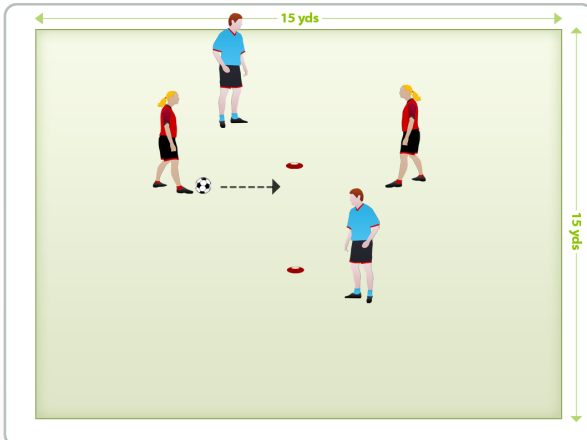


U10

WEEK 3
#11

NAME: 2 vs. 2 to a 2-Sided Gate **TYPE:** Warm-up **THEME:** Passing & Receiving

**SET UP**

Set out a 15x15 yard area. Group players in fours. Position two red players and two blue players randomly inside the area. Station a 3-yard gate in the middle of the area. One ball is required.

LEARNING OUTCOME

Passing with accuracy and penetration.

DIAGRAM KEY

— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#11**HOW TO PLAY**

The coach rolls the ball into the area to start play. The team in possession combines to create a scoring opportunity. Opposing players try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to dribble or pass the ball to a teammate through the gate in the middle of the area. Score 1 point for dribbling the ball through the gate and 2 points for passing the ball to a teammate through the gate. First team to 10 points wins.

PROGRESSIONS

1. Limit the number of touches (i.e. two-touch) to eliminate dribbling.
2. Assign each team a side of the field. Teams can score only from their side of the gate.

COACHING POINTS

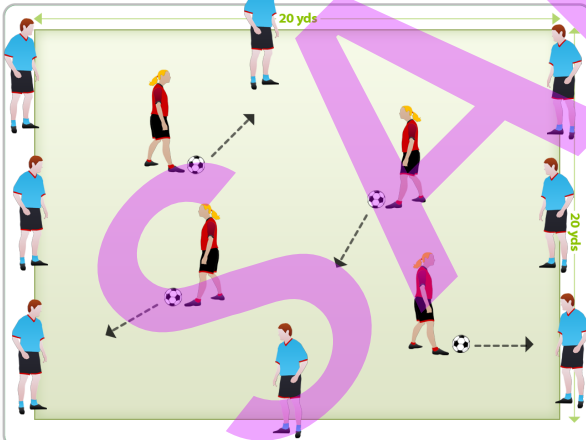
1. Make eye contact with the player in possession and call for the ball.
2. Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
3. Relax and give slightly on impact to cushion the momentum of the ball.
4. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.
5. Strike the middle of the ball with the inside of your foot to keep the ball on the ground, and follow through in the direction of the intended target.
6. Move into space to support the player with the ball. Keep the ball in sight at all times.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#12

NAME: Pass to Outside Player **TYPE:** Technique **THEME:** Passing & Receiving

**SET UP**

Set out a 20x20 yard area. Position four red players randomly inside the area, each player with a ball, and remaining blue players around the outside of the area.

LEARNING OUTCOME

Passing with accuracy and correct weight.

DIAGRAM KEY

— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#12**HOW TO PLAY**

Red players dribble around the area, responding to the following commands:

Coach Says

"One-Two"

"Overlap"

"Change"

Red Players

Pass the ball to a blue player, make a run into space, call for the ball, and receive a return pass

Pass the ball to a blue player, run around him, and receive a return pass 2-3 feet in front and to the side

Pass the ball to a blue player and change places with him

PROGRESSIONS

1. Add four defenders to shadow the movements of red team players. Do not allow defenders to tackle red team players at first.

COACHING POINTS

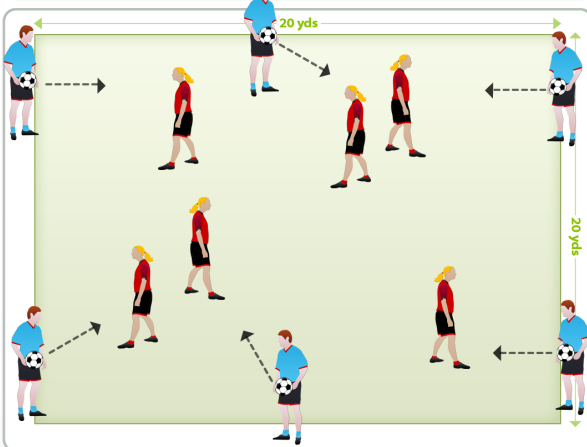
1. Place your non-kicking foot alongside the ball, toes pointing at the target.
2. Turn your kicking foot out, keeping your ankle firm and toes up.
3. Keep your eyes on the ball at the moment of contact.
4. Strike the middle of the ball with the inside of your foot to keep the ball on the ground.
5. Follow through in the direction of the intended target.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#13

NAME: All Surfaces **TYPE:** Skill **THEME:** Passing & Receiving



SET UP

Set out a 20x20 yard area. Group in two equal teams. Position red players randomly inside the area. Position blue players around the outside of the area, each player with a ball.

