



U10 Wk 1--- Dribbling for Possession

Objective: To improve dribbling and shielding technique and inspire the confidence in our players to keep the ball (possess the ball) under pressure with the intention to delay play until help arrives, beat an opponent or simply keep possession for your team.

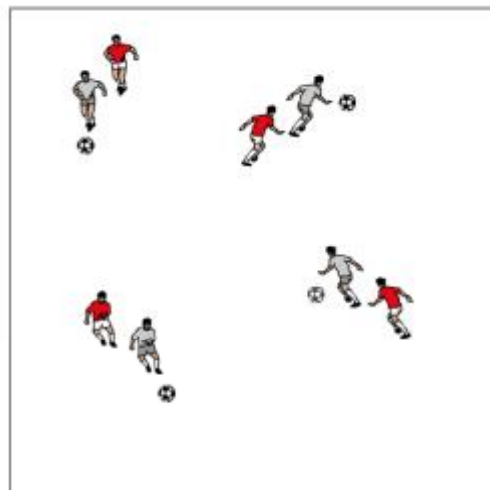
Coaching Points:

- § Bend your knees and get down low
- § Use your arms to keep balance
- § Keep the ball close using the inside, outside and sole of the foot
- § Try to keep your head up once comfortable with ball at feet
- § Recognize when and where to change direction
- § Body sideways between defender and the ball, ball on outside foot, with arm providing protection when shielding
- § After making a move, dribbling into an open space or changing direction, need a burst of speed
- § Stress movement of body and burst of speed when doing moves
- § Use outside of foot or laces when dribbling for speed
- § Try new things and be creative

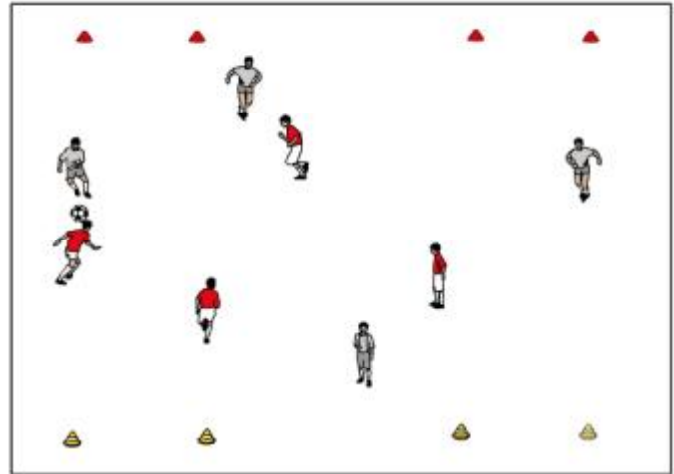
1) Technical Box: Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; players carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. *Version 3:* Make the game a knockout game in which players try to knock each other's balls out of the grid while maintaining possession of their own. Note: You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times. You do not want players sitting out. **(20 minutes)**

[~ 30 x 30 yd grid per 16 players]

2) Shield-Steal: Half of the players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last loses possession. You can teach players the technical points of shielding as a group after they finish the first game. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. Play many 1-minute bouts with rest in between each bout. **(15 minutes)** [~ 30 x 30 yd grid per 16 players]



3) Four Goal Game: In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams of three attack two goals and defend two goals. Coach within the game, and work on team shape, specifically stretch, width on attack, and compactness on defense. *Variation:* To encourage combination play: the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring. **Recommendation:** Add a “plus” player who always plays for the attacking team if they cannot keep possession long enough to create a combination. (20 minutes)



4) 6v6 scrimmage:

Depending upon numbers, space will change and numbers will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. (25-30 minutes)



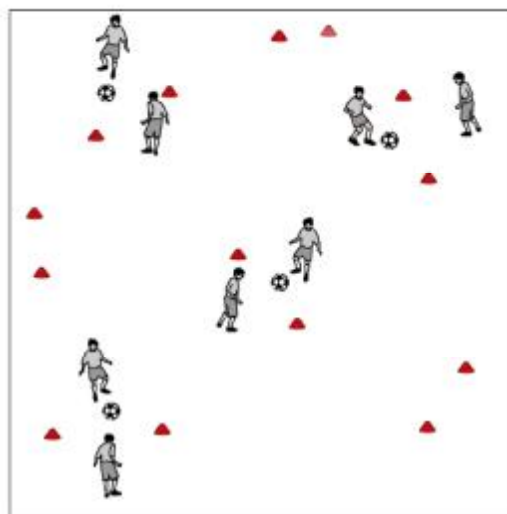
U10 Wk 2--- Passing / Receiving

Objective: Improve passing technique with the inside and outside of their feet. Recognize the correct timing and opportunity to pass.

