackers receive the ball in different situations – side by side, one in front of the other etc.

1. Introduce defender. Defender starts by passing ball to either attacker and then defends the goal. Create a counter goal for defender to score in if they win possession.
2. Introduce certain combinations – overlap, give and go.

CORE GAME 2: NUMBERS & LETTERS

SET UP: 60 X 40 YARD AREA

PROGRESSION



Split group into 2 teams. Put GKS in each goal. Place each team next to a goal at opposite ends. Give the players of team 1 numbers 1-6 and players of team 2 letters A-F.

The coach rolls out a ball and shouts out one number and two letters to create a 2v1 scenario.

When the ball goes out of play, all players go back and another number and two other letters are called out.

1. Call out two numbers and one letter
2. Create even number situations by having 2v2 also.

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



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WEEK # 7

THEME: ATTACKING IN THE FINAL 3RD
NEWCASTLE

SESSION GOALS:

- ★ Dribbling at speed
- ★ Angles of support
- ★ Quality of finish
- ★ Combinations

COACHING POINTS:

- ★ Speed of play
- ★ Quick decisions
- ★ Quality in execution
- ★ Awareness

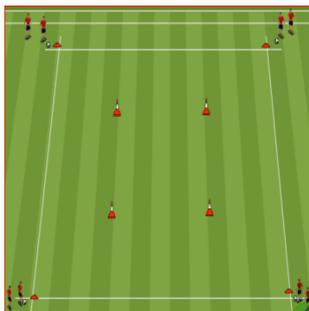
UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: FOUR CORNERS

SET UP: 20 x 20 YARD AREA

PROGRESSION



Each player has a ball. Split into four groups, one at each corner. First player in each group dribbles to cone in middle, performs a move and then accelerates to the next group.

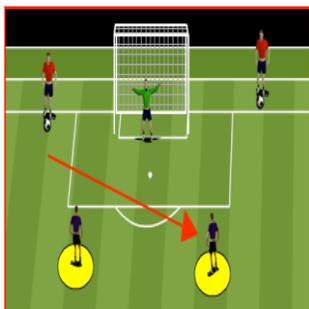
Everyone goes the same direction. Begin with Matthews where player lunges in one direction and pushes ball away with outside of opposite foot.

1. Introduce scissors.
2. Introduce double scissors.
3. Introduce Ronaldo chop.

CORE GAME 1: 2V1/2V2 TO GOAL

SET UP: 30 x 30 YARD AREA

PROGRESSION



Using the final 3rd of a field.

Defender starts the activity by passing to one of the 2 attackers –on the attackers' first touch, and then the defender may move, make their run and close down the attackers to make a 2v1 situation.

If defender wins ball, they can turn and shoot to score a goal.

1. Defender starts by passing the ball in.
2. Attackers have to make 2 passes before they can shoot.
3. Play 2v2.

CORE GAME 2: 3 ZONES

SET UP: 60 x 40 YARD AREA

PROGRESSION



Full 6v6 Field or split a playing area into 3rds with a goal at each end. In the two end zones place a player from each team. In the middle zone, set up a 3v3 + 2 support players. The coach will start the play by passing a ball into the middle zone; the team in possession will be able to use the two support players to create a 5v3 situation.

Depending on ability you may want to add a third support player to create 6v3. When a team has made 3 passes then can go forward to their designated goal. Only two of the 3v3 can go forward to create a 3v1 in the final 3rd. Once there, the 3v1 can make their own decisions. Rotate positions.

1. Raise the number of passes in the middle
2. Increase the numbers in the final 3rd to 4v2
3. Limit touches

SMALL SIDED GAME

SET UP: 30 x 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



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WEEK # 8

THEME: GOALKEEPING/DIVING

SESSION GOALS:

- ★ Awareness of GK position
- ★ Diving technique
- ★ Confidence

COACHING POINTS:

- ★ Watch the ball all way in to your hands before moving on.
- ★ Get the footwork right.
- ★ Absorb the shot.
- ★ Gain psychological edge over opponent.

UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: BALL FAMILIARITY



SET UP: 30 X 30 YARD AREA

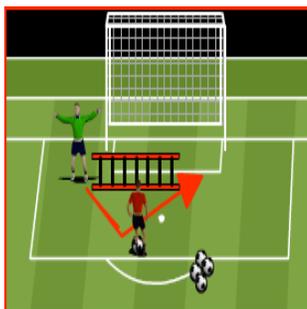
Each player has a ball and on coach command they are asked to perform the following whilst moving lightly on their toes within the area.

Juggling with different parts of the hands whilst on their toes, Palms, Backs of hands, Fingers, Fist, Arms only

PROGRESSION

1. Players move around the area on their toes moving the ball:
2. Figure of 8 through legs without the ball touching the ground
3. Moving the ball around their waist.
4. Players dribble (on the ground) around the area and on coach command keepers dive on top of ball smothering it two hands on ball bringing it close in to chest.
5. Players launch the ball and then catch the ball at their highest point with one knee raised and shouting 'Keeper!'

CORE GAME 1: LADDER



SET UP:

The goalkeeper side shuffles through the ladder (OR CONES) and get his/her feet set on the other side.

The server strikes the ball as soon as the goalkeeper gets their feet set. The server hits 6-8 balls.

- Watch the ball all the way into the hands.
- Get the footwork right.
- Absorb the shot.

PROGRESSION

1. Volleys.
2. Half volleys.
3. High balls.
4. Low dives.
5. Collapse dives.

CORE GAME 2: HEAD TO HEAD OBSTACLE COURSE



SET UP:

The two Goalkeepers start at the same time and battle each other to see who can finish at the final flag first.

