

**Recreational Coaches' Practice Session:
U8 -U10 60 minutes**

Many goals(5-10 minutes):

In a designated area, set up numerous (5-7) cone goals ranging from 3-6 feet in width. Every player has a ball and on the coach's command they attempt to dribble (see below) through as many goals as possible in a time period.

Variations to the game: Players cannot dribble through the same goal twice in a row. Players must perform a "LUNGE STEP" (see below) before dribbling through a goal. Two teams compete by adding total points scored.

Coaching Technique: Dribbling

Best Used For:

- Running with the ball at your feet
- Penetrating the positions of the opposing team
- Evading challenges from defender(s)
- Manipulating the ball

How to Perform It:

1. Maintain control of the ball while moving at speed.
2. Unbalance the opponent by using deceptive moves with feints and changes of direction and speed
3. Advance the ball with light touches while using predominantly the insides, and also the outsides of the feet
4. To run at your fastest, use your laces with your toe pointing down
5. Keep your head up to see where defenders, teammates and open spaces are
6. Develop two favorite moves, one on either side of your opponent (left/right)

Watch Out For:

- Keeping your head down doesn't allow for you to know your available options
- Running too fast for your skill will cause you lose control of the ball

Coaching Technique: Lunge Step

Best Used For:

- One-v-One Situations against a defender with space in behind them
- Unbalancing the opponent by shifting your weight in order to get the opponent to go in one direction, while you take off in the other

How to Perform It:

1. Step (Lunge) with your right leg to the right-side of the ball with every intention of going in that direction, putting all your body weight on your right leg
2. Make sure your hips are facing towards the right-side of the ball in order to sell the fake and that your foot is placed in front of the ball
3. With your opposite foot (left), use the outside of the foot with your toe pointing down, push the ball in the left direction away from the defender
4. Accelerate into space with a quick burst of speed

Watch Out For:

- Not accelerating fast enough away from the defender
- Bending at the knee during the lunge, while putting all your weight onto that leg

1v1 Attack (10-15 minutes):

In a 10x20 yard grid, defending player passes from one end of the grid to the attacking player at the other end of the grid. The attacking player earns a point by dribbling over the defending player's endline. The defender earns a point by winning the ball from the attacker and dribbling over the attacking player's endline. Players rotate attacking and defending roles after each 1v1 battle. No more than 4 players per grid.

Coaching Points:

- 1- first touch forward
- 2- attack on the dribble with pace (use short, quick touches on the ball with the laces to get the defender close to you without showing them too much of the ball)
- 3- be deceptive by using a lunge step combined with change of pace

The Game(25-30 minutes)

Award extra points for successful "lunge steps" during the game

Recreational Coaches' Practice Session: U8-U10 Week #2, 60 minutes

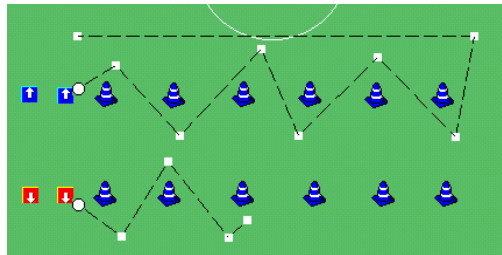
Topic: Dribbling

Dribble Relays (10 minutes):

Multiple teams of 2 stationed each starting cone. Players dribble in and out of cones and speed dribble straight back. Teammate cannot go until starting cone is crossed. Great game for fitness and repetition of dribbling techniques.

Variations:

- 1- right foot only, left foot only, sole push/pull only, laces only, inside of foot only, outside of foot only.
- 2- vary distance between cones or the number of cones.
- 3- 360 degree turn around every cone with inside or outside of foot.
- 4- sole roll with right foot and stop at every cone with inside of left foot...and vice versa.

