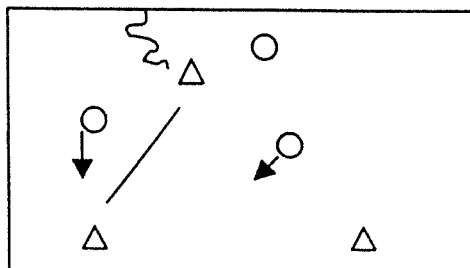


## U10 Small Sided Exercises

### 3 vs. 3 Line Soccer

#### Areas Set Up

#### Coaching Objectives



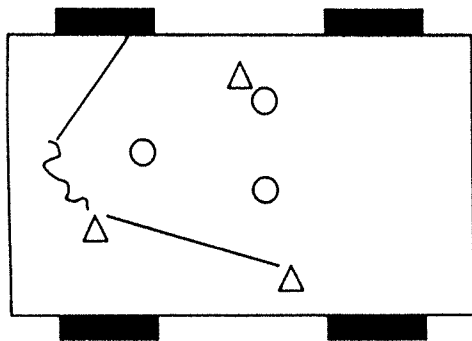
15yds x 20yds  
Each team scores a point when  
They dribble past the end line and  
Stop it.

Dribbling 1vs.1  
passing with teammates

### 3 vs. 3 (4) Goal Soccer

#### Areas Set Up

#### Coaching Objectives



20yds x 15yds  
Each team tries to score on  
Either 2 goals

Dribbling (1vs.1)  
Shooting on goal  
Passing with teammates

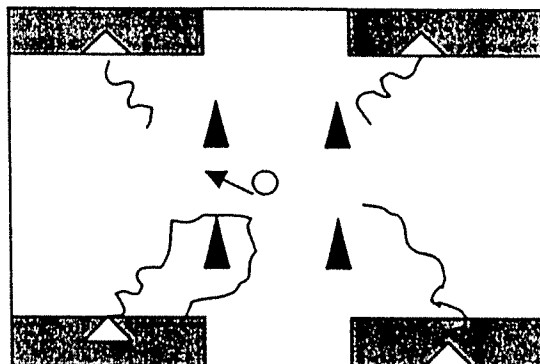
Note: All games start with the service of the ball by the coach on the side of the grid or playing area.  
Service of the ball can be passed with the feet or rolled with your hands.

# Retaining Possession Exercise

## Castles

## Areas Set Up

## Coaching Objective



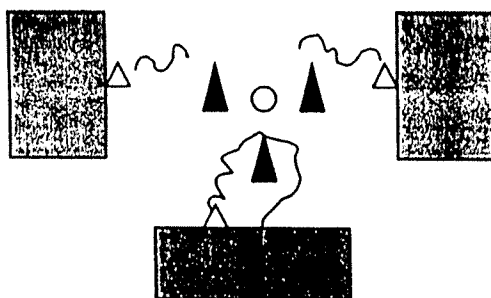
15yds x 15yds  
1 defender in the middle  
1 or 2 attackers in each corner  
Each attacker earns a point if Stop the ball at your castle  
They dribble around a cone  
And back to their castle with  
Out being caught by the defender

Keep the ball close  
Shield the ball from def.  
Identify Space

## Castles II

## Areas Set Up

## Coaching Objectives



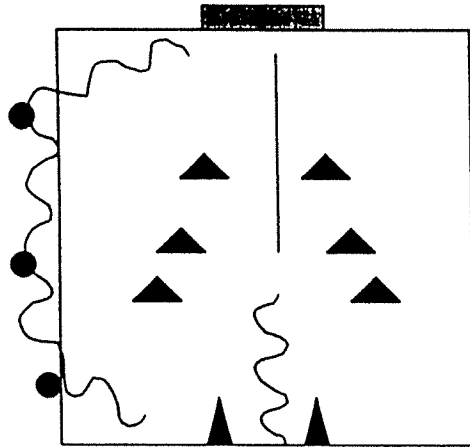
15yds x 15yds  
Same rule as above  
Just a smaller version

Keep the ball close  
Shield the ball from defender  
Identify Open Space  
Stop the ball at your castle

## Shooting & Dribbling Exercises

### Shooting Range

### Areas Set Up

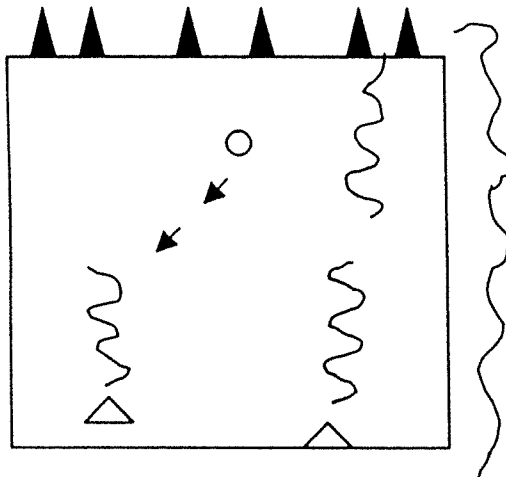


20yds x 15yds  
 Attacker dribbles to cones  
 Closest to goal and has a shot  
 Once they score from that distance  
 They move back to the next level

