

From “Director of Coaching” “HARRY” Horst Leins



**BELWEST FOXES SOCCER CLUB**  
**Incorporated**

**“SKILL SETS U10’s +”**

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# ENJOYMENT IS THE THING, NOT WINNING!

When children are training or playing games against other teams they need a fun environment where they can play without pressure. The game result, for younger players, should be irrelevant.

If the emphasis is on winning matches or the competition, the development process is doomed to failure and the fun of junior play is replaced by the pressures and frustrations of adult football.

A study of youth sport values showed that the most important values were:

- enjoyment
- personal achievement

The least important value was:

- winning

The junior coach must value, above all else, the individual development and welfare of every single player. Research has shown that the emphasis should be on the child experiencing fun and excitement. Children at this age are still sampling many sports and activities; football coaches can have an impact on which sport the child will choose.

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## AGE-GROUP GUIDELINES

MAIN FOCUS	AGE GROUP & COMPETITION FORMAT	TEAM GUIDELINES	TIC EMPHASIS
Learning to master the ball	U/6-U/7 4v4	No formation / tactics consist of only very general instructions	Getting a 'TIC' for football
Learning to act with the ball purposefully	U/8-U/9 7v7	1-3-3 formation/basic tactical instructions/everyone plays all positions	<b>TIC</b>
Learning to play together purposefully	U/10-U/11 9v9	1-3-2-3 formation/limited tactical instructions/talent for specific positions more clear (but still flexible)	<b>TI</b>
Learning the positions and basic tasks in 11 v 11	U/12-U/13 11v11	1-4-3-3 formation: Extending tactical instruction, explaining the positions and basic tasks	<b>TIC</b>
Learning how the basic tasks link together	U/14-U/15 11v11	1-4-3-3 formation: Choice/ specialising for a positions + corresponding tactical instruction	<b>TIC</b>
Learning how to play as a team	U/16-U/17 11v11	1-4-3-3 formation: Extending development on one position related to the team's output	<b>TIC</b> Football conditioning
Performing/winning as a team	U/18-U/19 11v11	1-4-3-3 formation: Perfection per position and as a team; result-oriented teamwork	<b>TIC</b> Football conditioning
T: Technique I: Insight C: Communication			

## “SAMPLE TRAINING SESSION U10’S +”

This sample training session should be used as a guide to help you plan your training sessions. The soccer season starts in May and finishes in September (approximately 16 weeks) so you will need to prepare for each of your training sessions and have an idea of what you want to achieve at each session. A well-planned session creates a good environment and sets you up for the weeks ahead.

The session detailed below is to give you an idea on how to plan your session, break it up in too easy to manage chunks. You may find with your team that you spend longer on some activities and less on others. Always try to plan a session with a couple of spare activities, just in case some things do not work. Sometimes the mood of the team at a training session means that certain activities are not going to work, yet another night everything goes smoothly. The mood of the players can throw your session into confusion if you are not prepared and flexible in your training schedule. Don't be concerned when this situation occurs, it happens to everybody, on these occasions go with the flow and adjust your training session to the mood of your players.

This session contained elements of passing, dribbling and kicking and is a good general session. With Roo Ball you will need to always include at least two elements to keep them interested. **Remember plenty of little games**

<b>Warm up</b>	
Juggling (it a good idea to have some juggling at every session, give the players a challenge to see who do the most at the end of the season)	2 minutes
A game of Simon Says – involve toe tapping, bouncing and catching the ball etc	5 minutes
<b>Main part of Session</b>	
Set up 5 cones 2mtrs apart, have the players dribble around the cones	3 minutes
Game of Red Light Green Light – encourage them to dribble the ball with inside of feet only	4 minutes
Practice passing – in pairs pass ball to each other (correct technique)	5 minutes
Game of Rob the Nest – Set up cones for players to dribble back through the cones. Set up for players to pass the ball back to next player	5 minutes
Set up cones (like skittles) – players are to kick the ball using laces to try and knock over the cones.	5 minutes
Game of Explode	4 minutes
Finish session with a game	15 minutes
<b>Warm down</b>	
Game of Simon Says – Stretching exercises	2 minutes
Total time for Session – 50 minutes	

