

# U10 ACTIVITIES



In this stage, children gradually begin to change from being self-centered to self-critical and develop the need for group games. The motivation to learn basic skills is very high at this age. The game itself should be central to all technical training.

## General Characteristics of the U-10 Age Group

- Lengthened attention span—they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented—prefer team-type balls and equipment, enjoy the uniforms and team association
- Boys and girls beginning to develop separately
- Developing the pace factor—thinking ahead
- Gross and small motor skills becoming much more refined

## Typical U-10 Training Session

- Should not exceed one hour and 15 minutes
- Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching—approximately 15 minutes
- Introduce small group activities (four to six players)
- Add more directional games. Play to targets and/or zones—approximately 25 minutes
- Conclude with a Small-Sided Game, 6v6, with goalkeepers—approximately 25 minutes
- Finish with cool down activities—approximately 10 minutes



## Warm-Up (10 minutes)

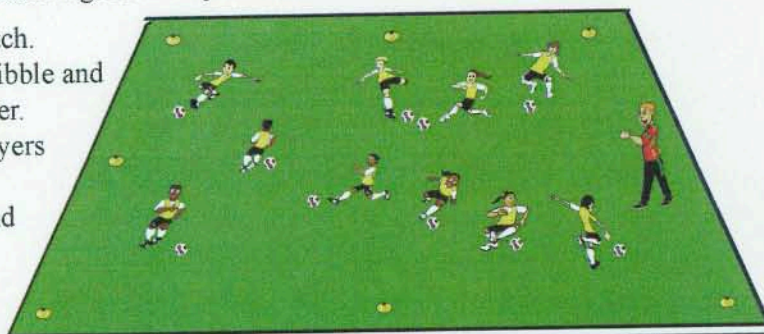
### Grid Dribbling

## U10 SESSION PLAN: DRIBBLING WITH HEAD UP



All players have a ball inside a grid. If they don't all have a ball then share with someone.

After a bit, stop and stretch.  
Instruct the players to dribble and stay away from each other.  
After a short bit stop players and see if the group is equally spread out around the grid.

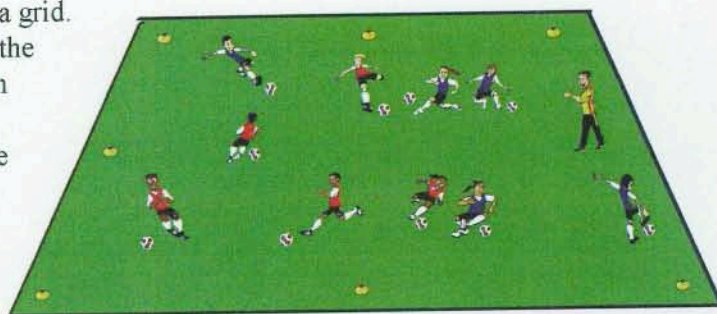


- Dribbling w/Head up
- Find the space.

## First Activity (10 minutes)

### Hospital Tag

All players have a ball inside a grid. Players try and tag players in the arm. If a player gets tagged on arm, they have to hold that arm. If they get tagged on the other arm they hold it. Finally if they get tagged in the knee, they dribble to a place outside the grid, do 10 touch-ups (toe taps on ball) and then can go back in and tag people. Play 2-3 rounds.



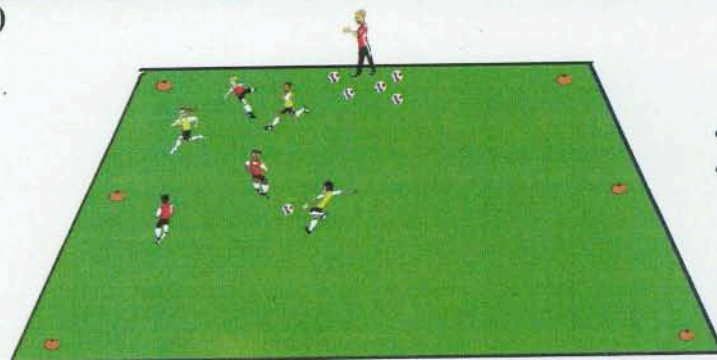
- Finding space to be safe
- Changing Direction
- Changing Speed
- Head up!