### Coaching Objectives

Accuracy  
 Striking the ball  
 Non- Kicking foot  
 planted

### 3 Goal Dribbling Game



### Areas Set Up

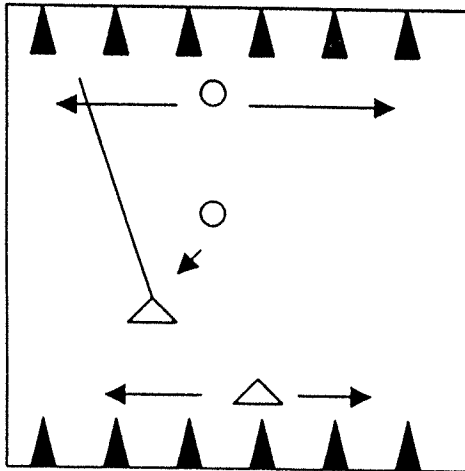
15yds x 10yds Identify Space  
 2 Attackers try to score  
 on 3 goals with 1 defender  
 After they are done shooting  
 On goal they dribble along  
 They pre determined path

### Coaching Objectives

Keep ball Close  
 Change direction

## Nets Scoring Game

### Areas Set Up



15yds x 10yds  
Attackers have 3 goals to  
Score on.  
1 attacker vs. 1 defender  
The second player on each team  
Is the goalkeeper moving side to side.  
Switch roles after 3 goals.

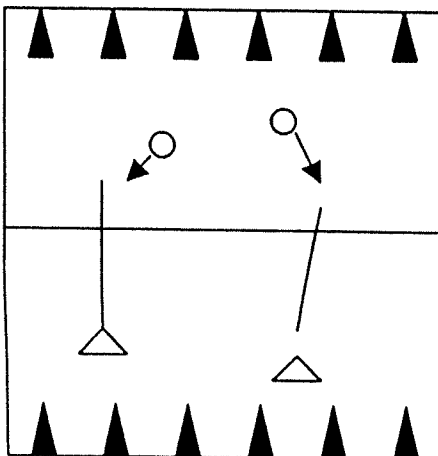
### Coaching Objectives

Shooting on Goal  
Dribbling 1 vs. 1  
Changing directions  
Shielding the ball

### 2 vs. 2 Shooting (3) Goals

### Areas Set Up

### Coaching Objectives



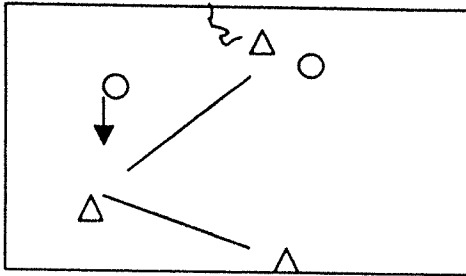
15yds x 10yds  
Field is divided in 2 halves  
Each side has 3 goals 3yds Wide  
There are 2 balls and the 2 pairs  
Try to score on each other. Players can move only on their half.

Shooting on Goal  
Accuracy  
Control of ball

### 3 vs. 2 Line Soccer

### Areas Set Up

### Coaching Objectives



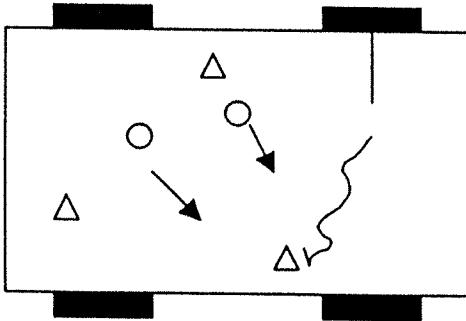
15yds x 20yds  
2 attackers vs. 2 defenders  
Neutral player plays with team that has  
The ball.  
Each team scores a point by dribbling across the line

Dribbling (1vs.1)  
Passing with teammates

### 3 vs. 2 (4) Goal Soccer

### Areas Set Up

### Coaching Objectives



20yds x 15yds  
2 attackers vs. 2 defenders  
Neutral player plays with team that has  
The ball.  
Each team scores a point by scoring on either goal

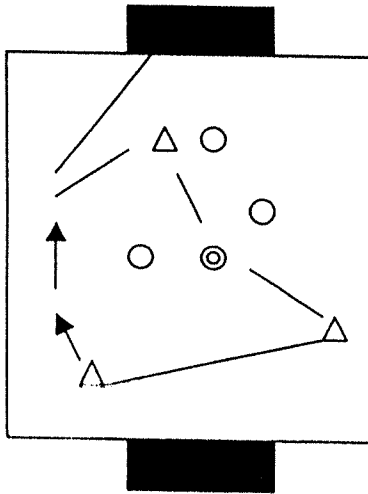
Dribbling (1vs.1)  
Passing with teammates

Note: All games start with the service of the ball by the coach on the side of the grid or playing area.  
Service of the ball can be passed with the feet or rolled with your hands.