## **GAMES FOR TRAINING**

The use of games helps keep your players interested in training and are a lot of fun, whilst still teaching them soccer skills. Below are some good games for training. You will soon get a feel for your player's favourites, and feel free to invent some of your own. Always set up a grid, as this encourages players to play within a controlled space and it is easier for you to keep track of your players. The size of the grid will vary depending upon the type of exercise or game.

## **Explode**

Every player has a ball. You get them all around you dribbling balls as close as they can get in a designated grid area, the size of the grid depending on the number of players. Make sure they begin their dribbling using the insides of both feet. Encourage them to keep control of the ball and not let it run away from them and do not let them run into one another or dribble their ball into another ball or another player. Keep telling them to get their heads up so they can see where they are going. Yell "Explode!" at which point they all run away (dribbling their balls) as fast as they can to designated areas normally cones set up away from the grid.

## **Tag**

This drill is based on the common kids' game of tag. Mark off a grid or circle. Everybody needs a ball. Whoever is "it" must dribble to another player and tag him/her. The other player avoids being tagged by dribbling away from "it." If the player being chased loses his/her ball outside the grid, dribbles out of the grid, or is tagged, he/she is "it" and the game continues.

## **Dribble Relay**

Set up an 'obstacle-course' with cones as 'gates' - and team 'A' races team 'B', - they have to go out and back - If they lose control and miss a gate, they have to regain control and go through the gate. A variation is to have a small 'square' at the end. They have to stop the ball in the square, then sprint back and high-five the next player before he/she can take off. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race - and award points to the player that sees it and correctly yells out the number first. This is to encourage the players to look up.

## **Circle Game**

Set up a 20x40 meter grid, make a centre circle, and split players into teams that can be identified by a colour. Have all the players dribble their balls in the centre circle. Call out a colour. That team dribbles toward their goal. The other team leaves their ball and runs to slow the attackers down trying to get them to a sideline and to dribble out-of bounds, or not get to their goal line

before the Coach counts to 7 or else award 1 point for each out-of-bounds and 1 point for each player "held" for the Coach's count. Attackers get 1 point for each "goal". Play to 10 points.

### **Run and Shoot**

Have the players in two lines in a grid 10 to 15metres from a goal. A player from one line starts moving towards the goal and passes him/her a ball from beside the goal. They have to dribble toward the goal and shoot. Normally avoid any drills with line-ups; however this one works because the players move quickly through the line. You should have lots of parents to help collect balls and keep players moving through the lines. You can let the players take turns to be the goalkeeper, or to add some fun, get one of the parents to go in goals.

### **Numbers**

The exercise is good for 1 vs 1 dribbling skills. It is especially good on a hot day as the players defending can rest a bit. Divide the players into 2 groups. If you have ten players, assign each player a number between one and five. So each team has a number one, a number two, etc. Try to make sure the players with the same number are evenly matched. Set up two very wide "goals" with cones. Spread the five players on each side across each goal line. Call out one or more numbers, and those players come out to play 1 vs 1, 2 vs 2, etc. and the rest of the players stay spread across the goal line as defenders. Throw a ball from the sideline into the center and let them play it until a goal is scored, the defenders stop it, or it goes out of bounds.

### **Pirate (or Monster)**

Coaching points: concentrate on the player's close dribbling and screening techniques. Everybody inside a circle (center circle is fine) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle - now; the two players are Pirates and go after the others, then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game.

Variation: Bomber. Just like above except the "IT" player has a ball and tries to roll/throw it at the other player's and knock their ball out of the circle.

### **Egg Hunt**

Have more balls than players. Have the player's line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. At the other end of the field is a goal called the "basket". Blow the whistle and turn them loose. The object of the game is to get all the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them to see how fast they can accomplish the task. The players really like this game. The more balls (eggs) the better. You should see them score, and turn right around and go back for more balls.