Coaching Points:

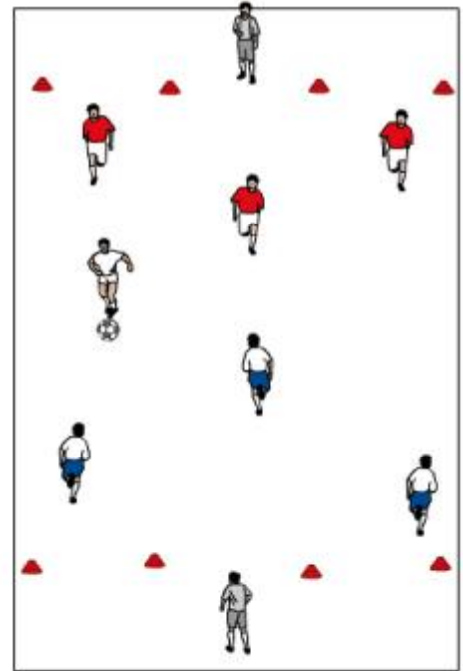
- § Ankle locked and get body behind the ball
- § Be on your toes and balanced
- § Go to the ball, do not wait for it
- § Toe up (inside) or down & turned in (outside)
- § Eyes on ball at instant of contact
- § Follow through to partner
- § Strike ball solid through the middle
- § Knees slightly bent, non-kicking foot pointed to target and parallel to ball
- § Pay attention to proper weight and timing

- 1) **Gates Passing:** Randomly place many pairs of cones making small goals (1 yard wide) in a large space (30 x 20 yards). Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot. **(15 minutes)**



- 2) **3 vs. 1 keep away:** In a grid 10x15 yards, play 3 vs. 1 continuous keep away. Three attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attackers he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in. **Version 2:** Add another defender and play 3v2 keep away. **(15 minutes)**

- 3) **3v3 +1 to targets**: In a 35x25 yard grid, two teams and a neutral player look to play to a target player on opposite sides of the grid. If they play to the target and receive the ball back, they look to switch directions and play to the other target player. If they just play to one target it counts as 1 point. If they play to two consecutive targets without losing possession it counts as 3 points. Target players must constantly move along their line to show for the ball. Every three minutes rotate the players. *(20 minutes)*



- 4) **6v6 Scrimmage**: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size *(30 minutes)*



U10 Wk 3-- Heading and Volleying

Objective: This session is designed to teach players the technical points of heading and volleying a ball.

Coaching Points: (Heading)

- § Keep eyes open and focused on the ball
- § Mouth closed
- § Surface of contact should be upper half of forehead
- § Strike the ball, do not let the ball strike you
- § Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- § Tighten neck and torso, arch back and drive the head through the ball for maximum power
- § Use arms for balance, protection and to create space

Coaching Points: (Volleying)

- § Keep eyes open and focused on the ball
- § Strike the ball, do not let the ball strike you
- § Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- § Surface of contact should be in the middle to upper half of the ball
- § Players should lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley
- § Use arms for balance.

1) Heading Introduction: Pair up with one ball. **Step 1:** Pull ball toward head at the same time you drive your head at the ball (Head-Snap)...head the ball to your partner. **Step 2:** Players serve to themselves and head the ball to their partner. Their partner catches the ball and performs the same exercise. **Step 3:** Players serve to each other. One player serves to their partner...the partner heads the ball back to the server. (repeat 10 times each) **Step 4:** split players into groups of 2 or 3 and challenge them to get a certain number of headers to each other in a row. Then have a timed challenge to see how many times the group can keep the ball up in the air. (15 minutes)

2) Dutch Circle:

Half of the players (outsiders) create a circle with a diameter of about 25 yards. The outsiders are equipped with soccer balls in their hands. The other half of the players (insiders) are in the circle and do not have soccer balls. The outsiders must always be alert and on their toes ready to serve a lofted ball, at various heights, to an insider. The insiders move around to different outsiders and: (20 minutes)

- head the ball to the hands of the outsider that served the ball to them
- head the ball to the feet of the outsider that served the ball to them
- head the ball over the head of the outsider that served the ball to them
- volley the ball with the inside of the foot to the hands of the outsider
- volley the ball with the laces of the foot to the hands of the outsider



3) Team Handball: Organize players into 2 teams of 4, 5 or 6. Set up a 35 yard x 50 yard rectangular field with goals centrally located at each end. The 2 teams play this game by tossing the ball (with their hands) to their teammates (similar to basketball). Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by heading or volleying the ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team.
(20 minutes)

4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size Award 1pt for a goal scored normally; 3points for a goal that is scored as a result of a volley; and 5pts if a goal is scored from a header.
(30 minutes)



U10 Wk 4--- Receiving Balls in the Air

Objective: To improve the technique of receiving soccer balls played in the air. To help players practice using different surfaces when receiving lofted balls (feet, thighs, chest).