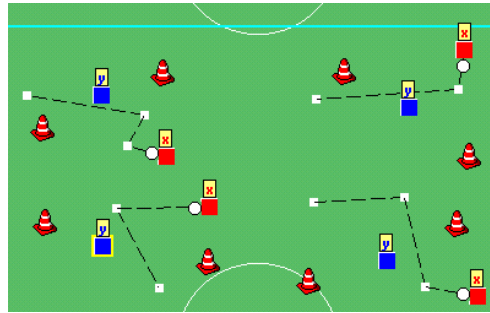


Gate Keepers(10 minutes):Place numerous 5-7 yard wide gates throughout the area. X's each have a ball. Y's put one player in each gate. There should be no empty gates. If you have two teams of 5 then you should have 5 gates. Y's, aka the "gatekeepers", must stay on the imaginary line between gate cones. X's earn a point for each gate they can dribble past a Y and through a gate. X's may not send two dribblers through the same gate at the same time...one at a time! If a gatekeeper leaves the imaginary line then X earns a point. Play for two minutes and switch X's and Y's.

Variations:

- 1- Eventually allow Gatekeepers to roam about the grid.
- 2- Earn 5 points for using a 1v1 "move" (step over, lunge step, scissor, etc..) and only 1 point for a regular dribble through the gates. This encourages repetition of 1v1 moves.
- 3- Allow teams to total points afterwards and keep a running score.

4- Same point system as above but progress to: when a ball is clear out of the grid that ball cannot be retrieved. Player must now become a regular field player and help teammates. Eventually you end up with one ball. Play ends when all balls have been cleared from the grid.



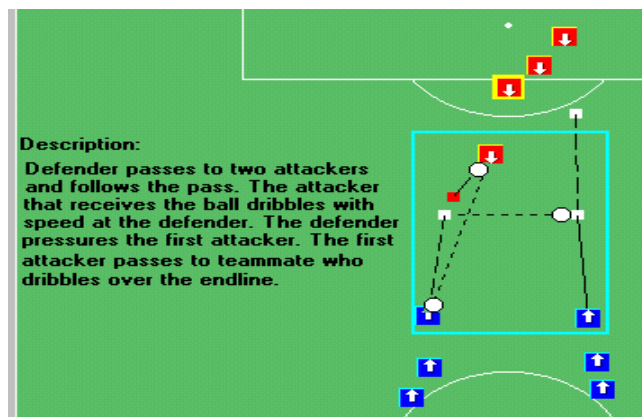
2v1 Attack(15 minutes):Two teams of 4- 6 players stationed at opposite ends of a 12x20 yard grid. A defender serves a ball to two attackers at the other end of the area. Two attackers attempt to dribble over the defender's endline for a point. The defender can earn 2 points by winning the ball and dribbling over the attackers' endline. Play with offsides. Teams rotate roles after 10 services. Team with the most points wins.

Variations of the Game:

- 1- the attackers have 5-7 seconds to dribble over the defender's endline.
- 2- the attackers only have 10 total touches on the ball to dribble over the endline
- 3- the attackers are limited to 2 passes while attempting to cross the endline.

Coaching Points:

- 1- Dribble with speed, commit the defender, and pass!
- 2- Attackers can also use wall passes, double passes, and take-overs to beat the defender.
- 3- Concentrate on preparing a good 1st touch towards the endline.



The Game(25-30 minutes)

- . Award extra points for successful "lunge steps" during the game!

**Recreational Coaches' Practice Session:
U8-U10 Week #3, 60 minutes**

Topic: Receiving with the Inside of the Foot and Push Passing

Coaching Technique: Push Pass

Best Used For:

- Short or medium distance passing
- Shooting at short distances for accuracy

How to Perform It:

1. The inside of your passing foot remains square to the target throughout the motion
2. The toes of your striking foot are pointing up and the ankle is locked in place
3. Your body should be square of the target (hips are facing the target)
4. Your shoulders and center of gravity are forward throughout
5. The "plant" foot is pointing in the direction of the target and is next to the ball.
6. Strike in the middle to top-half of the ball with the inside of your foot slightly off the ground.
7. Follow through towards the target with your striking foot still open and square.