### **Ball Tag**

Everyone has a ball and dribbles in a confined area. The player who is "it" must pass his/her ball so that it hits another player's ball. The player whose ball was hit then becomes "it."

### **Shark and Minnows**

Teaches players with the ball to shield it from an opponent and teaches players without the ball how to take it away from an opponent. Use pylons to create a 15-yard square. One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the Coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the Coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish must leave the square and stay out until the Coach gives the "Stop!" command at the end of the 30 seconds. A fish has done well if still alive. The shark has done well if few fish survived. Choose a new shark and play another round until every player has been the shark once.

### **Musical Chairs**

One less ball than the number of players in the drill. Players run around in goal areas in a scramble until the whistle is blown or the Coach yells out. Players race to get the ball from the grid and dribble to score in a goal previously set up. Those players without a ball help retrieve the balls and place them back in the grid, repeating this until only one player left. Make sure to keep things moving along, don't wait very long to blow the whistle. Once players have concept start adding in defenders. One more that may work for you is using a ball as the goal. Have players match up by ability. Throw one ball out as the goal. Throw a second out that the two players will try and possess and score. First player to ball is attacker, second defends goal (ball) and tries to gain possession of ball. If successful, roles reverse. Only run this for 30-45 sec depending on effort of the players. Have 2-3 pairs doing this at once each with their own goal (ball) and playing ball.

### **Rob the Nest**

A favourite for Coaches as you can introduce lots of variations. This game has many variations and you can use so many of the skills drill in this game. Set up a small grid (2mtr by 2mts) in the center (the nest) and around the outside set up other grids (home). The number of grids will depend on the number of players, as you want 3 to 4 player in each outer grid. The aim of the game is to run to the nest and bring back a ball to your home. The team that collects the most balls wins. Set up the return path to the grid with cones for the players to dribble the ball through, or you can make it a requirement that they must pass the ball back to their team mate before the next person can go. You will be able to think of other ways for them to get the ball back from the nest to their home.

## **FINISHING UP**

Always allow time for a game at the end. Allow 5 to 10 minutes for a game. You should always finish on time as the parents may need to get home to other kids or to get tea on the table. Allow time at the end of training to hand out notes otherwise your training session goes over time you may find kids being dragged away by impatient parents before you can hand out the notes.

## SKILL SETS U10 +

### Elite Soccer Coaching Playing Style

#### Dribbling Skill Set



1. Dribbling

#### ACTIONS:

Inside of the foot



2. Dribbling

#### ACTIONS:

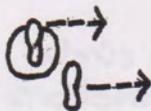
Inside of the foot  
Scan



3. Sole taps

#### ACTIONS:

Touch the ball  
with the sole of  
your boots.



4. Left / Right foot roll overs

#### ACTIONS:

Using sole of your  
boots roll the ball.  
Scan.



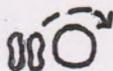
5. Backward rolls

ACTIONS:

soles of feet moving the ball backwards.

Scan.

Move feet quick.



6. Right /Left foot step over

ACTIONS:

Stand beside the ball and move right foot around the ball.



7. Right + Left foot step over

ACTIONS:

Both feet around the ball.

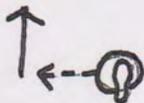
Move either left or right foot around the ball then opposite foot.



8. Feint

ACTIONS:

Moving in a circle change directions with a feint.



9. Drag the ball

ACTIONS:

Drag the ball, or roll the ball sideways and move it forward quickly.

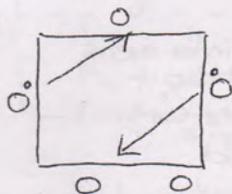
10. Juggling

ACTIONS:

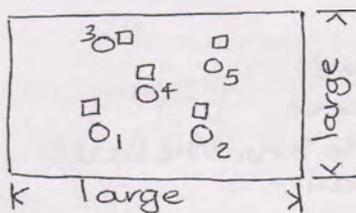
both feet.

