



Billerica Youth Soccer Association - U10 Clinics (Fridays)

Week Eight

Drill #1 - Warm Up: Y-Shape Passing Drill

4 Cones set out in a Y shape, 1 player stood at middle cone, one at either tip of the Y and the rest at the base with a ball each.

1st player passes ball into middle player who controls, turns left and passes ball to player on right hand side of the Y. Each player follows their pass. Upon end player receiving the ball, they will dribble back to the base of the Y to join all the other players. Next player then passes the ball into the new middle player who controls, turns right this time before passing to player on left tip of the Y. Receiving player dribbles ball to base of the Y. Repeat process as players move fluently to new positions.

Coaching points:

- * Good solid pass with instep
- * Control with sole/instep/outstep (coach may condition if desires)
- * Communication
- * Be patient; allow players to learn from their mistakes, ensure drill flows as smooth as possible
- * Encourage throughout

Drill #2 - Pass & Move Square

4 cones set up to form a small square. 3 players positioned on a side each leaving one side free, 1 ball between the 3.

1st player passes ball to any player then moves into the side where there is a space. Next player controls, then passes to any player and moves into the remaining space. Repeat for 1 minute with unlimited touches and any part of feet before conditioning as such for around 1 minute:

- * Right foot only, 2 touch
- * Left foot only, 2 touch
- * Right to left/left to right, 2 touch
- * 1 touch passes

PHIL TAIT SOCCER 1 ON 1

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



Drill #3 - Numbers Game

Set out a larger box filled with players each of which has a number. 1 ball between them all to start with. Players must pass numerically in order from 1 to final number without ball leaving box and without any players stopping. If they accomplish this they get one point, players are allowed unlimited touches to begin with then condition to 3 or 2 depending on ability.

If the ball goes out of box or if coach spots somebody standing still, coach gets one point. Play first to 5, fun punishment for loser (watch for improved effort if the players think they can beat coach & enforce a forfeit!). Other rules that can be added - 1) Bonus point if all players are communicating 2) bonus point for coach if anyone uses toe.

Drill #4 - Shadow Play - putting it all together

Players pass and move from a number of positions in the field, marked out by cones, from defense to an eventual shot. Players will pass and then follow pass to stand at next cone. Last player will dribble past an obstacle (ball on top of cone) before shooting into goal. Once shot has been taken, next player starts the process.

Progression - Introduce a live defender to try and tackle the striker before he shoots.
Further progression - limit amount of touches.