### 3 vs. 3 + 1 (2) Goal Soccer

### Areas Set Up

### Coaching Objectives



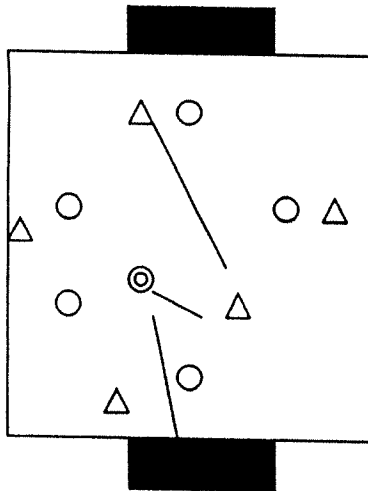
20yds x 25yds  
3 attackers vs. 3 defenders plus a neutral  
Player that plays on the team with the ball.  
Shooting the ball in the goal scores goals.

Dribbling (1vs.1)  
Passing with teammates  
Shooting on goal

### 5 vs. 5 + 1 (2) Goal Soccer

### Areas Set Up

### Coaching Objectives



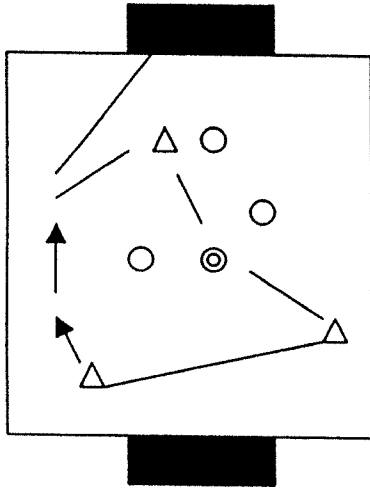
40yds x 60yds  
5 attackers vs. 5 defenders plus a neutral  
player that plays on the team with the ball  
Shooting the ball in the goal scores goals

Dribbling (1vs.1)  
Passing with teammates  
Shooting on goal  
Linking the gap in training to  
7vs.7

### 3 vs. 3 + 1 (2) Goal Soccer

### Areas Set Up

### Coaching Objectives



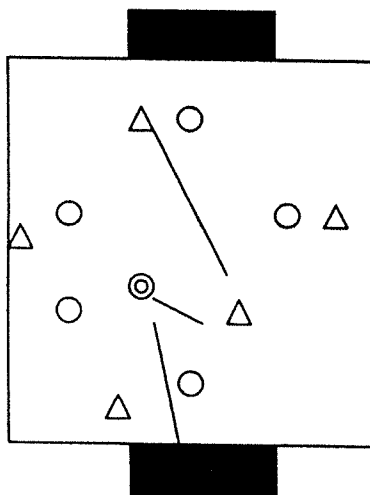
20yds x 25yds  
3 attackers vs. 3 defenders plus a neutral  
Player that plays on the team with the ball.  
Shooting the ball in the goal scores goals.

Dribbling (1vs.1)  
Passing with teammates  
Shooting on goal

### 5 vs. 5 + 1 (2) Goal Soccer

### Areas Set Up

### Coaching Objectives



40yds x 60yds  
5 attackers vs. 5 defenders plus a neutral  
player that plays on the team with the ball  
Shooting the ball in the goal scores goals

Dribbling (1vs.1)  
Passing with teammates  
Shooting on goal  
Linking the gap in training to  
7vs.7

make sure these games are a success the players need to be put into **small** lines no more than 4 in a line, they need to know the objective of the race and the score needs to be kept.

Relay Ideas:

- **Shuttle Relay:** Groups are divided into 2 groups (2 at each cone), on the coaches signal the first person runs and tags the next person in line and they continue the shuttle process.
- **Return Relay:** Groups are made up of 3 players, on the coaches command the first person in line runs to the determined spot (cone) go around and return to your line, tagging the next person in line.
- **Cone Relay:** Players are divided into groups and on the coach's command run to the placed cones (figure eight) and back to their line, tagging the next person in line.

Note: You can include a variety of different body movements that include: running backwards, sideways, summersaults, starting on your stomach (back, knees etc) and finally lots of jumping.