



Week 2

U9/U10

Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



Dribbling – Hospital Tag



COACH WILL USE A POOL NOODLE

Grid 12 x 15 yards

- All players without a ball to begin.
- Coach can will be "IT" to begin.
- Have players run, skip, jump to avoid being tagged (body awareness).
- If tagged, cover it with a Band-Aid (Hand)
- When tagged twice, go to Hospital. 3 jumps and come back to activity.
- Add a ball. When tagged twice go to hospital and do 3 toe touches, 2 juggles etc...

Possible Coaching Points

This is a Maze Game

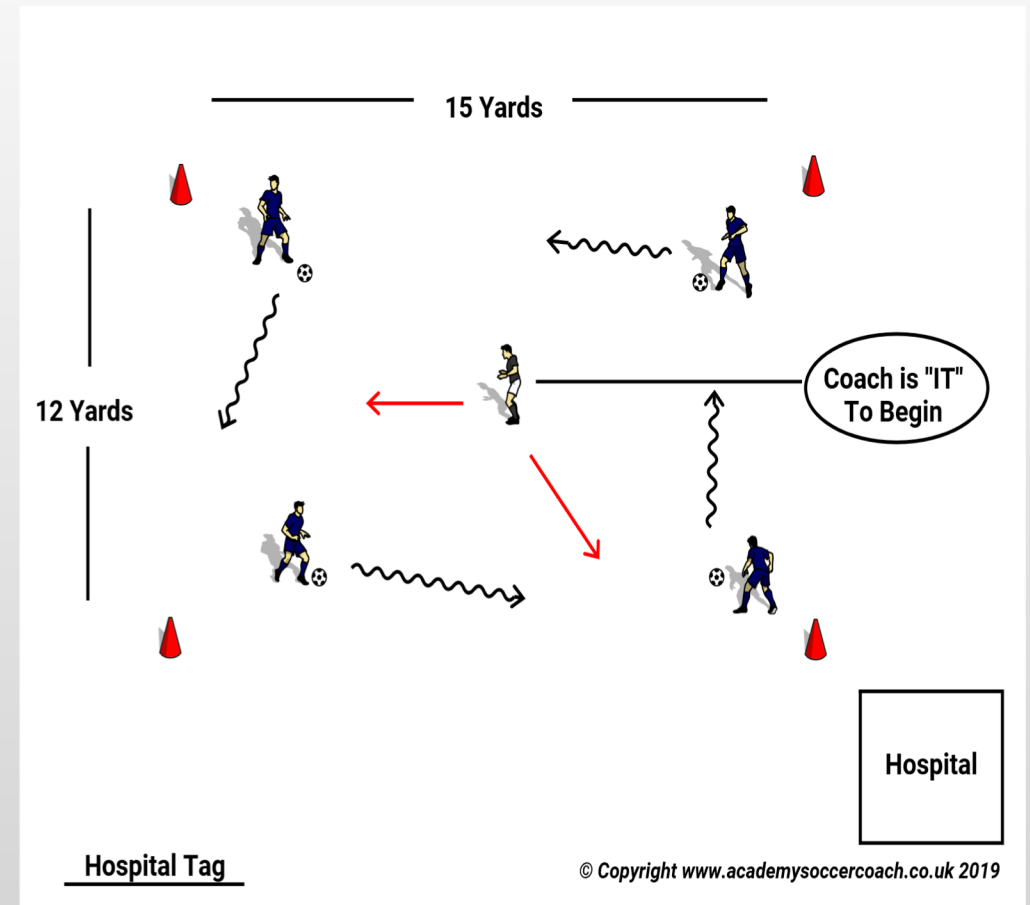
Look for open space (field vision)

Change of speed/direction (surface of foot)

Demonstrate toe touch, juggle, hop over ball.

Dribble close with small steps

Guided Question- How do we avoid being tagged?



