

Northern Triad Soccer Club
Model U10 Session

Coach – Garry Norman, Director of Coaching, NTSC/KYSL
USSF National 'B' and Youth License Coach
NSCAA Premier Diploma and Level I Goalkeeping License

Duration – 1 Hour to 1 Hour 15 mins

Warm-Up: 5-10 mins Clean your yard – The game is played by dividing team up in two teams, with a middle line, each team clears balls over the middle line trying to keep their yard clean, The team with the least balls on their side is the winner. Play for two mins or three mins (Stretching as you play)

1st Activity: 15-25 mins Breakaway Wild, divide team into two teams, keeper, keep score, keeper serves a ball and the attacking player must shoot within 5 secs after receiving the ball.

2nd Activity: 20 Mins – Rapid Fire 6v6 with a coach calling out name of players every few seconds . Player passes ball to the coach/server and the server passes ball to the shooter, The player then shoots ball at goal, keeper needs to keep up with goals allowed and team keeps up with total goals.

3rd Activity: 10-15 Mins – Protect the cone , This is an one on one defending and attacking game, you can play with two cones or one cone, play begins by the defending player passing the ball to the attacking player, the attacking player trys to get to a point they can pass/shoot the ball at the cone trying to knock it over. Attacking player gets a point for every down cone during the time span. There is a team variation of this game I can talk with you about. Key Points: Pressure ball, staying goal side, defensive stance.

4th Activity: 20 Mins – 2v2 pressure cover game, Setup a grid of 15x15 and begin teaching Pressure Cover defending. Play begins by one side passing the ball to the other side and the attacking team trys to advance the ball by the defenders and get the ball over the line, only teach the defenders in this activity unless you are teaching attacking. Focus on pressure player and cover player, shape, communication and dictating play.

5th Activity 20 Mins Doctor Doctor – Setup a small grid with two smaller boxes (Doctor's Office) inside the grid. Each team has a doctor, the rest of the team is inside the small grid with a ball, each player trys to hit the the other teams players ball away, if that happens then the player is frozen, only their doctor can save them by coming out and tagging the frozen player, if the doctor gets hit below the waist with the ball then they are dead. The game is played until one team wins by freezing all of the other teams players.

Game: 20-30 5v5 or 6v6 to cones goals or real goals, in here I would teach the topic of the training session, defending, attacking, combination play, finishing field awareness, etc...

Cool Down: Cone pickup or light jogging and light Stretching In this age group a cool down becomes more important, 5-10 mins, come up with different ways to cool down, juggling, jogging, side steps, high knees, skips, heel touches

Some Thoughts: Set up Learning Games for this Age Group, The games will be the teacher, The biggest skill in this age group is learning team defending and team attacking and control passing, understanding how to work together for a desire outcome. Heading, receiving balls out of the air,

Things to avoid – The three L's No Laps, No Lines, No Lectures

Things to Do – have players bring their own water, Soccer Ball, take water breaks
The most important thing is have as much fun you can have... Kids are a joy to work with...