Coaching Points (receiving in air):

General:

- § be on balls of feet and get body behind ball
- § move to the ball (do not wait for it)
- § try to drop ball in front of body so it is in your control but not under you

Laces:

- § when using laces, lift foot up to meet the ball
- § as ball is about to make contact, drop foot down and cushion ball on top of foot (laces) to the ground

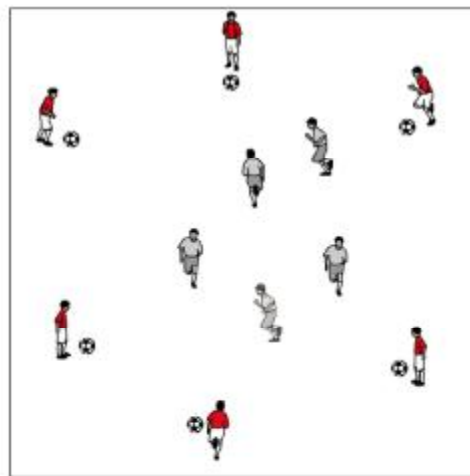
Thigh:

- § when using thigh (not knee), lift thigh up to meet ball
- § once ball touches thigh, drop leg down to cushion the ball
- § make sure you push ball slightly in front of you so you can handle it easily
- § ball should not pop up as you cushion it
- § make sure players use middle of thigh to cushion balls

Chest:

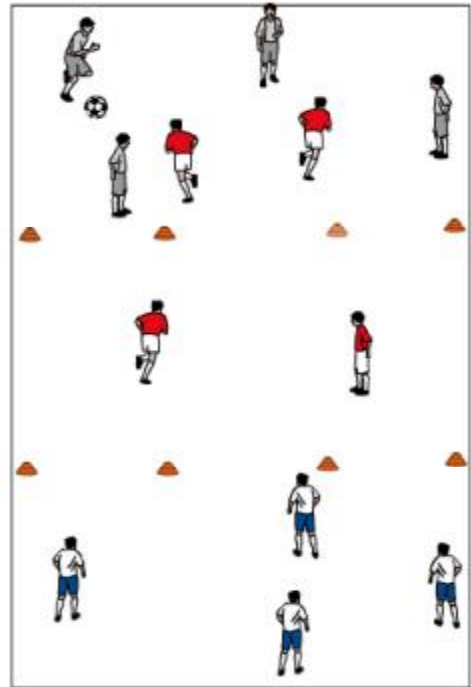
- § when using chest, bend knees with feet staggered and slightly arch back while using arms for balance
- § cushion ball (collapse chest) as it hits chest and guide it to feet
- § do not push out chest to pop the ball out too far in front of you

1) **Dutch Circle:** half of the players create a 25-35 yd outer circle and have soccer balls. These players must always be alert and on their toes. The other half of the players are in the middle of this circle and do not have soccer balls. The inner players check to players on the outside to receive a pass from them. The players on the outside toss the ball in the air to the players on the inside. The players on the inside receive with different surfaces and then turn and find another player on the outside. ***Variation 2:*** top of foot, thigh, chest, any of the three. ***Variation 3:*** add in a 'dummy' defender to put pressure on player receiving ball in the air. Have one group go for about 1 minute with one surface, then switch players on outside and inside. Repeat until all surfaces are covered and variations completed (if possible). Focus on receiving with the thigh, chest and laces. ***(15 minutes)***



2) Arsenal Drill:

Split grid into three even zones (zone 1, 2 and 3). Split team into three even teams (can have 3 to 6 players in each zone). If have three teams of 4, then Team in Zone 1 is trying to possess the ball (can ask them to have 2 to 4 passes before they can play the ball down) and then play it in the air to team in Zone 3. Meanwhile, team in Zone 2 sends two defenders into Zone 1 to try and win the ball. If they win the ball, they turn, play it down to Zone 3 and then switch zones with team in Zone 1 (team in Zone 1 then has to then send two defenders into Zone 3 and try to win the ball back). If team in Zone 1 is able to play it down to team in Zone 3, they get a point. That means the other two players waiting in Zone 2 are entering into Zone 3 to win the ball back. Team that gets to 5 points first, wins. *Variation:* Make a restriction that the ball played into other zone has to be in the air. (20 minutes)



3) **Bumper Game:** 4 v 4 scrimmage to goals. An additional 4 players are placed on the outside of the playing area as bumpers. Each of the 4 “bumpers” are responsible for a quarter of the field. If the ball is passed to a neutral or the ball goes out of bounds in their area, they are to pick it up and toss it underhanded back into the playing area to the team that passed it to them. This way the players on the field playing 4 v 4 will have to receive the ball out of the air. (25 minutes)



4) **6v6 Scrimmage**---(including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (30 minutes)



U10 Wk 5--- Shooting

Objective: To improve the technique of shooting with the insides and instep of both feet. To foster the confidence to shoot!