Dribbling/Passing – Freeze Tag



COACH WILL USE A POOL NOODLE

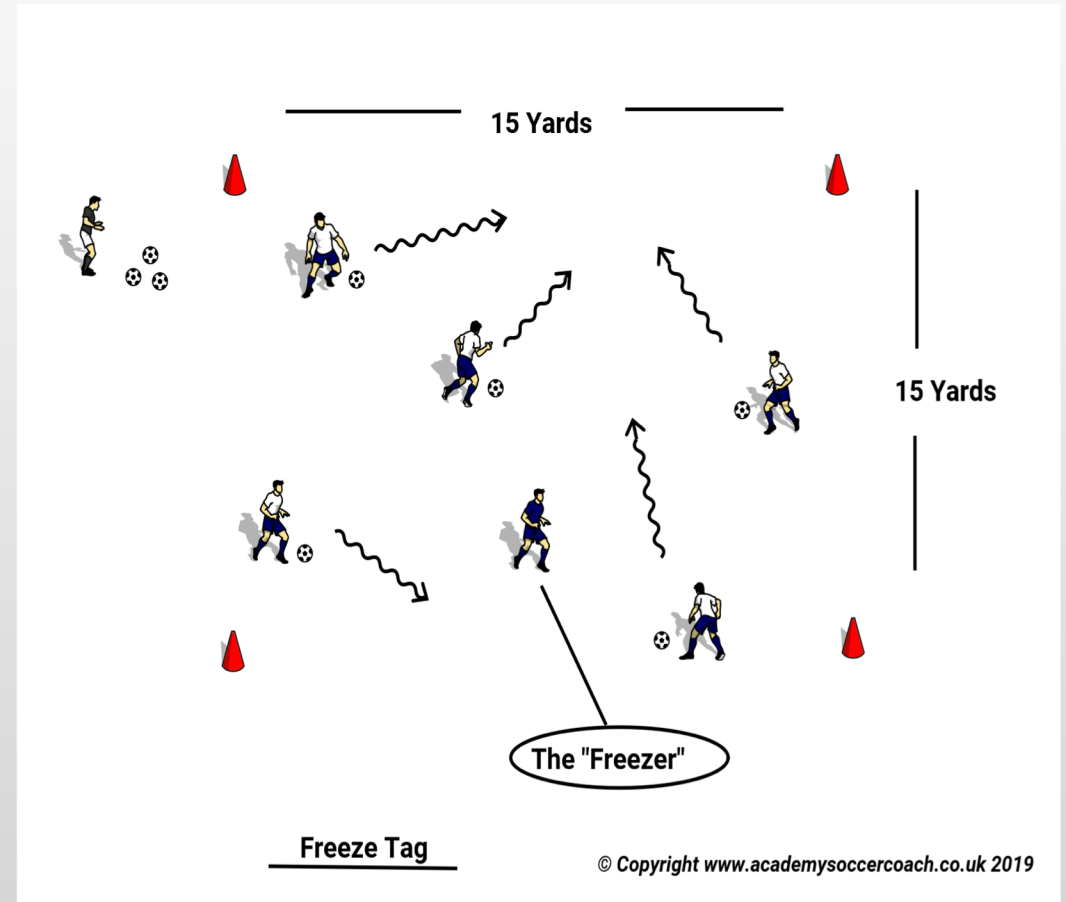
Grid 15 x 15

- Begin without a ball.
- Designate a coach to be tag people.
- If a player is tagged they “Freeze”. To be “UnFrozen” ~~someone else needs to crawl between their legs.~~
- Add soccer balls. Same rules except when a player is frozen a teammate will pass the ball between their legs.
- Last person/people to be frozen are “Freezers”

Possible Coaching Points

- Encourage communication to let other know you are “Frozen”
- Keep ball under control
- Use inside of foot to pass (Technique)
- Work together to keep all soccer balls moving

Guided Question – How can I stay away from “FREEZERS” ?



Dribbling – Get Out Of Here!



