

**U-10 Session**  
**Sam Snow-US Youth Soccer Assistant Director of Coaching**

**Warm-Up**

*Ball Master in Fours-getting them to work together*

Every group of four gives their ball to the coach and the coach tosses the ball out for each group to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach with 3 elbows and 1 hand; 2) w/feet and using 7 touches to get it to the ballmaster; 3) w/feet and using 17 touches to get it to the ballmaster; 4) w/feet and using 2 touches to get it to the ballmaster. The coach (ballmaster) walks around while the groups the ball back to him/her.



**1<sup>st</sup> Activity-Bulldog**

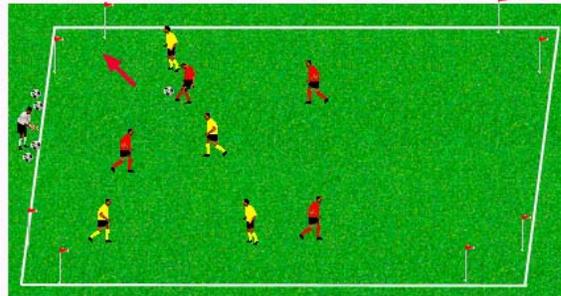
Put the entire group inside a playing area. Two players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the playing area. The two bulldogs try and work together and “hit” a player without a penny/bib on with a ball below the knees. When a player gets hit, they join the “bulldogs”. Progress along for time or until a group remains. This game works on passing, thinking ahead, receiving, and speed of play.



**2<sup>nd</sup> Activity-“Gates”**

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

**At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.**



**Final Activity-The Match**

Coach has a supply of balls to keep match flowing.