Coaching Points:

- § Non-kicking foot is placed parallel to ball (not behind it or ahead of it) and far enough away that it is comfortable to hit ball and that both ball and non-kicking foot are underneath your hips
- § Keep ankle of shooting foot locked with toe down
- § Non-kicking foot should be pointing towards your target
- § Your weight should be on the ball of your non-kicking foot
- § Both knees bent, head down, hips and knee over ball, body slightly leaning over ball.
- § Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground...this will result in hip of the same leg as the kicking foot being higher than non-kicking foot
- § Strike through the middle of the ball
- § Follow through to your target, landing on kicking foot
- § Strike ball with laces so that ball strikes hard bone on top of foot
- § Encourage players to strike through the ball

1) Shooting Through the Cones: Set up a line of cones about 6 yards apart, representing goals for the players to shoot through. Position 2-4 players about 10-15 yards away from and on opposite sides of the line of cones. Players opposite each other proceed to kick (shoot) the ball through their cone goal, and then follow their shot to the opposite side, working on correct shooting technique. It is important that the players work to perfect their preparation touch and that they strike a moving ball. The players should be using both feet to shoot. Scatter extra soccer balls around the playing area. (15 minutes)



2) 4-Corner Shooting: On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + keepers activity. Play



continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the coach kicks the next ball in for the next 4 players. The coach should serve the ball toward one of the corner lines (risk/safety management). When all the balls have been served, the players can retrieve them and dribble them back to the coach for another round of games. (*20 minutes*)

3) 4v4 plus 4 on deck---In a space the size of 2 penalty boxes [35 yds long by 40 yds wide] stacked on top of one another, have two full size goals, with goalies. Teams of four play games to one. If a team is scored against they are off the field and the team on deck plays. This teaches teams to go to goal with pace and to take chances quickly. (*20 minutes*)

4) 6v6 Scrimmage---(including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (*30 minutes*)



U10 Wk 6--- Individual Defending

Objective: This session is designed to teach players the technical points of pressuring the ball. The 1st defender's speed of approach, body shape and tackling technique.

Coaching Points:

- § 1st defender needs to bend their run in a banana shape to take away (block the path) to the goal
- § Defender needs to "approach fast, arrive slow"
- § Defensive stance -on their toes, knees bent, one foot forward, one back, anticipate when to close down opponent
- § Eyes must be focused on ball
- § Important to delay progress of opponent by jockeying the player with the ball, and try to force them out of play and in the direction of their cover (second defender/sideline)
- § Once opponent goes where the defender wants, they should tackle with front or back foot, whichever is appropriate
- § Defender can try to win ball off first touch of opponent if they have a bad touch

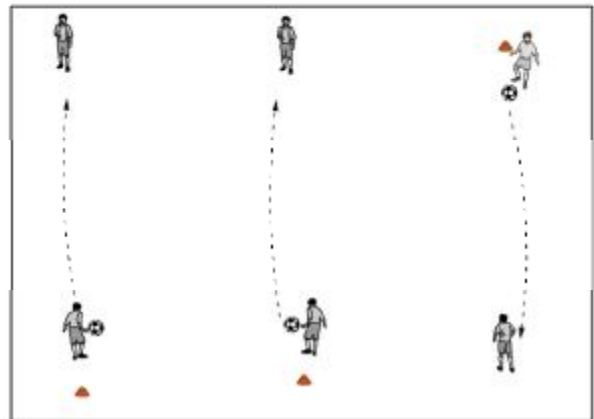
Coaching Points: (Block Tackle)

- § Attack the player fast, closing the distance between yourself and the ball as fast as possible
- § Position your feet in a staggered stance, one foot slightly further than the other.
- § Knees should be slightly bent to quickly extend your feet either way, in case the attacker tries to dribble past you.
- § Extend your arms sideways, to gain some balance. Be on your toes to block the ball with either foot
- § When you decide it's time to move in for the block, keep your body low and drag the inside of your tackling foot through the ball. It's important that the ankle of your tackling foot is locked and your non-kicking foot is planted firmly near the ball. Otherwise you risk injuring yourself.

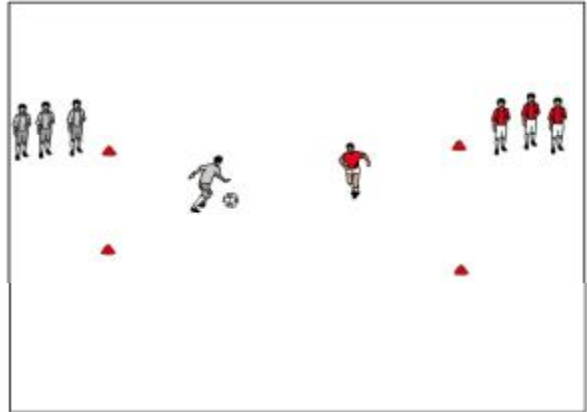
Coaching Points: (Poke Tackle)

- § Attack the player fast, closing the distance between yourself and the ball as fast as possible
- § Position your feet in a staggered stance, one foot slightly further than the other.
- § Your knees should be slightly bent
- § If you get close to the attacker and there is an opening to poke the ball away with your toe, do so quickly

1) Defend the Cone: Player A has the ball and is positioned in front of a cone. Player B is positioned 10 yards away. Player A passes the ball to player B, then Player A follows their pass in an effort to defend Player B and prevent player B from hitting the cone. Play 15 second bouts and change the players' roles.
Variation 2: Player B lets the ball go through his legs. Player A (the defender) approaches and attempts to prevent Player B (the attacker) from turning toward the cone. (15 minutes)



2) **1v1 to small goals:** In a 15x10 yd grid, groups of 4-6 with even numbers on each end line. White passes to red who tries to dribble through white's goal. White works on angle of approach, speed of approach, using sideline as 'second defender', and forcing to weak foot (if known). If white wins ball away from red, they can attack the opposite end line so that red is working on defending techniques as well. Alternate starts from white to red. *(20 minutes)*