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SOCCER
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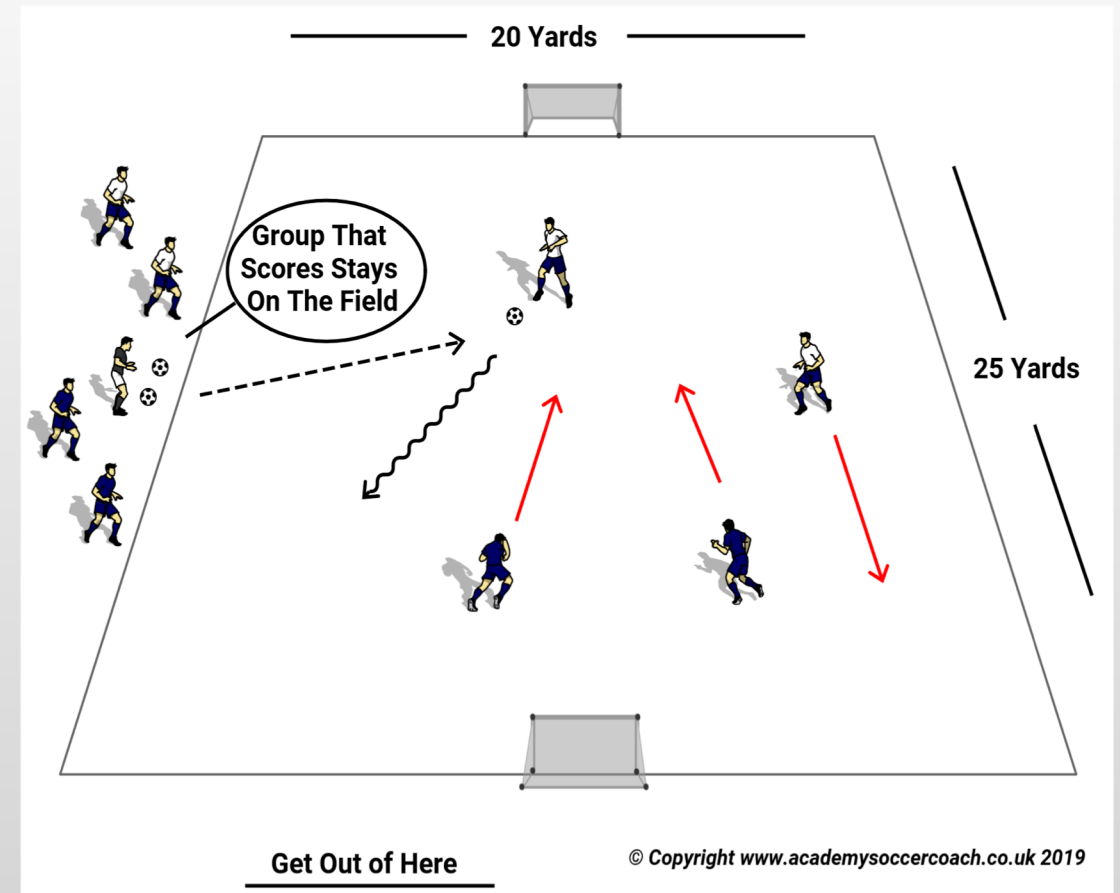
Grid 20 x 25 Yards

- Split the group in to 2 teams.
- Have the groups stand on either side of coach.
- Coach serves ball and send in 1 v 1 to 3 v 3.
- If a team scores, 2 new teams.
- If ball goes out of bounds yell “Get Out Of Here!”
- Send in a new group. Can adjust were they start from (sides, end lines)

Possible Coaching Points

- Aggressive to win initial ball.
- Work hard to win ball back defensively.
- Protect the goal with body position.
- Work as a group when 2 v 2 or larger.

Guided Question – I Wonder, Should You Go Slow or Fast to Win The ball or Win The Ball Back?



4 v 4 Game Play – Practice - Play



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Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U9/U10 Practice Model

10 minutes of Scrimmage to start
30 minutes of activities
20 minutes Scrimmage with your team

Keep games to 4v4 – 5v5 to maximize opportunities on the ball for players.

Rotate players to keep games competitive.

