



Billerica Youth Soccer Association - U10 Clinics (Fridays)

Week Four

Drill #1 - Warm Up: King of the Ring

In a 20 x 20 yard box, all players with a ball each dribbling round. When coach shouts 'Go' all players must try to kick each other's ball out of the box. If players have their ball kicked out, they will temporarily be out of the game and they must perform 4 side to sides before they can return to the game. They cannot kick another player's ball while theirs is out the box.

Coaches can change the skill each time ball is kicked out. Progress to final competition where if a player's ball is kicked out, they remain out, last person left in the box is the winner.

Drill #2 - Receiving & Shooting

Cones positioned at various points around the goal acting as a station. One player is positioned in each station and all stations are numbered. Player at station 1 begins with a ball, passes to station 2 who receives ball with instep & open body before passing to player at station 3 who repeats and passes to player at station 4 who controls ball and shoots at goal. Players follow their pass and move to next numerical cone and drill restarts. If advanced players in group progress to limiting amount of touches (ideally one touch then pass) and vary different control methods e.g. out step, sole etc.

Coaching points:

- * Shoot with laces
- * Plant foot side by side with ball
- * Plant foot pointing towards target
- * Follow through

PHIL TAIT SOCCER 1 ON 1

phil@1on1soccer.com :: www.1on1soccer.com



Drill #3 - Shooting Competition

2 teams stood either side of goal. Upon coach's command, first player from team 1 runs around their cone, receives pass from coach, controls ball and shoots towards goal. At same time, first player from team 2 runs around their cone and straight to goal in order to attempt to save the shot. Teams swap roles once everyone has had a shot.

Advanced players can progress to one time shots, breakaways, volleys etc.