The exercise proceeds as follows; start at the flag behind the balls, turn and sprint to the cone and back, quick knee jumps over the balls, battle for pole position to the flag placed in the middle, side shuffle through the cones, and sprint to the final flag.

Goalkeepers go through the balls and cones using different combinations.

PROGRESSION

1. Balls: circles around each ball, Cones: backwards side shuffle.
2. Balls: one leg hops, Cones: forwards and backwards.
3. Balls: high knees sideways, switch half way, Cones: forwards, backwards.
4. Start on stomach, back, and sitting (don't use your hands to assist getting up).

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U10
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WEEK # 9

THEME: DEFENDING 1V1 &
2V2/EVERTON

SESSION GOALS:

- ★ Correct defending technique
- ★ Speed of approach
- ★ Decision making

COACHING POINTS:

- ★ First 5 yards be explosive (close the space down)
- ★ Be patient
- ★ Correct defensive technique
- ★ Communication & cover

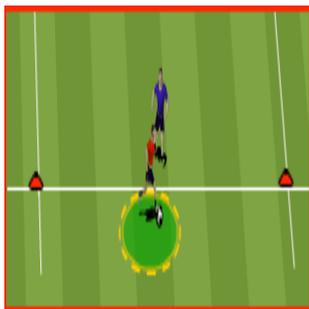
UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: 1V1 INVISIBLE WALL

SET UP: 8 YARD LINE

PROGRESSION



Start without the ball to begin with, forward & defender stand opposite each other.

Neither can cross the line. Defender says "Go!" and the forward has to lose the defender and get to either cone first to win.

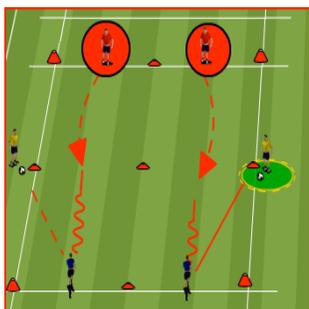
Then introduce the ball.

1. Keep score for a minute. The winners move up and the losers move down.

CORE GAME 1: DEFENDING 1V1: FRONT PRESSURE

SET UP: 20 X 10 YARD AREA

PROGRESSION



Defender is at side of area and server is opposite attacker. Server passes ball to attacker to start play. Defender moves as the ball is moving to close attacker down. Attackers must dribble the ball across the opposite end line to score a point.

Defender must win the ball or force the attacker out of bounds to the sides to win 2 points. If defender dribbles over the attacker's line they get 5 points. Rotate positions.

1. Defender starts by serving ball in and closing down immediately.
2. Attacker can score by passing to server as opposed to dribbling over end line – means pressure must be quicker to prevent penetration.

CORE GAME 2: PRESSURE & COVER

SET UP: 20 X 20 YARD AREA

PROGRESSION



Same rules as previously but now play 2v1.

1. Play 2v2

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.



AGE GROUP/PROGRAM: U10
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WEEK # 10

THEME: SHOOTING/ASTON VILLA

SESSION GOALS:

- ★ Shooting with laces for power
- ★ Decision making in front of goal (composure)
- ★ A variety of finishes

COACHING POINTS:

- ★ Positive first touch.
- ★ Use laces to shoot and aim across the goal.
- ★ Strike through the ball and follow through.

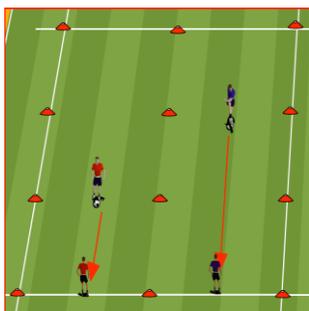
UNDERSTAND YOUR AUDIENCE:

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: SHOOTING IN 2'S

SET UP: 15 X 5 YARD AREA

PROGRESSION



Players start 5 yards away facing each other with one ball. The players volley the ball back and forth, making sure they use their laces.

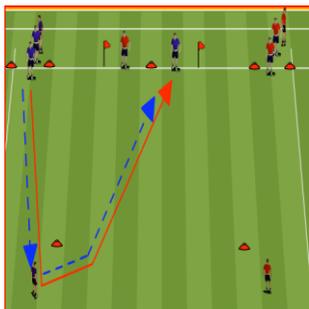
- Lock ankle and strike the ball with the laces
- Accuracy, weight and timing
- Head over the ball and non-kicking foot pointing to the target
- Follow through

1. Alternate feet.
2. Go from no bounce volleying to 2 bounces volleying and finish on the ground.
3. Start 5 yards apart and you can move back to 10 yards.

CORE GAME 1: HIT THE CORNER

SET UP: 25 X 40 YARD AREA

PROGRESSION



Split the goal into 2 with the use of a cone, and set the blue team on one side and the red on the other, with a target player at the top facing them. Blue player passes to the blue target player and follow their pass, the target player takes a positive first touch inside and shoots at the blue GK then follows their shot to become the next GK and the old GK joins the back of the line. The red team goes. Blue use right foot, and the red team uses their left foot.

1. Change the lines
2. Change the side the GK stands, now you are trying to score past the other team

CORE GAME 2: 2 V 1 SHOOTING

SET UP: 40 X 30 YARD AREA

PROGRESSION



GK in both goals, with pairs standing at either side of a goal at both ends. Player 1 dribbles towards the GK and Player 2 supports, Player 1 shoots across the goal and Player 2 is there for rebounds. Then they join the back of the new line and next time they go, Player 2 will shoot. After they have shot Player 3 and 4 advance towards the other goal.

- Be positive and dribble at speed
- Shoot across goal
- Timing of support

1. Player 1 can pass to Player 2 instead of shooting
2. Alternate sides to change striking foot.
3. Give a time limit to make more realistic

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

6v6 with normal rules. Play 2 periods of 12-15 minutes.