



# Dynamic Activities for U10 Players

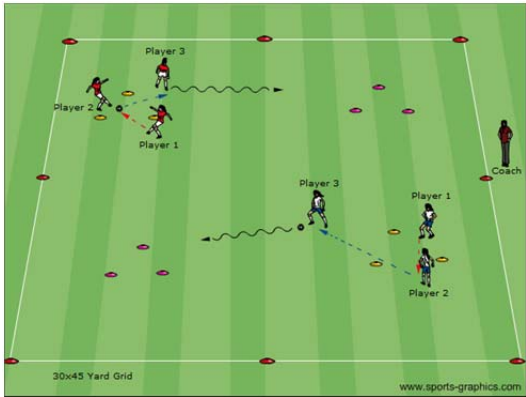
(8, 9 and Some 10 Year Olds)

Fast Footwork (Foundation Work)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> <li>• Each player with a soccer ball in 15x20 yard grid. (size of grid is to keep the players close to coach)</li> <li>• Coach leads the players in choreographed footwork activities:               <ul style="list-style-type: none"> <li>○ Sole of foot ball taps (left-right-left-right)</li> <li>○ Inside of foot ball taps (left-right-left-right)</li> <li>○ Pull the soccer back with the sole of the foot and push with the inside of the same foot to the opposite foot.</li> <li>○ Sole of foot back and forth</li> <li>○ Sole of foot side to side; left foot rolls to right and right foot rolls to left.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Repetition of proper mechanics</li> <li>• Quick and supple touches</li> <li>• Head up</li> </ul> <p>*Variations: add a quarter or half turn every 10 touches (right foot then left)</p>
	<ul style="list-style-type: none"> <li>• Each player with a soccer ball in a 25x35 yard grid.</li> <li>• Players should use all surfaces of their feet.</li> <li>• Coach will prompt players to:               <ul style="list-style-type: none"> <li>○ Change direction</li> <li>○ Inside foot chop</li> <li>○ Scissors</li> <li>○ Fake left/go right</li> <li>○ Step over and turn</li> <li>○ Pull back</li> <li>○ Half turns</li> <li>○ Roll the ball under the foot</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep head up and use peripheral vision</li> <li>• Change of direction and speed</li> </ul>



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Triangle Gate Passing in 3's	Activity Description	Coaching Objective
 <p>30x45 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 30x45 yard grid with several triangle shaped gates.</li> <li>• Coach divides the team into groups of 3 with one soccer ball for every each group.</li> <li>• At each gate, player 1 passes to player 2 who passes to player 3 so all three sides of the triangle are used. Player 3 dribbles to the next gate and her teammates join her.</li> <li>• Dribbling player now becomes player 1 and the same pattern continues to as many gates as possible in 45 seconds.</li> <li>• Second round, passes through the gate must be with the outside of the foot.</li> </ul>	<ul style="list-style-type: none"> <li>• Quick passes in a small space</li> <li>• Playing from the small space to open space</li> <li>• Introduction to combination play</li> </ul> <p>*variations: Pass with the outside of the foot Pass with inside of the foot</p>

4v0 Passing	Activity Description	Coaching Objective
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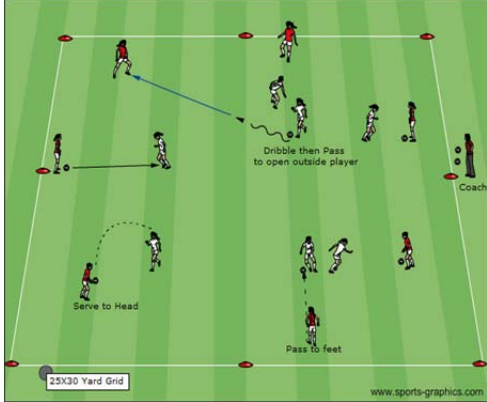
<p>25x35 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• 4 players in a 25x35 yard grid. Players will need one soccer ball which starts at one end or the other.</li> <li>• 3 of the players pass among themselves. After 4-5 passes the 4<sup>th</sup> player calls for the soccer ball. Whoever has it at that point must make a long pass to the far player.</li> <li>• The 2 players on the side lines support the pass by moving into the opposite end of the field.</li> <li>• The 3 players to begin to play the ball short for 4-5 passes before the new long player calls for the ball.</li> <li>• After a couple 90 second rounds, the coach can walk inside the middle of the grid to force some direction.</li> <li>• Multiple games will be played at the same time. 2 teams can work in the same grid at the same time but independent of the other group.</li> </ul>	<ul style="list-style-type: none"> <li>• Passing and receiving technique</li> <li>• Body shape for receiving the ball.</li> <li>• Preparation touch</li> <li>• Maintaining group shape and positional discipline (maintain a kite shape)</li> </ul>
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Receiving Flighted Balls in 2's	Activity Description	Coaching Objective
<p>Players 5 yards apart www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• One soccer ball for every 2 players.</li> <li>• Partners face each other about 5 yards apart.</li> <li>• One player is the server. He holds the soccer ball in his hands and, with 2 hands and under hand, tosses the soccer ball to his partner at different heights.</li> <li>• The receiver uses his chest, thigh or instep (laces) to receive the ball before it touches the ground.</li> <li>• The receiver then passes the ball back to the server.</li> <li>• After 9-10 services, the partners switch rolls.</li> </ul>	<ul style="list-style-type: none"> <li>• Proper receiving technique</li> <li>• Good body balance</li> <li>• Appropriate touch on soccer ball</li> </ul> <p>*Variation: Coach can stipulate that two different surfaces must be used prior to the soccer ball hitting the ground.</p>