LEARNING OUTCOME

Controlling the ball with different surfaces.

DIAGRAM KEY

—— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#13

HOW TO PLAY

Red players move toward a blue player and call for the ball. Blue players name the surface they want the red player to control the ball with and serve the ball to that body part (i.e. head, chest, thigh, foot, etc.). The red player cushions the ball with his first touch, controls the ball with his second touch, and passes the ball back to the blue player with his third touch. Red players move to a different blue player and repeat the activity. Rotate positions and repeat.

PROGRESSIONS

1. Control the ball and volley the return pass to prevent the ball from bouncing.

COACHING POINTS

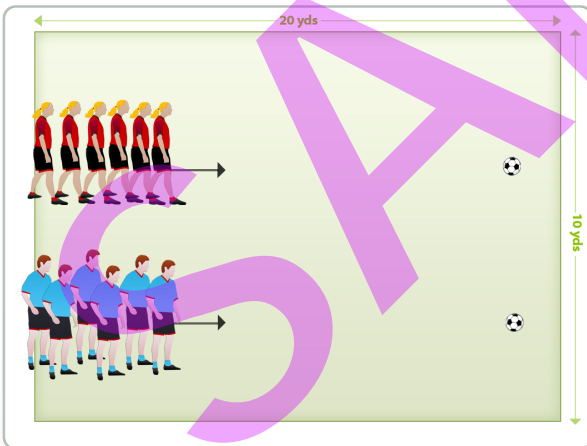
1. Get into the line with the ball early and move quickly down the line of the ball to meet it.
2. Determine the best surface with which to control the ball.
3. Relax and give slightly on impact to cushion the momentum of the ball.
4. Redirect the ball 2-3 feet in front or to the side of you, according to your intended direction of play.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#14

NAME: Trick Relay **TYPE:** Activity Break



SET UP

Set out a 10x20 yard area. Position players in two equal lines on the near end line. Station a ball on the far end line opposite each team.

DIAGRAM KEY

—— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#14

HOW TO PLAY

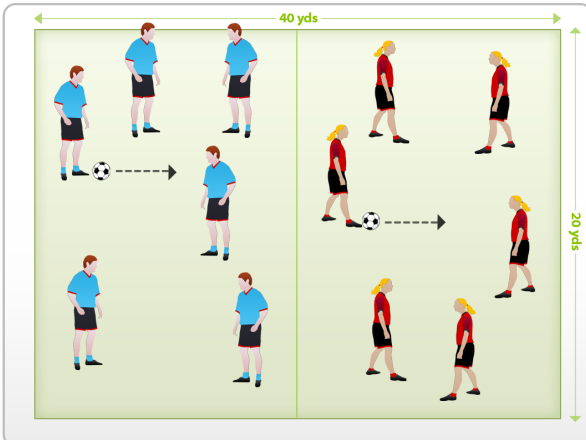
When the coach says, "Go," the first player in each line runs to the ball and attempts a trick (i.e. juggle, feint, step-over, turn, etc.). Once he completes the trick, he runs back to the starting line and tags the next player. Each player repeats the activity. The first team to complete the relay wins.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U11

WEEK 3
#15

NAME: Ticking Clock **TYPE:** Game **THEME:** Passing & Receiving



SET UP

Set out two 20x20 yard areas inside a 20x40 yard area. Group players into two equal teams. Position each team in a 20x20 yard area with a ball.

LEARNING OUTCOME

Passing with accuracy under pressure.

DIAGRAM KEY

——— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

U10

WEEK 3
#15

HOW TO PLAY

Teams combine to pass the ball around their 20x20 yard area without opposition. When the coach calls out a number (i.e. two, three, etc.), each team sends that number of players into the opposing team's area and has 30 seconds to tackle the player with the ball or intercept a pass to gain possession. Defensive players score 1 point if they gain possession and kick the ball out of the area, and 2 points if they gain possession and pass or dribble the ball back to their team's area. Stop play after 30 seconds and return players to their starting positions. Repeat with a different number of defenders. The first team to 10 points wins.

PROGRESSIONS

1. Limit passing to weaker foot only.

COACHING POINTS

1. Make eye contact with the player in possession and call for the ball.
2. Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
3. Relax and give slightly on impact to cushion the momentum of the ball.
4. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.
5. Strike the middle of the ball with the inside of your foot to keep the ball on the ground, and follow through in the direction of the intended target.
6. Move into space to support the player with the ball. Keep the ball in sight at all times.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

SAMPLE