## Second Activity (10 minutes)

### 3v3/4v4 Endzones

Divide players into groups of 3. Play 3v3 inside a grid of about 25x20. A team gets a point if they can dribble to the endline and stop the ball.

Variation: Add a second ball.



- Finding Space with ball
- Changing direction

## Game (20-25 minutes)

3v3-4v4 fewer players to get maximum touches.

Play to small goals. Just use the previous game and make two small goals on each end.



- Finding Space with ball
- Changing direction

## Cool Down Juggling Challenge



Who can keep the ball up in the air the longest, only using their feet?



The goal will be to improve their juggling score each week.

Wk 2 goal is 5 juggles.



## U10 SESSION PLAN: FOOT COORDINATION AND SPEED



### 1st Activity (warm-up) Island Game

Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coach's signal everyone must dribble with speed to an island; however, only two people are allowed per island.



Progressions: Start game without balls and then add them.

When dribbling for speed the players do not have to dribble the ball as close. There should be about five or six steps in between each touch of the ball.

The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.

### 2nd Activity Ball Stealing

Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession.



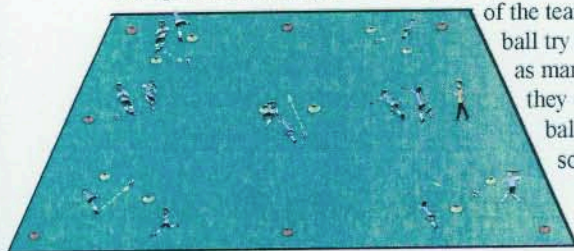
Progressions: Rotate who starts with the balls.

When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender?

If you are going to lose your ball can you find a teammate to give your ball to?

### 3rd Activity Everyone vs. Everyone

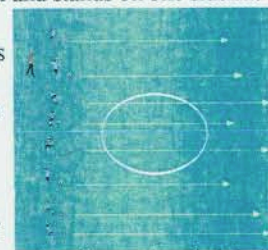
Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score.



Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.

### 4th Activity Edge of the World

Each player gets a ball and stands on one sideline of an area. The goal is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players get points for getting their ball within one yard (distance depends upon ability) of the line without going over.



### 5th Activity (the game) Outta There

In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game.



Progressions: Start with 1v1 and progress to 2v2.

This game should be very fast paced. As soon as the ball goes out of bounds throw another ball in. The coach is the master of the balls, look for players who aren't having a lot of success and distribute the ball straight to them. Vary how balls are distributed into the playing area.

If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.

©2011 Barker  
www.barkercreative.com



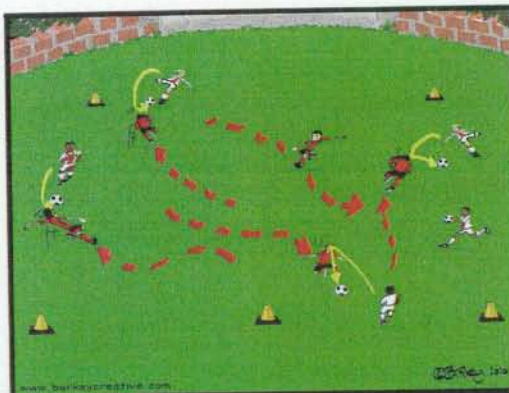


## U10 SESSION PLAN: HEADING ON GOAL



### WARM UP:

Takes place in a 20x20 area marked with cones. Players on the outside will be serving the ball (under handed – to their target's chin) to a player in the middle who'll perform the skill. The players in the middle cross the area in search of the next service. Attack the ball!

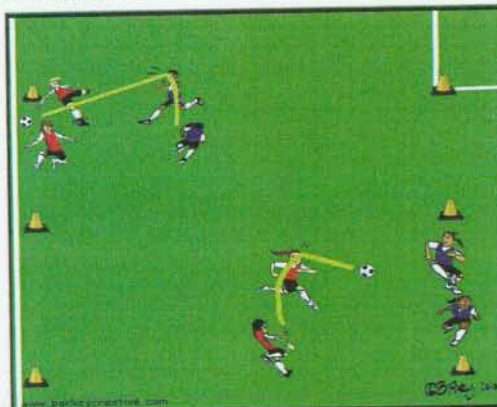


Basics- Feet shoulder width apart. Heels off the ground, knees bent with the hips and belly forward.