Dutch Circle (Passing, Receiving & Heading)	Activity Description	Coaching Objective
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 <p>25X30 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach divides the players into 2 groups.</li> <li>• One group of players form a circle with a 30-35 yard radius.</li> <li>• Players forming the circle have 1 soccer ball each and they are considered windows.</li> <li>• The other group of players gets set inside the circle without a soccer ball.</li> <li>• Coach will inform the players in the middle how to receive the soccer ball and how to play it back to an open window.</li> <li>• Each round the players may have to either receive the soccer ball to feet, thigh, chest or head.</li> <li>• The inside players must now play the ball to an open window.</li> <li>• The players on the inside must not receive a different soccer ball from a different window.</li> <li>• Round last 1 minute. Players must play as many soccer balls in that time as they can.</li> <li>• Groups now switch rolls and play again.</li> </ul>	<ul style="list-style-type: none"> <li>• Proper receiving technique from all body surfaces</li> <li>• Intelligent movement</li> <li>• Passing accuracy and pace</li> </ul> <p>*Variations:          Serve to Feet          Serve to Thigh          Serve to Chest          Serve to Head</p>
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Heading to Self	Activity Description	Coaching Objective
 <p>25X30 Yard Grid</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 25x30 yard grid with all players inside. Each player has a soccer ball in their hands.</li> <li>• Players jog around with their soccer ball and serve the ball into the air to themselves.</li> <li>• Players head the soccer ball into the space in front of them, jog after it and pick it up.</li> <li>• Repeat for the duration of the round (approx. 1 minute) and at least one more round.</li> <li>• Round 2, players serve the soccer ball into the air, try to head back into the air in order to catch the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Proper heading technique for both attacking and defensive head balls.</li> <li>• Good body balance</li> <li>• Body in line with the flight of the soccer ball</li> </ul>



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Heading with a Partner	Activity Description	Coaching Objective
<p>25x30 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• All players get a partner and 1 soccer ball between every 2 players.</li> <li>• One player is the server who serves the soccer ball with 2 hands and under to their partner.</li> <li>• The other player tries to head the soccer ball back to their partner.</li> <li>• After 8-10 serves, the partners switch rolls.</li> <li>• Second round, the player heading the soccer ball will try to head the soccer ball over the servers head.</li> <li>• The third round, the 2 players try to head the soccer ball back and forth and try to get as many in a row as they can. They can have as many restarts as they want in 90 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>• Head eye coordination</li> <li>• Body shape for both attacking and defensive heading</li> <li>• Weighted touches on the soccer ball with their head</li> </ul>

Numbers Shooting	Activity Description	Coaching Objective
<p>25x30 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• Coach sets up a 25x30 yard grid with a goal at both ends. Grid will have a 10 yard wide lane through the middle.</li> <li>• Each goal will have a goalie in it and all the players will have a soccer ball in the lane and will be divided into 2 colored teams.</li> <li>• Each player from each team in the center lane has a number 1-6 (or 1-the number of players per team).</li> <li>• Each team as a particular goal they are shooting on and will shoot in sequential order.</li> <li>• When the coach gives the command to start, both teams shoot on their</li> </ul>	<ul style="list-style-type: none"> <li>• Shooting technique of a moving ball</li> <li>• Repetition of shooting technique of a moving ball</li> <li>• Shot save repetition for goalies</li> </ul>



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	<p>goal.</p> <ul style="list-style-type: none"><li>• Next shooter can shoot once the goalie has made the previous save.</li><li>• Shooters chase their soccer balls immediately unless they will interfere with the goalie.</li><li>• Once all shooters have shot, the players chase their soccer balls and return to the center lane for the next round.</li></ul>	
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