

Quick U10 Training Session

Passing

Warm-up

Ball retrieval with 2's. Have them bring the ball back with their partner in various ways like "All 4 hands on the ball", "Bring ball back with foreheads", etc. Progress to get them to pass the ball into the coach. As a coach, move around the area so that they have to find you.

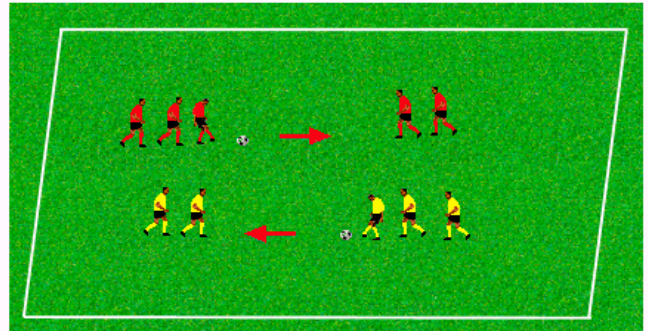
Ball Gymnastics

With Partner a) lift ball with left foot together; b) lift ball with right foot; c) lift ball and rotate (very difficult, but they enjoy the challenge).

1st Activity

Dynamic Line

Players are in lines of 4-5 players. Or 3-4 players per team. Players face each other and one touch passes to each other. If the ball gets passed awkwardly, then the whole line has to move with the ball. Have a competition between two teams. See who can get 10 passes that are complete and straight. Focus on technique with passing and striking the middle of the ball.



2nd Activity

Moving Marbles

All players have a ball and are inside a playing area. Each player tries to pass and hit another player's ball while they are moving. If a pass and hit someone else's ball they get a point. **Variation:** Divide into two teams. One team is trying to hit the other team's ball. One team is designated as the passing team, the other is the dribbling team. After time, they switch roles. Play 3 rounds and see which team has the most total amount of hits.



3rd Activity

4v4 to outside goals

Two teams of 4. They must stay inside an area. Each team has 2 goals to score on, but they are outside the playing field. A goal must be scored with a pass from inside the playing area.



"Get Outta Here"

This is a very fun shooting game. Divide the teams into two. Each team gets to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.



Concluding Activity

Play 4v4 to 5v5 with Goalkeepers! Let Them Play!