3) **3v3/4v4 to two small cone goals:** Split team into two teams of 4 (if have the space, can have more than one field set up at a time). Try to score by dribbling through opposing teams' goal (if this is too difficult for attacking team, then allow them to shoot/pass it through). Focus on 1st defender pressuring the ball and delaying the speed of play. *(20 minutes)*
[3v3: 30x35, 4v4: 35x30]

4) **6v6 Scrimmage**---(including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size *(30 minutes)*



U10 Wk 7--- Individual Attacking

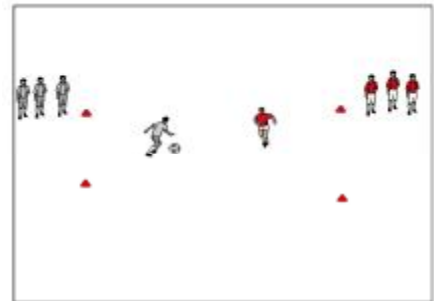
Objective: To help our players to understand the importance of individual attacking when their team is in possession of the ball.

Coaching Points:

- § attacker should have knees bent and the ball close to his or her dribbling foot and be balanced
- § execute a feint or combination of feints to unbalance the defender and dribble behind them with a burst of speed
- § players who are dribbling past an opponent should dribble past them with the foot furthest from the defender
- § help players to recognize when they should take people on...1v1
- § assist players in recognizing when to dribble at speed (there is open space ahead), and when to slow down.

1) **Free Dribble:** Everyone with a ball, use inside, outside, and sole of the foot to turn away from pressure. Have players dribble with speed (laces/instep dribble), change direction, and perform moves. *Version 2:* Have players work on moves to beat pressure, such as step over, double step over, etc, etc. *Version 3:* Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot. **(20 minutes)** [~ 30 x 30 yd grid per 16 players]

2) **1v1 to Two Small Goals(or lines):** In 10x10 yard grids, with a small goal at each end, play 30 second 1v1 matches. Each grid should have 6 players, 3 players on each team so that players can rest in between each 1v1 match. Coach should make sure that players compete against many different players. **(15 minutes)**



3) **3v3 to Two Small Goals:** In 25x30 yard grids, with small goals on each endline, play 3v3 matches. Rotate teams to different fields. **(20 minutes)**

4) **6v6 Scrimmage:** (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size **(30 minutes)**



U10 Wk 8--- Combination Play

Objective: Improve passing technique. Introduce and train combination play (*take-over, wall-pass, overlap*) Recognize the correct timing and opportunity to pass.

Coaching Points:

Wall pass:

- § First attacker runs right at the defender with the ball
- § The second attacker sets up slightly ahead of the defender, turned sideways, shoulders pointed to the goal (in a positive direction)
- § When the first attacker is close to, but still out of tackling range of the defender, he/she must read cues from the defender
- § If the defender is jockeying between the two attackers and obviously playing the pass, the first attacker must simply dribble past the defender with speed
- § If the defender is attending more to the first attacker, then the first attacker should pass the ball to the wall player's (2nd attacker) front foot
- § The 2nd attacker plays the ball with one touch into the space behind the defender and into the path of the first attacker
- § The 1st attacker sprints to receive the ball preferably in the natural flow of their run

Overlap:

- § The 1st attacker dribbles the ball between the defender and the 2nd attacker, creating live space for the 2nd attacker to overlap into; the first attacker then plays the ball into the live space that the second attacker has run into.

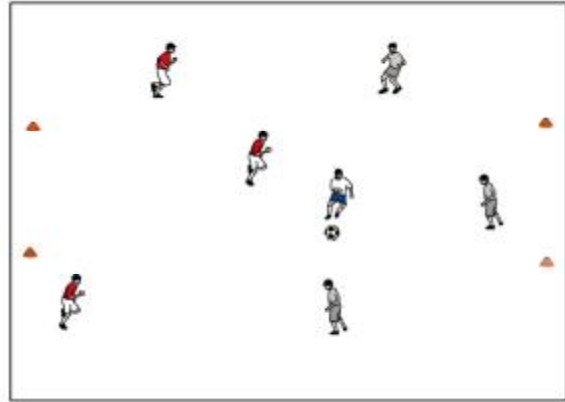
Takeover:

- § The 2nd attacker runs directly at the 1st attacker from the opposite direction
- § The 1st attacker protects the ball from the defender by keeping it on the foot furthest from the defender so that their body is in between the defender and the ball
- § If the takeover is on (defender does not step into path of second attacker), the first attacker leaves the ball for the second attacker and the second attacker takes the ball using the same foot as the one with which the first attacker is dribbling
- § Depending on your preference as a coach you may have the first or the second attacker dictate this exchange with simple communication ("take" or "leave")
- § If the defender slows down to "pick-up" the 2nd attacker, 1st attacker can continue to dribble (fake take-over)