Contact with the ball takes place on the forehead just above the eyes. Eyes are to be kept open, mouth closed as the back whips while the forehead makes contact just above the center of the ball. Head the ball down!

### FIRST ACTIVITY– 2v2 heading tournament.

Pairs play in a 10x10 area. One team stands defending their goal line (where they must stay until they have the ball). The other tosses and heads back and forth on the way to their opponents goal line. If the ball is dropped, the ball changes hands.



Again, players must concentrate on whipping their back into the ball.

Make contact over the center-line of the ball to direct it down, away from the goalkeeper's arms.

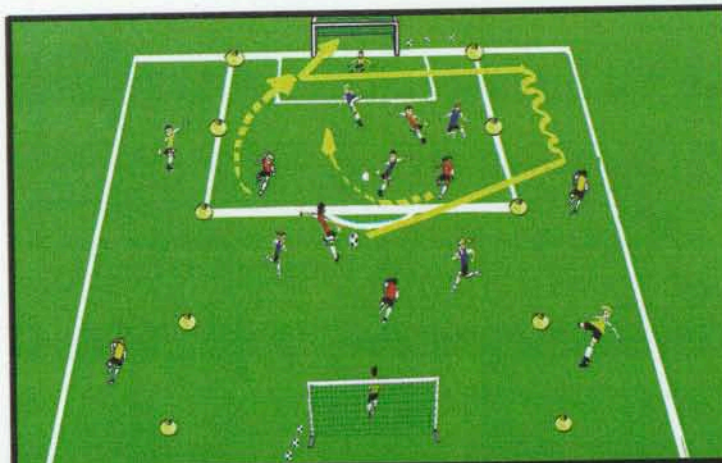
### SECOND ACTIVITY– Heading on goal competition.

Both teams stand next to the goalposts, each player with a ball. One player starts in goal, while the opposing team's first player in line sprints around a cone on the top of the goal area. Once the sprinting player turns, a ball is served from the next player in line from the same team.



The service is headed down (back where it came from) into the goal. Once the player heads the ball, they are to become the goalkeeper against the next opponent's attempt.

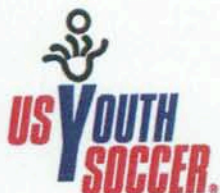
**FINAL ACTIVITY- 5v5 Half field with goalkeepers and two neutral wingers on each side.**



Neutral players guarantee that each team has numbers up, and can create crossing situations.

Remind players to:

Attack the ball!  
Whip their back!  
Head it down!





## U10 SESSION PLAN DAY OF DUELS



**WARM UP-** Players pair up, with a ball between them in one 30x40 area. The pair brings the ball to the coach, who sends it out for them to battle for. The winner is the player who brings it back.



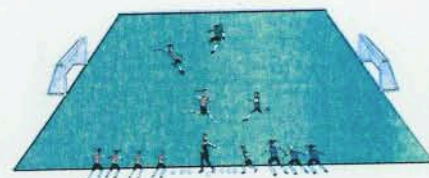
**Coaching Points:** Turn and face the defender when you have the ball. If you can't turn protect it by screening.  
Questions for players: What moves can you use when the defender is in front of you? Next to you? Or behind you?

**FIRST ACTIVITY:** Similar to the warm up, except you have 2 teams, one on either side of the coach.  
The coach stands on the side of a 30 x 40 yard area with at least 5 gates set up with cones.  
The ball is served from the coach and the first two in line duel for the ball, trying to take it through one gate to end the game. Progress to two gates. Send multiple groups to play at one time, make them aware of the other players around them.



**Coaching Points:** Turn and face the defender when you have the ball. If you can't turn protect it by screening.  
Questions for players: What moves can you use when the defender is in front of you? Next to you? Or behind you?

**SECOND ACTIVITY:** Similar to the first activity, except when the ball is played out, the team that wins the ball first gets an extra player. If the ball changes hands, add a player to the team that wins it, etc. You may end up with all your players on the field.



**Coaching Points:** Quick thinking, both from the player with the ball and the players in line. Concentrate on what's going on! Support the player with the ball by running where you can help them score: angle, distance.  
Questions for players: Where should I run to help another player with the ball? Where should I run if I don't have the ball?

