



3rd-4th/U10 – Session 1

Dribbling/1v1 Attacking

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



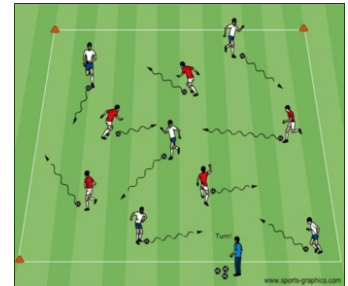
Technical Box:

All players dribbling in a defined space. Players should use all surfaces of their feet.

Coach: Prompt players to work on change of direction, scissors, fake 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.

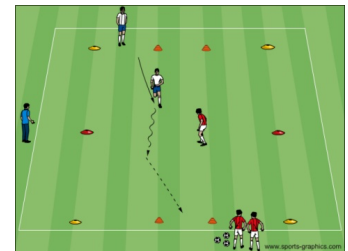
Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.



1v1 to Two Small Goals:

In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to their opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their own score.

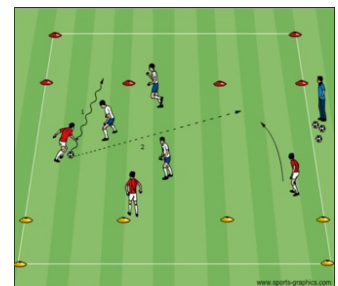
Coach: The goals are 4 yards wide.



3v3 End-zone Game:

Two teams play in a defined space with each team attacking an end-zone defended by the opponent. 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.



Scrimmage:

Create field based on playing numbers and size of area.





3rd-4th/U10 – Session 2

Dribbling/Possession

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Cone Running Competition:

Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat.

Variation 1: Outside Cut **Variation 2:** pull back



2v1 to end lines:

Two attackers against one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game. If the defender wins the ball, they can dribble across the opposite end line for a point.



3v3 to goal with gates:

3v3 to central goals. If a player scores on the goal, 1 point. If a player dribbles through one of the cones and passes to a teammate to score, 5 points. If a player dribbles through one of the two gates and then scores, 10 points.



Scrimmage:

Create field based on playing numbers and size of area.





3rd-4th/U10 – Session 3

Passing/Receiving

Intentional Free Play:

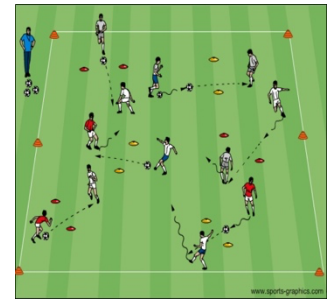
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Gate Passing:

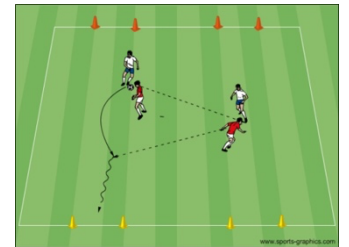
In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point.

Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.



2v2 to 4 Goals:

In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.



3v3 to End Zones:

In a 25x30 yard grid, make an end zone along each end line. Players will score by passing into and stopping the soccer ball in the end zone. Defenders can't defend in the end zone.

Scoring:

1 point: Dribbling into the end zone.

2 points: when a player passes the ball to a player making a run into the end zone to receive the soccer ball.



Scrimmage:

Create field based on playing numbers and size of area.





3rd-4th/U10 – Session 4

Passing/Receiving

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Control Circle:

Two even groups. Players in the middle pass the ball to the players on the outside and take their place on the outside. The player on the outside who receives the ball, dribble into the middle and then connect a pass to a different player on the outside. **Variations:** one touch passing from outside players, left foot only/right foot only passes by all players, players on the outside start with the ball and the players in the middle receive and turn and pass to another teammate.



4v1/5v2:

In a 15x15 to a 20x20 yard grid, play 4v1 or 5v2 keep-away. The first pass is free. Any player who loses possession becomes a defender. Whichever defender has been in the middle the longest is the next one out OR if defenders win the ball, they can dribble outside the grid, under control for a point (If defenders dribble for pts/switch every 2 mins or so). Attackers count their passes. They receive a point for every 3 passes made (can increase number of passes to make it more challenging). Attacking players should be mobile throughout the grid, not stationary.



4v4 to Four Goals:

Play a live game to 4 goals. In a 40Lx30W have the two teams play and score in any of the opponents two goals. **Variation:** The goal is worth the number of successful passes made prior to scoring.



Scrimmage:

Create field based on playing numbers and size of area.





3rd-4th/U10 – Session 5

1v1 Defending

Intentional Free Play:

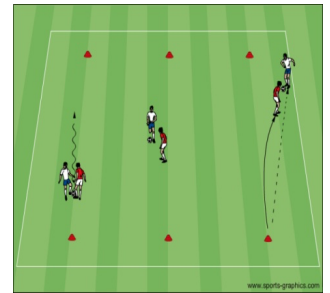
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Defend the Cone Warm-Up:

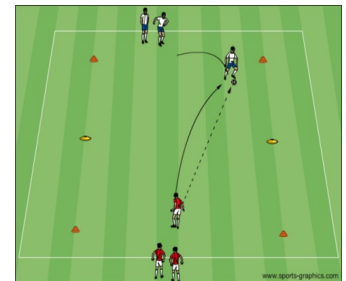
Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to their opponent who tries to hit the cone where the ball was served from. The passing player defends their cone, but first and foremost comes out to defend against player with the ball (always the most dangerous person on the field).

Version 2: Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)



1v1 to Line:

In a grid 12x12 yards a player passes the ball diagonally across the grid to their opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1st defender defends the line and tries to dispossess the attacker. If the 1st defender gains possession of the ball they immediately attack the opposite goal line. Again: player with the ball on the field is the most dangerous, so much pressure/defend them as quickly as possible.

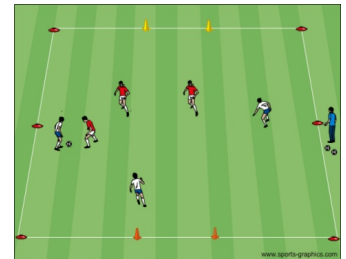


3v3 to Two Small Goals

Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals. **FOCUS:** 1st defender pressure!

Scoring:

- 1 point for passing goal
- 3 points for dribbling goal



Scrimmage:

Create field based on playing numbers and size of area.





3rd-4th/U10 – Session 6

Shooting

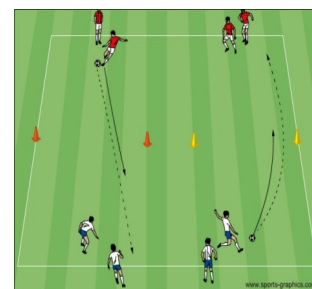
Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



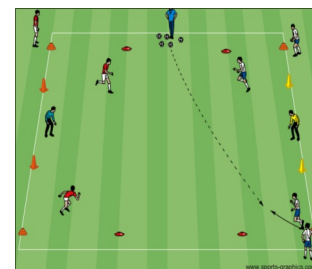
Shooting Though the Cones:

Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.



4 Corner Shooting:

Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.



3v3 (4v4) Plus Team on Deck:

Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored-on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.



Scrimmage:

Create field based on playing numbers and size of area.

