



Billerica Youth Soccer Association - U10 Clinics (Fridays)

Week Five

Drill #1 - Warm Up: 1v1 Reactions

All balls are spread out around the area with players moving around (jogging) without a ball. When coach shouts 'Go' all players must get to a ball and take 4-5 touches at speed into a new space.

Progress this to skipping/turning before dribbling and finish with sidesteps/defensive stance.

For the second part of the warm up all players will be paired up passing a ball back 2 yards away from one another 1 touch. On the 'Go' command whoever has possession is the attacker and will try to keep the ball from their partner. The roles are reversed if the partner wins possession.

Drill #2 - Knockout

All players will have a ball inside the area apart from 1 assigned defender (with a pinnie). The defender will pressure players on the ball using the correct defensive stance before knocking their ball out when the opportunity arises.

When a ball is knocked out the coach will assign a skill x10 (toe taps, scissors etc.) to perform on the outside before returning to the area.

Give each defender 2 minutes before resetting the drill. Progress to having 2 defenders.



Drill #3 - Passing Knockout

All players will have a ball inside the area apart from 2 assigned defenders (with pinnies). The defenders will pressure players on the ball using the correct defensive stance before knocking their ball out when the opportunity arises.

When a ball is knocked out the player will leave their ball before returning to the area to look for a pass. Players will combine both dribbling and passing to keep the ball away from the 2 defenders. Players receive 1 point for every pass they make (none for receiving a pass).

The game finishes once all balls are knocked out and reset the drill. The winning player is the one with the most passes and therefore has the most points.