Watch Out For:

- Your toe pointing down instead of being up
- Having a "floppy" ankle at the point of contact with the ball, make sure the ankle is "locked" throughout the movement
- The "plant" being too far behind or in front of the ball

Coaching Technique: Receiving the Ball With the Inside of the Foot

Best Used For:

Controlling the ball from short passes, long passes, bouncing balls, or when dribbling

How to Perform It:

1. Receiving with the inside of the foot is similar to the push pass: toe up, ankle locked, foot slightly off the ground and try to cushion the ball slightly in front of you. As the ball makes contact with the receiving foot, withdraw the foot backwards a bit to cushion the ball.

Watch Out For:

- Having your toe pointing down, this will cause the ball to hop over your foot

Partner Passing (5 minutes):

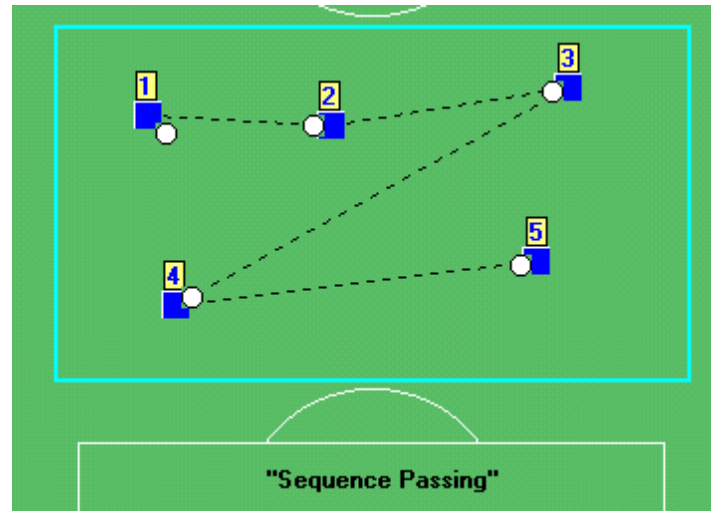
Partners stand approximately 5 feet apart from each other with a ball. On the coaches' command the players try to push pass the ball, very gently, back and forth to each other, concentrating on the proper technique (see above). After a few minutes of practicing, make it a fun game by seeing how many passes they can do in a minute. After a few minutes, have the players play 2 touch (receive the ball with the inside of the foot with one touch and then pass it back to their partner with the inside of the foot with the second touch). After a few minutes of practicing, make it a fun game by seeing how many they can do in a minute.

Sequence Passing:

Divide your players into groups of 4-6 players and number them. Player #1 passes to Player #2 who then passes to Player #3 and continues through all the players in the group. When the ball gets to the last player, they then pass back to Player #1. Player must pass and then move to a different space. Encourage players to run into space so that the person passing to them can easily see them and so they can receive the ball quicker (i.e. anticipate how the player before you is going to receive the ball and get into a spot where they can pass easily to you).

Variations:

1- create a pattern of short, short, long (i.e. #1 passes a short pass (5 yards) to #2 who passes another short pass to #3 who then strikes a long pass (over 15 yards) to #4 and the pattern starts back over with a short pass to #5)



Many Goals(5-10 minutes):

In a designated area, set up numerous (5-7) cone goals ranging from 3-6 feet in width. Players work in pairs with a ball and on the coach's command they attempt to pass through as many goals as possible in a given time period.

Variations to the game: Players cannot pass through the same goal twice in a row. Two teams compete by adding total points scored. Have the players perform a "1-2" by one partner passing through the goals first and then the other partner passing it back with one touch to their partner outside of the goal.

The Game(20 minutes)

Award the players a goal for a successful pass in the game. Award them 5 goals if they can score as a result of a good pass!