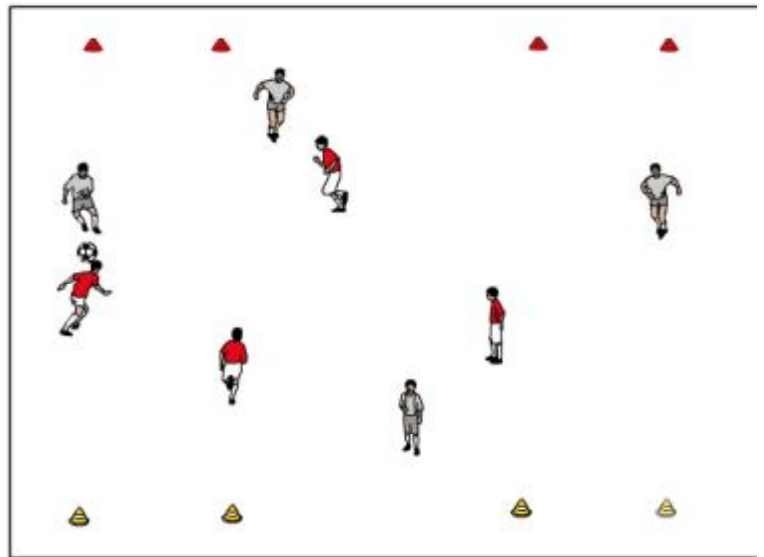
1) Combination Square: Make a grid about 25x25 yards. Place 4 or 5 players in vests and have them roam around the entire grid in order to give support to the other players. Players in vests do not have balls, all other players do. Players with balls look to dribble around the grid and try to connect with the vested players to perform wall-passes. The player initiating this wall pass needs to play a firm pass, sprint to an open space, receive the ball, and burst again with speed once receiving the ball. The vested player must show themselves to others constantly in order to give support and look. **Version 2:** Build to overlap, then take over. **If struggling with any of the combinations, can have vested players more stationary.

(15-20 minutes)

2) **3v3+1 goals:** In a 20x25 yard grid with two 3 yard goals on each end, play a 3v3+1 game. Service comes from one team to the other. The Neutral Player plays on the attacking team only. Goals must be knee height or below. Play 3-4 minute games then bring in 2 new teams. Use different players as the Neutral Player. (20 minutes)



3) **Four goal game:** 4v4 scrimmage in a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams of three attack two goals and defend two goals. Coach within the game, and work on team shape, specifically stretch, width on attack, and compactness on defense. *Variation:* To encourage combination play: the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring. *Recommendation:* Add a “plus” player who always plays for the attacking team if they cannot keep possession long enough to create a combination. (20 minutes)



4) **6v6 Scrimmage:** (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (30 minutes)



U10 Wk 9---GK Handling / Footwork

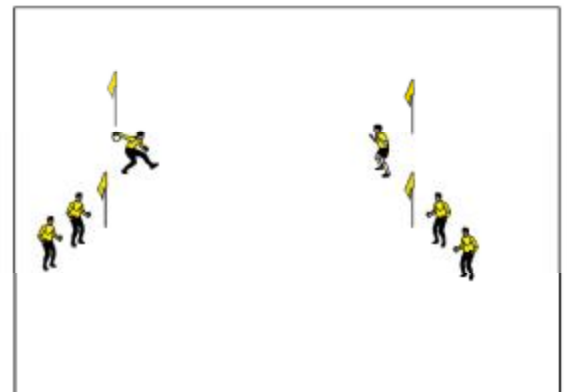
Objective: To help the goalkeepers work on and improve the technical aspects of proper footwork, body position and handling the ball.

Coaching Points:

- § When catching the ball, the hands always lead, keeping the body moving forward
- § Body shape should be feet square to the body, shoulders square to the ball, knees bent, arms out to sides and slightly forward with elbows slightly bent, on the balls of your feet
- § Always be set before shooter plants their non-kicking foot to shoot
- § “W” or Diamond shape for balls hip height and above. Hands together, fingers pointing towards the ground (pinky’s together) for low balls (like a shovel scooping into the body)
- § Quick lateral footwork to get body behind the ball and limit diving

1) **Up / Down:** GK’s shuffling in and out of each other within the 18 yard box while bouncing a ball on the ground, when coach yells out down, the player rolls a ball out to themselves to go and scoop it up. The word up means the GK’s throw a high ball to themselves. *Version 2:* On the same commands, the GK’s quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again. **(10-15 minutes)**

2) **Partner Catching:** Two lines of players, each in between a cone goal, facing each other with one ball (maximum players per line is 3). GK A rolls (and then follows their service) to GK B who scoops it up and brings it in to their body. GK B then rolls to the GK behind GK A to continue the cycle. After several rounds, balls should be an underhand toss at the knee height, then throw at head level, then to high balls. *Version 2:* Within each round, have the server put slight pressure on the working GK. *Version 3:* Now the keepers have to shuffle through 5 cones in a vertical row in front of their net, and set for the service. **(10-15 minutes)**
[About 25 yards apart depending on GK’s ability]



3) **Small Goal Saves:** two lines of players, each in between a cone goal, facing each other with one ball and extras on the sides. (maximum players per line is 3) Goals should be about 30 yards apart with a 10 yard buffer zone in the middle. Keepers are now trying to score on each other by either throwing or rolling it but the ball must bounce on the opponents half before a goal is scored. GK gets one point for a goal. Once a GK gets scored on, next person in line hops in. **(15 minutes)**



4) **6v6 Scrimmage:** (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (20 minutes)



U10 Wk 10---GK Diving

Objective: To teach goalkeepers the correct diving technique.