**THIRD ACTIVITY:** Half of the teams in pennies in the same area. This is a game where one team is linked in pairs (by the arms or pennies) for two minutes. They are the "Glob" team. The other team tries to move the ball around, into as many gates as possible in that time. Switch roles.

**Variation:** One team has to assign a player to each corner for two minutes. This will give one team a numerical advantage.

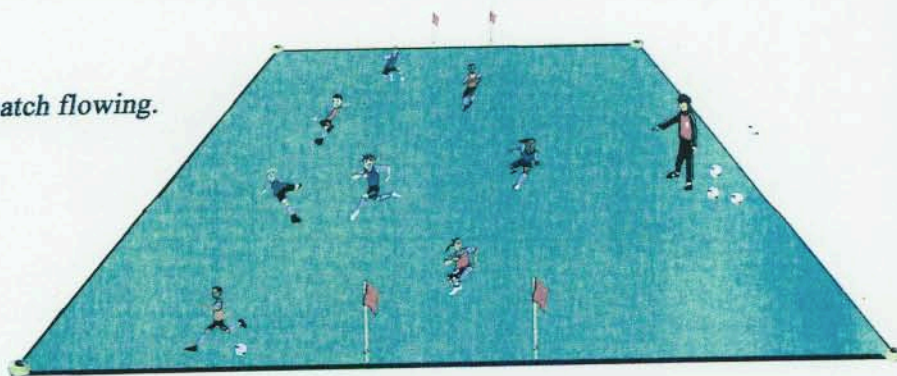


Question for players: Who can run faster, you or the ball?

### Final Activity-The Match

Play 4v4 to goals

Coach has a supply of balls to keep match flowing.  
"CELEBRATE"





## U10 SESSION PLAN

### DRIBBLING TO BEAT A DEFENDER

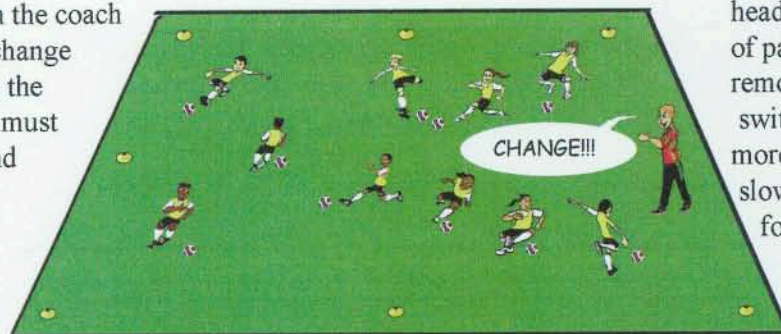


#### WARM UP:

Players dribbling in grid and trying different moves under coach's order.

#### Progress to 'Musical Balls':

Each player with a ball when the coach calls 'change' players must change direction with the ball, when the coach calls 'switch' players must leave their ball where it is and go and find someone else's ball as quickly as possible. Players again dribble the new ball in the grid.



Requires dribbling with head up and quick change of pace. Coach can then remove a ball after yelling switch so that there are more players than balls so slowest player has to do a forfeit (3 star jumps) for ending up without a ball. Coach then throws ball back in to play again.

#### FIRST ACTIVITY-

1v1 to Multiple Goals

The area is about half of the field, with three goals (or more) on the top of the penalty box and matching goals 20 to 30 yards away. Players pair up with an opponent. One defends one side's goals (all of them) and the other defends all of their goals.



The only player that can take the ball is their opponent. Other pairs have their own games, and can't interfere with anyone else's. At every opportunity, the player with the ball must face their opponent and take them on, attacking one goal, and change to attack another!