Recreational Coaches' Practice Session:

U8-U10 Week #4, 60 minutes

Topic: Receiving with the Inside of the Foot and Push Passing

Coaching Technique: Push Pass

Best Used For:

- Short or medium distance passing
- Shooting at short distances for accuracy

How to Perform It:

1. The inside of your passing foot remains square to the target throughout the motion
2. The toes of your striking foot are pointing up and the ankle is locked in place
3. Your body should be square of the target (hips are facing the target)
4. Your shoulders and center of gravity are forward throughout
5. The "plant" foot is pointing in the direction of the target and is next to the ball.
6. Strike in the middle to top-half of the ball with the inside of your foot slightly off the ground.

7. Follow through towards the target with your striking foot still open and square.

Watch Out For:

- Your toe pointing down instead of being up
- Having a "floppy" ankle at the point of contact with the ball, make sure the ankle is "locked" throughout the movement
- The "plant" being too far behind or in front of the ball

Coaching Technique: Receiving the Ball With the Inside of the Foot

Best Used For:

Controlling the ball from short passes, long passes, bouncing balls, or when dribbling

How to Perform It:

1. Receiving with the inside of the foot is similar to the push pass: toe up, ankle locked, foot slightly off the ground and try to cushion the ball slightly in front of you. As the ball makes contact with the receiving foot, withdraw the foot backwards a bit to cushion the ball.

Watch Out For:

- Having your toe pointing down, this will cause the ball to hop over your foot

Partner Passing :

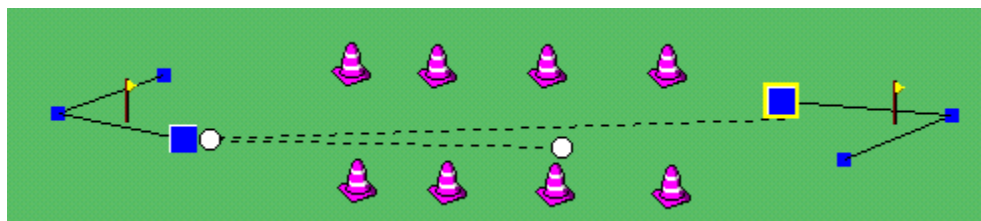
Partners stand approximately 5 feet apart from each other with a ball. On the coaches' command the players try to push pass the ball, very gently, back and forth to each other, concentrating on the proper technique (see above). After a few minutes of practicing, make it a fun game by seeing how many passes they can do in a minute. After a few minutes, have the players play 2 touch (receive the ball with the inside of the foot with one touch and then pass it back to their partner with the inside of the foot with the second touch). After a few minutes of practicing, make it a fun game by seeing how many they can do in a minute.

Passing and Receiving Tunnels (see diagram below):

Create a tunnel of cones approximately 6 yards long x 4 yards wide. Set a cone approximately 6-8 yards behind each end of the tunnel. One player stands at the end of each tunnel. Players try to pass, through the tunnel, back and forth to each other as many times as possible. After each pass, the passer should run backwards to cone behind them, without turning their back on the ball, wait for the return pass and move forward to receive the ball.

Variations:

- 1- make the tunnels longer, narrower, wider, etc....play 1 touch passes, 2 touches, or 3 touches.
- 2- play 2 touches without allowing the ball to "stop dead" (this encourages them to keep their 1st touch moving and reduces the classic "trap, back up, and pass!")
- 3- vary the surface of the foot you receive and pass with (inside, outside, laces). Ex: receive with the outside of the foot, take 1st touch across the body and pass with the inside of foot.
- 4- see how many passes you can do in a row, through the tunnel, without making a mistake or stepping into the tunnel.
- 5- see how many passes you can complete in a minute.



Many Goals(5-10 minutes):

In a designated area, set up numerous (5-7) cone goals ranging from 3-6 feet in width. Players work in pairs with a ball and on the coach's command they attempt to perform "1-2"s through as many goals as possible in a given time period.

Variations to the game: Players cannot pass through the same goal twice in a row. Two teams compete by adding total points scored. Have the players perform a "double pass" by one partner passing through the goals first and then the other partner passing it back, with one touch, through the goal.

The Game(20 minutes)

Award the players a goal for a successful pass in the game. Award them 5 goals if they can score as a result of a good pass!