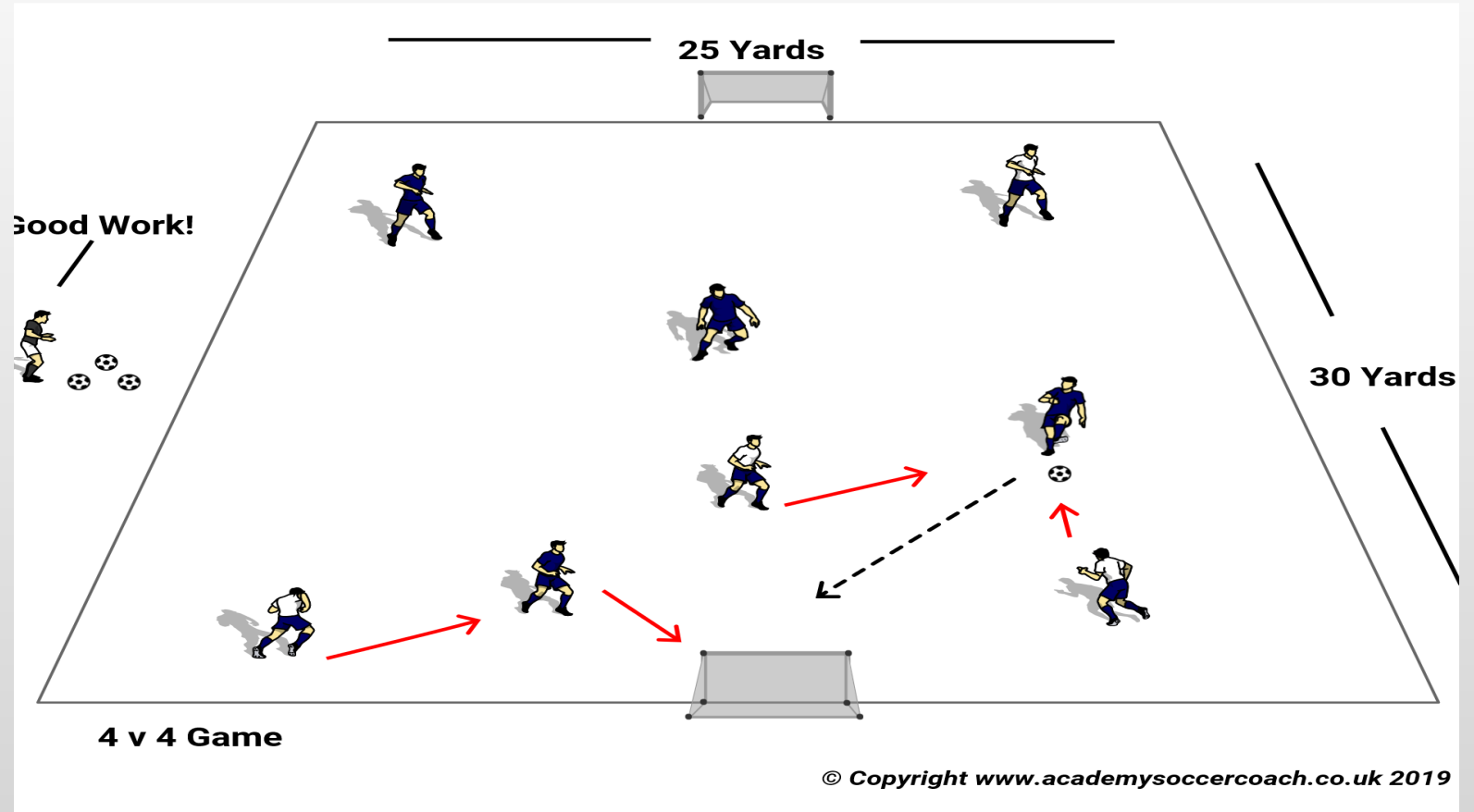
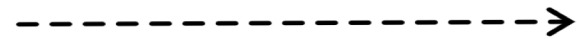


Diagram Details

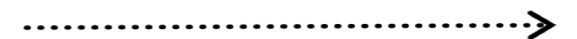
Diagram Details



Player Dribbles the Ball



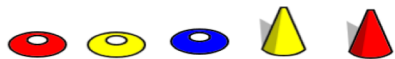
Player Passes / Shoots



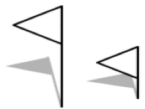
Player Runs with the Ball, Quickly



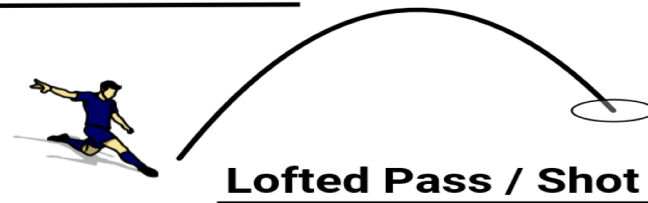
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals