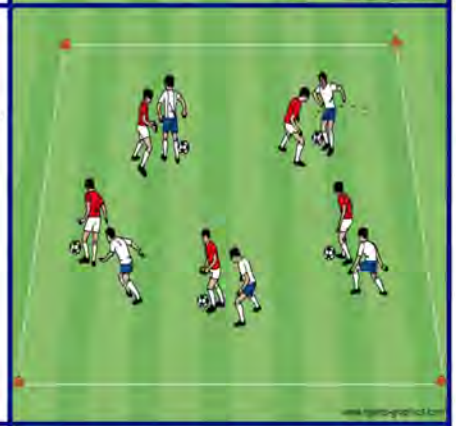
CYSA U10 PRACTICE PLAN

WEEK: 1 **FOCUS: DRIBBLING / TURNING WITH CONTROL**

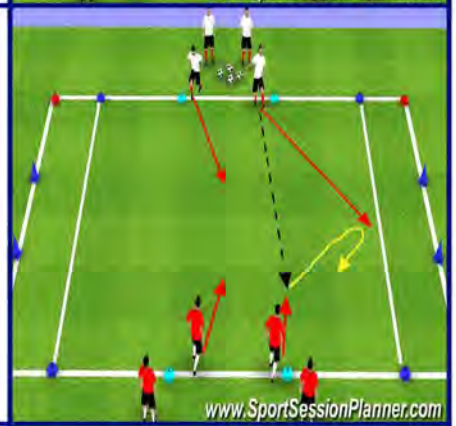
OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DRIBBLE AND CONTROL THE BALL WHEN UNDER PRESSURE BY AN OPPONENT

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**TECHNICAL BOX:** 1. All players dribbling in a defined space. 2. Players should use all surfaces of their feet. **Coach:** Prompt players to work on change of direction, scissors, f ake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc. **Version 2:** Walk around and put pressure on the players. **Version 3:** Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.		DRIBBLING: 1. Keep the ball close to your feet. 2. Use all surfaces of the foot: o Inside/outside o Sole o Laces 3. Keep your head up and use peripheral vision 4. Change of direction and burst of speed 5. Be creative – try something new
STAGE 2 **SMALL SIDED ACTIVITY**	**STEAL / SHIELD:** 1. Pair up the players with one ball. 2. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. 3. The player that ends with the ball gets a point. 4. If the ball goes out of bounds, one of the players must get it back in play very quickly. **Coach:** Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.		1. Body sideways on to opponent 2. Use arm to protect and know where defender is going 3. Knees bent 4. Turn as defender attacks or reaches for the ball
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**3V3 END ZONE GAME:** 1. Two teams play in a defined space with each team attacking an end-zone defended by the opponent. 2. Teams score points when a player dribbles into the opponent's end-zone under control. **Coach:** Encourage players to recognize opportunities to burst into space under control.		1. Identification of visual cues o 1v1 no defender behind o Free space in front of dribbler o Near the attacking area 2. Identification of verbal cues o "take space", "time", "take him on" 3. Correct shape and balance of team 4. Deception and disguise 5. Attack at pace and set up the defender
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball	

CYSA U10 PRACTICE PLAN

WEEK: 2 **FOCUS: DRIBBLING / TURNING WITH THE BALL**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DRIBBLE AND RUN WHEN UNDER PRESSURE BY AN OPPONENT

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**TURNING IN TWO'S:** 1. Place 4 cones (two red and two blue) in a 12-15 yard line. 2. Pair up the players and place them by the cones. 3. One player will give the go sign and both will dribble into the turning. zone. 4. When the dribblers cross the other end line, the next players inline go. Turns: Inside of the foot cut, Outside of the foot hook, Drag back, and Cruyff.		DRIBBLING: 1. Keep the ball close to your feet. 2. Keep head up. 3. Approach the defender under control. 4. Fake and acceleration. 5. Where to dribble. 6. When confronted with defenders, pass them by changing direction of the ball and take a big touch. 7. Look for space behind the defender to attack. 8. Use your teammate to create dribbling opportunities. TURNING: 1. Use the appropriate surface for the appropriate turn. 2. Keep your body between the defender and the ball. 3. Players must accelerate after the turn. 4. When confronted by a defender, decide to dribble or turn. 5. Where and how to turn.
STAGE 2 SMALL SIDED ACTIVITY	**2V2 TO TWO LATERAL GOALS:** Area 20L x 25W yard grid with two Finish Zones of 3 yards each. 1. Pair up the players and place them by the cones. 2. Place the groups of two between the light blue cones One group, the defenders, will serve the ball to the attackers. 3. When the attackers receive the ball, they will try to score in any of the lateral goals. If the defending team gets the ball, they can also score.		
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**4V4 WITH GOALKEEPERS:** Area 30Wx40L yard grid with two finishing zones of 5 yards each. 1. Two teams are trying to score in the opponent's goal. 2. The players will try to perform a turn under pressure and enter the Finishing Zone for a 100 point goal, any other goal is only 1 point.		
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball	

CYSA U10 PRACTICE PLAN

WEEK: 3 **FOCUS: DRIBBLING TO BEAT AN OPPONENT**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DRIBBLE BY AN OPPONENT

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**BALL MASTERY:** 1. Place 3 cones in a line with a middle cone about 8 yards from the end cones and a player by each end cone with a soccer ball. At coach's command the players will dribble from their cone to the middle and back, performing the following dribbling tasks: - Inside of foot - Outside of the foot - Pull back and turn - Double touches with the outside and circle, switch foot - Laces, laces, inside and outside		1. Use all surfaces of the foot. 2. Keep the ball close and in control. 3. Use the outside of the foot and the laces for speed with the furthest foot from the opponent. 4. Execute a feint to unbalance the defender and dribble past him/her with a burst of speed. 5. Identification of Visual Cues to take an opponent: o Free space in front. o 1v1 with no defender behind. o Near the box. 6. Identification of Verbal Cues: o "Take space" o "Time" o "Take him on" 7. Be deceptive. 8. Attack the defender at pace and set him up. 9. Be creative and take risks.
STAGE 2 SMALL SIDED ACTIVITY	**3V3 TO 3 GATES INTO THE FINISHING ZONE:** Area 30x30 yard grid with two Finish Zones of 5 yards each. The gates are about 5 yards apart. 1. Players will play to score in the opponent's goal after they have dribbled through any of the three gates into the finishing zones. 2. Only one defender can get in the finishing zone when the ball is in the finishing zone.		
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**4V4 OR 5V5 WITH GOALKEEPERS INTO THE FINISHING ZONE:** Area 40LX35W yard grid with two Finishing Zones of 7 yards each. 1. Two teams playing to score in the opponent's goal by dribbling over the line into the finishing zone. 2. If a player dribbles… o Over the line and dribbles the keeper – 1 billion points. o Over the line, shoots or passes to goal 10 points. o Any other goal 1 point. 3. Play to 2 billion points.		
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball	

CYSA U10 PRACTICE PLAN

WEEK: 4 **FOCUS: PASSING AND RECEIVING**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO RETAIN POSSESSION OF THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**3 PASSERS AND 3 DRIBBLERS:** Area: 15x15 yard grid 1. Start the activity with 3 players passing the ball and one dribbler trying to get in their way as the players are connecting passes. 2. Add dribblers as the players continue to connect passes. o 1-5 passes: 10 points – 1 dribbler o 6-10 passes: 10 points - 2 dribblers o 8+ passes: 10 points – 3 dribblers 3. If the passers lose possession 3 times, switch roles.		PASSING 1. Toe up (inside) or down and turned in (outside). 2. Placement of the non-kicking foot and good balance. 3. Surface of the foot and Surface of the ball to strike. RECIEVING 1. Keep your feet moving before the ball arrives and go to it. 2. Keep ankle of receiving foot locked and body behind ball. 3. Eyes on the ball at instant of reception. 4. First touch is directional away from pressure. SUPPORT 1. Before and after the pass, move and create new passing lanes for your teammates. 2. Do not stand behind a defender. 3. Get in good supporting positions. 4. Ask for the ball – Do not say "HERE!" 5. Play the way you face.
STAGE 2 **SMALL SIDED ACTIVITY**	**3V1 (2) TO ONE BIG GOAL AND SMALL GOAL:** Area: 30LX20W yard grid – Big Goal 6 yards – Small Goal 2 yards. 1. 3 players are keeping possession of the ball and need 4 passes to go to goal; meanwhile, a defender is trying to get the ball and score in the small goal. After the attacking team makes 3 passes, a second defender comes in. 2. When the defenders get the ball, they need to complete two passes before scoring. 3. The attacking team will switch after three attempts.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**5V5 - EVERYONE TOUCHES THE BALL:** Area: 35Lx30W yard gird with two 6 yard goals 1. Two teams playing to score in the opponent's goal 2. All the players in the possession team must touch the ball before scoring. If they lose possession they need to start the sequence again.		
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to keep possession and when to penetrate	

CYSA U10 PRACTICE PLAN

WEEK: 5 **FOCUS: PASSING AND RECEIVING**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO PASS BETWEEN AND THROUGH DEFENDERS TO PROVIDE THE FINAL PASS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**PASSING AND MOVE IN TWO'S:** Area: 30Lx20W yard grid. 1. Divide the players into groups of 2's. 2. All groups must play with a minimum of 3 touches. (Receive, Dribble and Pass). 3. The players will perform the following tasks: o Complete ten passes o Complete 6 passes, 3 of them are splits o Complete 5 passes with 4 different partners each o Get in groups of 3's and complete 9 passes o Get as many split passes as your groups can in 2 minutes		1. Technique of Passing and Receiving o Surface of the foot o Surface of the ball 2. Directional First touch. 3. Vision to split defenders with a pass. 4. Angle and distance of support. 5. Supporting body position. 6. Mobility to get in good positions or to open passing lanes. 7. Demanding the ball. 8. Play the way you face. 9. Possession vs. Penetration.
STAGE 2 **SMALL SIDED ACTIVITY**	**3V3 TO FINISHING ZONE:** Area: 30Lx20W yard grid with two Finishing Zones of 3 yards each. 1. Two teams play to score in the opponent's goal. 2. To score, the attacking team must pass to a teammate in the finishing zone. The attacker must time his/her run to receive the ball inside the zone as the ball arrives. Players cannot be in the zone before the ball enters it. Scoring: o Receive a timed pass after a split and score: 100 points o Receive a split pass and score: 5 points o Dribbling into the end zone and score: 1 point		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**4V4 TO FINISHING ZONE:** Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each. 1. Two teams to score in the opponent's goal. 2. Any goal resulting from a pass that arrives in the end zone at the same time as the receiver is worth 1000 points. 3. Any other goal is just 1 point.		
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to keep possession and when to penetrate	

CYSA U10 PRACTICE PLAN

WEEK: 6 **FOCUS: PASSING AND RECEIVING**

OBJECTIVE: TO IMPROVE PLAYERS ABILITY TO RECOGNIZE WHEN TO DRIBBLE, AND WHEN TO PASS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**PASSER AND DRIBBLER SQUARE:** 1. Half of the players on the inside of the square (with soccer balls), half on the outside. 2. The insiders (Passers) will pass the soccer ball to the outsiders. 3. The outsiders (Dribblers) will receive with a directional first touch to dribble away from the passer who is pressing him/her.		TO DRIBBLE: 1. First touch must be directional 2. Identify the visual cues to dribble o Space o 1v1 3. Keep the ball close to your feet 4. Keep head up 5. Approach the defender under control 6. Fake and acceleration 7. Where to dribble 8. When confronted with defenders, pass them by changing direction and speed 9. Use your teammate to create dribbling opportunities
STAGE 2 **SMALL SIDED ACTIVITY**	**2V1 TO END ZONES:** Area: 25Lx15W yard grid with two Finishing Zones of 3 yards each 1. Place a team behind the end-line behind the end zone and the defenders behind the opposite end zone. 2. The attackers will score by dribbling or passing the ball into the end zone. 3. If the defender gets the ball, he/she can also run with the ball into the end zone. 4. The activity starts when the player with the ball passes to his/her partner.		TO PASS - TECHNICAL: 1. Receiving ball/first touch 2. Implications of first and second touches 3. Movement after pass with speed 4. Weight of the pass 5. Type of pass TO PASS - TECHNICAL: 1. Supporting shape 2. Verbal communication: Turn, drop, wall, square, etc. 3. Visual cues identification 4. Awareness of space, teammates, and opponents 5. Best passing options: Possession pass or penetration pass 6. Change of rhythm to exploit opportunities to penetrate Look for opportunities to change the point of attack
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**4V4 TO FINISHING ZONES:** Area 30Wx40L yard grid with two finishing zones of 5 yards each 1. Two teams are trying to score in the opponent's goal by dribbling or passing to a teammate in the end zone. 2. The attacking player must time his/her run to receive the ball inside the end zone and score. 3. A player cannot enter the end zone before the soccer ball. Scoring: 1. Receiving a timed pass into the end zone: 10 points. 2. Dribbling into the end zone: 5 point.		
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to keep possession and when to penetrate	