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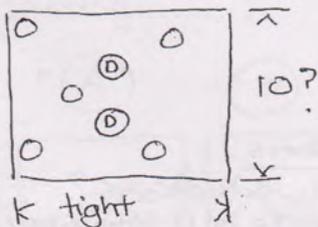
Dribbling Skill Set



1. Scanning



2. Shielding / passing



3. Body shape / shielding

ACTIONS:

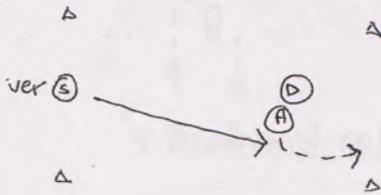
side on  
scanning often.  
using inside of the feet.  
moving the ball sideways.

Actions:

KEEP THE BALL MOVING.  
SCAN.  
keep the ball out of tackling range  
start with 1 v 1  
small groups 1 pass to 2  
2 passes to 3.

Actions:

scan  
inside of the feet  
shield  
move the ball away from  
defenders.  
must have 2 touches or more.  
must have 3 touches or more.  
work in large area so game  
keeps going but players must  
adjust.



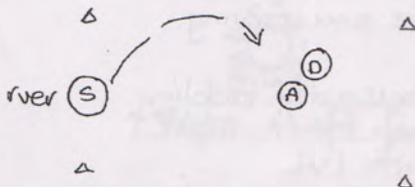
4. Dribbling with pressure

ACTIONS:

Get body between ball and opponent.

move the ball into areas where you can keep it.

Attack the space with it.  
Can you go fwd.

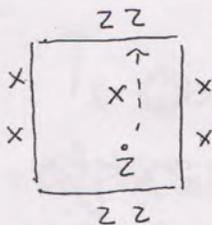


5. Shielding/dribbling

ACTIONS:

As above.

server to throw the ball in the air.



6. Dribbling / Shielding

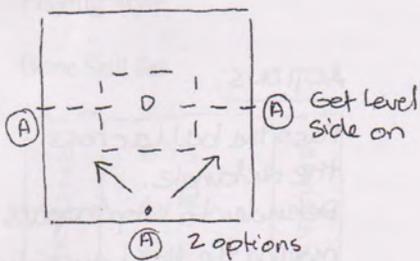
ACTIONS:

1v1 situations  
move the ball into space  
keep the ball out of  
tackling range

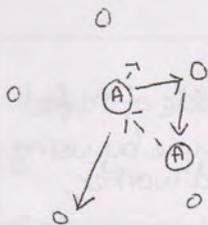
'turn out'

'drag the ball'

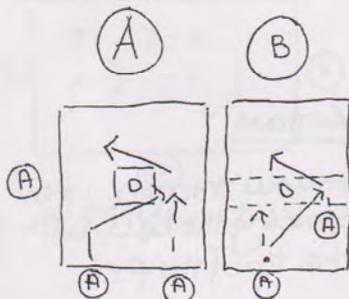
'Attack the space'



4..... 2v1 situations



5..... Passing



6. wall pass

ACTIONS:

Inside of the feet.  
Scan,  
get side on.

ACTIONS:

scan  
wall pass  
play it to the outside  
players.

move quickly without  
the ball. / scan / so you  
can see your team mate  
and where you want to  
play the ball.