Coaching Points:

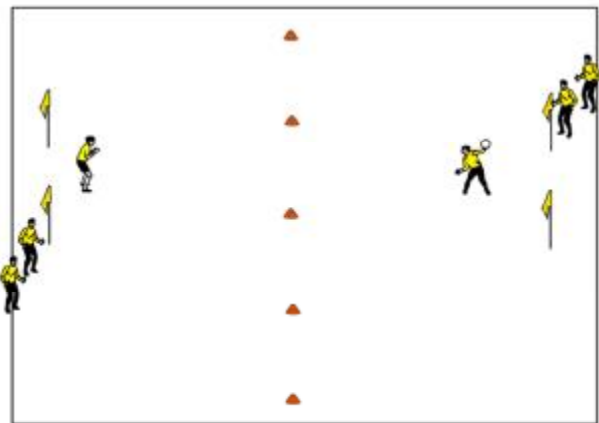
- § Use proper footwork, staying on the balls of your feet, to get into position to dive
- § Always take a leading step forward to meet the ball, leading with the hands, not feet
- § Catch the ball in a W grip with one hand on top and one hand behind the ball
- § Land on your side (hip and shoulder) with opposite knee driving across body for more power and protection.
- § Eyes on the ball, one hand on top, one behind, elbows slightly bent and top leg up for protection

1) Basic Diving: Each player is seated on the ground, with knees bent. They must place a ball about 2 steps away to the left or right at a 45 degree angle in front of them. The GK must roll down their side reaching out to make the save. Eyes on the ball, one hand on top, one behind, elbows slightly bent and top leg up for protection. Instill upon the GK's to attack hands first, moving their body forward. *Version 2:* have players partner up and one partner working (sitting still), one being the server who is a few steps away. The server will roll the ball at a 45 degree angle, slightly in front of the keeper, alternating the left and right side. (5 minutes)

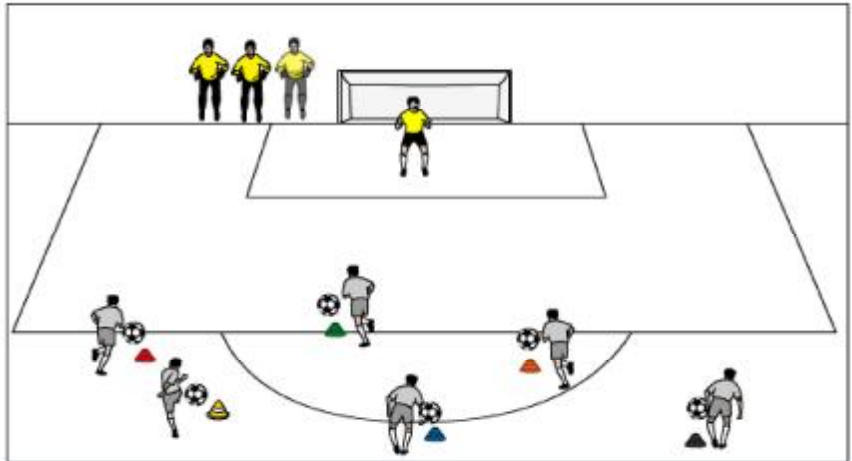
2) Kneel Diving: Each GK is kneeling on one knee (leg closest to the ball has foot planted on ground) with ball about 2 steps away to the left or right at a 45 degree angle in front of them. Now a small step must be taken at a 45 degree angle towards the ball before reaching out and diving to make the save. *Version 2:* have players partner up and one partner working (one knee still), one being the server who is a few steps away. The server will roll the ball at a 45 degree angle, slightly in front of the keeper, alternating the left and right side. (5 minutes)

3) Standing Diving: Each player in a ready position with a ball 4-5 steps away to the right or left of them at a 45 degree angle out in front. GK must take a large step towards the ball and collapse in the direction of the ball, rolling down their side and reaching out to make the save. Again, GK should lead with their hands in order to attack the ball. GK must then kick out with the top leg up for protection in order to go back to a standing position. *Version 2:* Two players per ball with one working, one serving. Server is about 5 yards away from the working GK and rolls the ball at a 45 degree angle out in front, alternating sides. Progress into having the server toss the ball in front to the working GK. (5 minutes)

4) Mini GK Wars: In an area 20-30 yards apart, use two cone or corner flag goals facing each other, one GK in each net. GK's can throw, bowl, or strike the ball to score on each other. Encourage GK's to use proper technique when diving. (15 minutes)



5) Color Shots: There are different colored cones or jerseys on a central arc about 16-20 yards outside of a goal, each with a server and several balls. One GK starts in net and as the coach calls out a color, the GK must adjust their positioning and be ready for the shot, based on what color the coach calls. Rotate after 5 shots. Each goalkeeper should rotate through at least 4 rounds of saves. *(10 minutes)*



6) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size *(20 minutes)*



U10 Wk 11-- Dribbling for Penetration

Objective: To improve the technique of dribbling, help with confidence to take players on and allowing players to recognize when to take players on versus using other options (passing, shooting, shielding).