CYSA U10 PRACTICE PLAN

WEEK: 7 **FOCUS: DEFENDING**

OBJECTIVE: TO IMPROVE PLAYERS ABILITY ON WHEN AND HOW TO PRESS THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**1V1 TRIANGLE DEFENDING:** Area: 2 yard triangle Divide the team in groups of two's and assign them a triangle to play 1v1's. Procedure: 1. The defender starts inside the triangle with the ball. 2. The defender serves the ball to attacker5-7 yards outside the triangle. 3. The attacker will try to score by dribbling through the triangle: 10 points. 4. The defender approaches the attacker and prevents him/her from scoring.		PRESSING DEFENDER 1. Immediate pressure on the ball. 2. Concentrate on the 6 D's: o Close the attacker Down o Slow Down o Get Down o Stay Down o Decide and Destroy 3. Sideways on - one foot slightly in front of the other. 4. Knees bent. 5. Lift you heels. 6. When and how to jockey the attacker. 7. Delay the attacker. 8. Do not over commit. 9. Recognize when to be the pressing defender. 10. Funnel attacker towards touch line or a covering defender. 11. Make the attacker put the head down and use the weaker foot. 12. Technique of Poking the ball. 13. Technique of Block tackle.
STAGE 2 SMALL SIDED ACTIVITY	**3V3 SMALL GOALS:** Area: 25Lx20W yard grid Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal. Coach: Assist the players to identify when and how to press the attacker.		
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**4V4 TO SMALL GOALS:** Area: 30Lx25W yard grid Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal. Coach: Assist the players to identify when and how to press the attacker.		
MATCH	5V5 OR 6V6	Two teams with a specific formation Play the game and encourage the players to recognize the moments to press closely and when to "wait"	

CYSA U10 PRACTICE PLAN

WEEK: 8 **FOCUS: SHOOTING AND FINISHING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO STRIKE THE BALL AND SCORE GOALS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**5 MINUTE SHOOTING COMPETION:** Area: 20Lx12W yards station with a shooting line about 12 yards away from the goal. 1. Divide the team into two groups. Have the group select a GK and place the GK in one of the goals. 2. In one corner place the passers and in the other the shooters. 3. The shooter receives the ball, runs and shoots before the shooting line. If the shooter shoots after the line the goal does not count. 4. The passer becomes the shooter and the shooter the passer.		SHOOTING TECHNIQUE 1. Body position and balance 2. Eye on the ball at moment of contact 3. Strike ball with ankle locked and hard bone on top of foot 4. Non-kicking foot directed at target 5. Surface of the Ball 6. Surface of the Foot to strike the ball
STAGE 2 **SMALL SIDED ACTIVITY**	**3V3 = GK - SHOOTING:** Area: 30Lx20W yard grid divided into 3 zones - two end zones of 8 yards and a central zone of 14 yards long. 1. Encourage players to shoot from the middle zone. The neutral player plays with the attacking team. Scoring: o Directly from the middle zone: 100 pts. o Rebound goal: 50pts o Inside the zone shot: 1pt Play to 300 pts. and switch teams if you have one standing by		AGAINST A GOALKEEPER 1. Keep the shot low 2. Use instep for power or inside of the foot to place the ball 3. Surface of the ball and the foot to use 4. Proper technique and body control 5. Placement vs. power 6. Quality preparation touch 7. Proper selection of contact surface
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**3V3 + GK - LONG SHOT AND REBOUND:** Play in a 35Lx25W yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal: o From the team's defending end: 10 points o From team's attacking end: 50 points o From Rebound: 100 points Play to 300 points		DURING A GAME 1. Timing and shape of attacking runs 2. Finishing rebounds 3. Creativity and deception 4. Combination Play 5. Rebounding
MATCH	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to shoot and "crash" the goal on every shot	