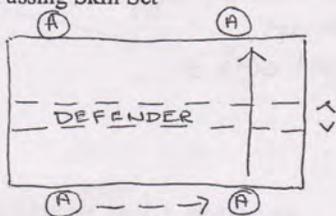
ACTIONS:

2v1 situations  
Defender to stay in area  
for success.

change situation

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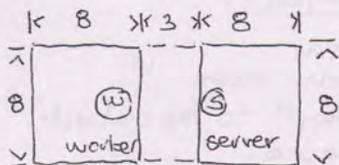
Passing Skill Set



1. Passing Inside of the feet

ACTIONS:

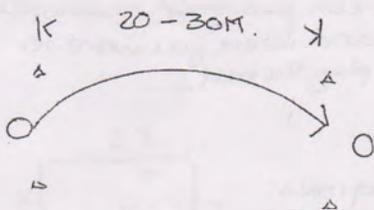
Pass the ball across the rectangle.  
Defender to stop the pass.  
moving the ball quickly  
playing the pass to  
team mates early.



2. volleys

ACTIONS:

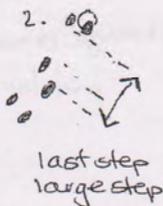
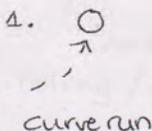
Using inside of the feet.  
start simple by using  
server and worker.  
allowed 1 bounce before  
volley.  
no bounce  
must have 2 touches.



3. Passing

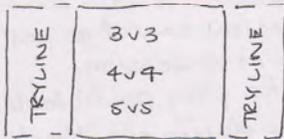
ACTIONS:

Follow through when  
striking the ball with  
the top of the foot.  
strike the ball with the  
instep or laces. follow  
through.

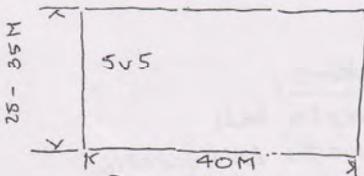


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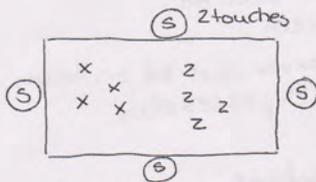
Game Skill Set



1...Try line...game.



2...Possession.....



3...4v4 /or 3v3etc..

ACTIONS:

keep possession  
move the ball into  
space.

keep the ball out of  
tackling range.

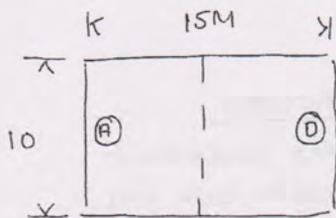
ACTIONS:

move the ball quickly.  
players to get on the  
move. to support  
players quickly.  
Goal keeper can be  
played in but must  
use his hands.

ACTIONS

keep possession  
cannot play same  
out side server once  
played in.

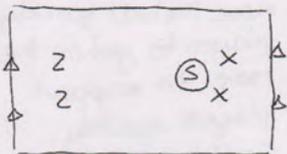
Get the ball end to  
end.



4. Defending 1v1, 2v1

Actions:

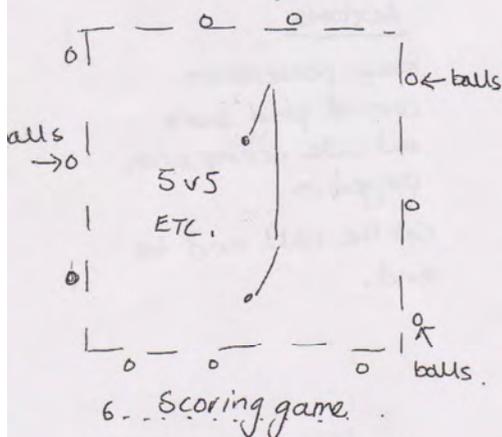
Closing or putting pressure on the attacker when in possession remain comfortable so he/she cannot go past you in possession.  
 Make play predictable.  
 Force play in one direction.  
 'No slide tackles'  
 create 2v1 situations.



5. Attacking 4v2, 3v2,

Actions:

keep the ball.  
 Move the ball quickly.  
 Get level or beyond.  
 Get side on.  
 scam.  
 Server can be on team with possession.



6. Scoring game.

Actions:

Defending Exercise.  
 Shooting Exercise.  
 possession Exercise  
 Dribbling Exercise.  
 can score from both ends.

**“NOTES”**