#### SECOND ACTIVITY-

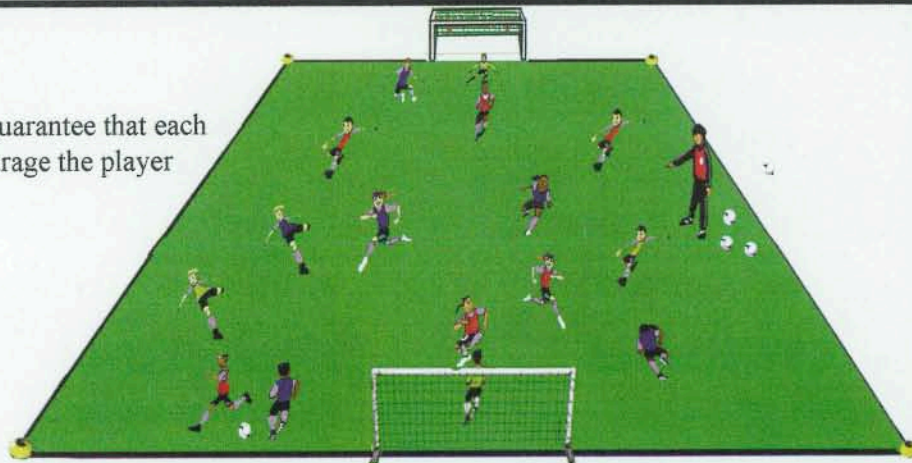
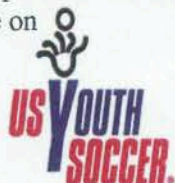
3v3, team that shoots stays on the field 36 yard field (box on box) with two portable goals. Each team is divided into smaller groups of three. On the field the objective is to beat an opponent, take a shot and score. The team that shoots or scores stays on the field, the other is eliminated and goes behind the goal to wait for the next game.



Urge players to take on players in front of them. Players with the ball should turn and face their opponent, and if they can't beat them to take a shot, they should play to a player who can shoot.

#### Final Activity-The Match

6V6, half field with goalkeepers and two neutral wingers. Neutral players guarantee that each team has numbers up. This will encourage the player with the ball to take on defenders.





# U10 SESSION PLAN: PRACTICE GAMES



## Game 1

### Island Tag.

Organize in pairs  
"Islands" standing or  
lying on the ground.

Island Tag. Coach breaks one pair  
apart and designates one to be "it" who  
chases and tries to tag the other player.



Add more chasers and/or add a ball.

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.

NEW MEXICO  
YOUTH SOCCER

## Game 2

Knock Out. All players with a ball. Try  
to knock the other player's ball out of the  
area.  
Continue until all balls are out. Repeat.



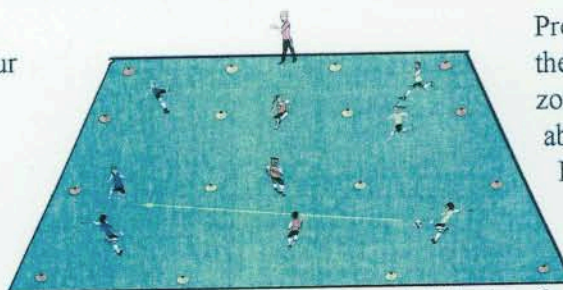
- \*Change of direction and speed
- \*Mobility, agility, quickness – general soccer fitness
- \*Spatial awareness and decision making
- \*Intrinsic motivation and competition

## Game 3

### Three Zone Challenge.

Organize three teams of three or four  
(three 20 x 15 yard areas or as  
needed).

Object is for one team to pass the  
ball through the center zone to the  
team on the opposite side.



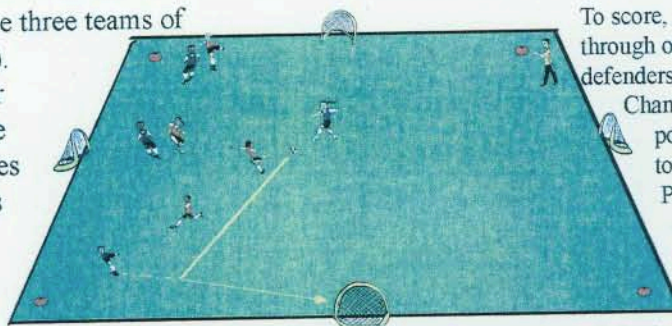
Progress by allowing one player from  
the center team to play in each end  
zone creating a 3 v 1. Same rules as  
above.

Limit touches on the ball if  
necessary.

- \*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.

## Game 4

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.



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.

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

6 v 6 with goalkeepers  
to two larger goals (40  
x 60 area). Define  
direction and  
organization for each  
team.

No restrictions.

Keep it FUN!



## Cool Down

Players jog (dynamic  
movements). Stretch.

Reduce Heart Rate  
Static Stretching