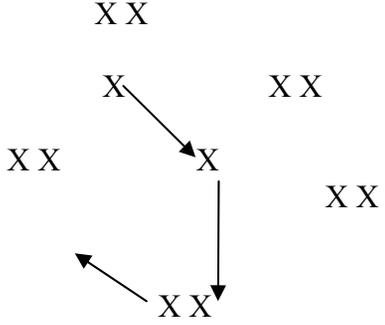
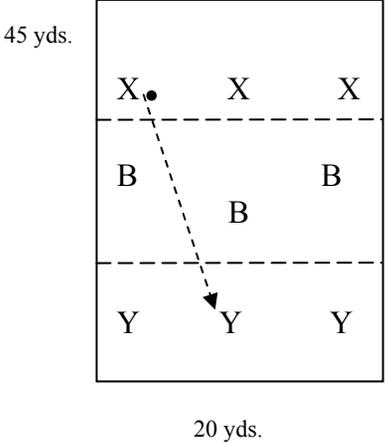
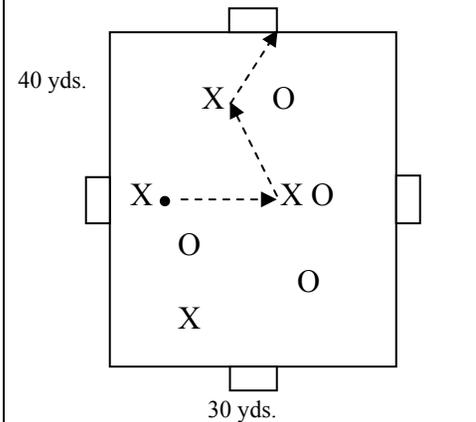
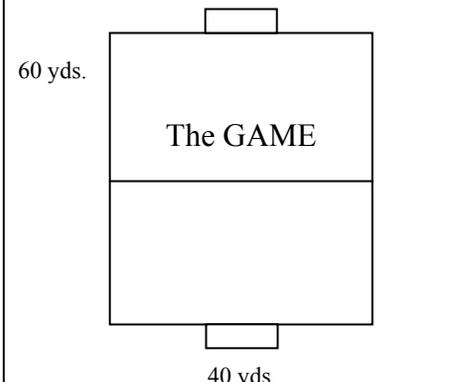


Topic: **U10 Practice Games**

Organization	Variations	Diagram	Coaching Points
Game 1 & 2 – Warm Up			
<p>1. Island Tag. Organize in pairs “Islands” standing or lying on the ground.</p> <p>2. Knock Out. All players with a ball. Try to knock the other player’s ball out of the area.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> Island Tag. Coach breaks one pair apart and designates one to be “it” who chases and tries to tag the other player. The player being chased may join another island before being tagged, but only two are allowed on the island, so the one on the end must leave. Add more chasers and/or add a ball. Knock Out (define an area). Each player attempts to knock the other balls out of the area. Continue until all balls are out. Repeat. 	<p>Island Tag:</p> 	<ul style="list-style-type: none"> ✓ Change of direction and speed ✓ Mobility, agility, quickness – general soccer fitness ✓ Spatial awareness and decision making ✓ Intrinsic motivation and competition
Game 3			
<p>Three Zone Challenge. Organize three teams of three or four (three 20 x 15 yard areas or as needed).</p>	<ul style="list-style-type: none"> Object is for one team to pass the ball through the center zone to the team on the opposite side. If successful, award a point. If the center team wins the ball, they switch roles with the team they won the ball from. Progress by allowing one player from the center team to play in each end zone creating a 3 v 1. Same rules as above. Limit touches on the ball if necessary. 		<ul style="list-style-type: none"> ✓ Passes to feet versus passes to space ✓ Visual and verbal cues to split defenders ✓ Quality of passing and receiving ✓ Decision making: speed of play and thought, but be patient and don't force the pass

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Game 4			
<p>4 v 4 Four Goal Game. Organize three teams of four (30 x 40 area or as needed). Once one team scores, the other team immediately rotates on the field and the scoring team rotates off. First team to score 10 goals wins.</p>	<ul style="list-style-type: none"> ▪ To score, the attacking team must pass the ball through one of the four small goals. If the defenders win the ball, they become the attackers. ▪ Change the restrictions and award two points to dribble through and one point to pass through. ▪ Play until one team has scored (dribbling or passing) through each of the four small goals. ▪ Rotate players and teams accordingly. 		<ul style="list-style-type: none"> ✓ Awareness of space and time – speed of thought ✓ Team transition – support the ball in possession, defend around the ball when not in possession ✓ Encourage creative and instinctive play ✓ Tactical application of technique
Game 5			
<p>6 v 6 with goalkeepers to two larger goals (40 x 60 area). Define direction and organization for each team.</p>	<ul style="list-style-type: none"> ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Keep it FUN! ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Reduce Heart Rate ▪ Static Stretching 		<ul style="list-style-type: none"> ✓ Review Session