Coaching Points:

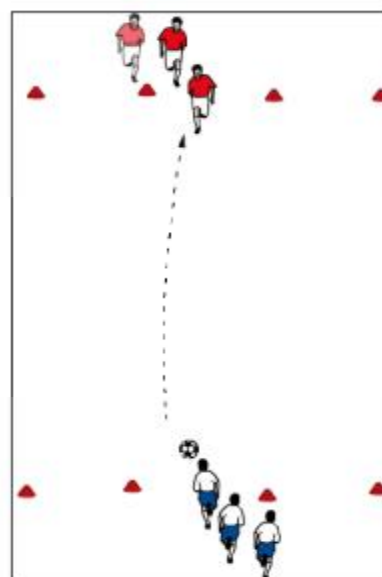
- § Bend your knees and get down low
- § Use your arms to keep balance
- § Keep the ball close using the inside, outside and sole of the foot
- § Try to keep your head up once comfortable with ball at feet
- § Recognize when and where to change direction
- § Body sideways between defender and the ball, ball on outside foot, with arm providing protection when shielding
- § After making a move, dribbling into an open space or changing direction, you need a burst of speed
- § Stress movement of body and burst of speed when doing moves
- § Use outside of foot or laces when dribbling for speed with foot furthest from defender
- § Try new things and be creative
- § Execute a feint or combination of feints to unbalance the defender and dribble behind him or her
- § Players should look to attack the defender's front foot to off balance the defender

1) Technical Box:

Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; players carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. *Version 3:* Make the game a knockout game in which players try to knock each other's balls out of the grid while maintaining possession of their own. Note: You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times. You do not want players sitting out. **(20 minutes)**
[~ 30 x 30 yd grid per 16 players]

2) 1v1 to lines:

In a 15x10 yard grid, two players play 1v1 and try to score by beating the defender and dribbling over the line opposite them. They play toward the ten-yard lines and use their favorite feints. When the ball goes out of bounds it is dribbled in. Switch partners between grids every 2-3 minutes. Keep score. **(15 minutes)**



3) 3v3 to 4v4 Endzone Scrimmage: Teams will be comprised of 3-4 players depending on numbers and space. To score you must dribble into the opponent's end zone (created with discs) while under control. Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. *(20 minutes)* [3v3: 25x30, 4v4: 30x35]



4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size *(30 minutes)*



U10 Wk 12--- Passing / Receiving

Objective: To improve the technique of receiving soccer balls played on the ground. To help players see different methods of receiving ground balls (inside of foot, outside of foot, across body, through legs)

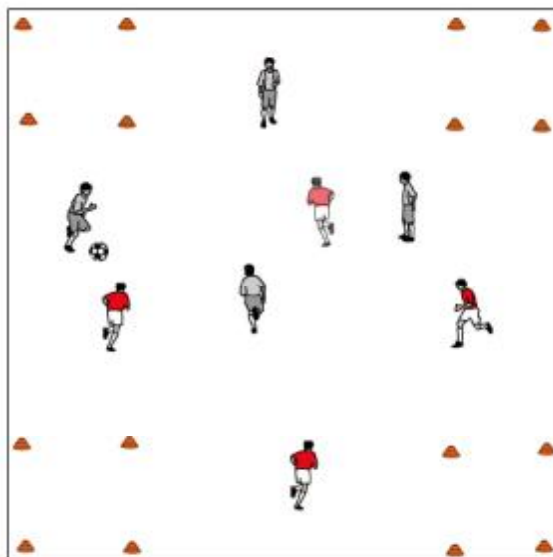
Coaching Points:

- § Ankle locked and get body behind the ball
- § Be on your toes and go to the ball, do not wait for it
- § Keep ankle of receiving foot locked
- § Eyes on the ball at instant of reception
- § Cushion ball as it arrives (as you would catching an egg)
- § Keep feet moving before ball arrives
- § Do not stop the ball
- § Knees slightly bent, non-kicking foot pointed to target and parallel to ball
- § Make your first touch active by pushing the ball in the direction in which you want to go (typically away from pressure)
- § Practice with both feet and all parts of the foot (inside/outside)
- § Always try to receive the ball facing the way you want to play
- § Get head up before and after receiving

1) Paired Passing: 2 players per ball. Free space. Players facing each other approximately 5-10 yards apart, passing back and forth, 1-2 touch. Feet and ball are always active. Either player can move the other player by angling a pass away from him. As their partner moves to control the ball, the passer moves quickly to support their partner by squaring up to him. The passing continues 1-2 touch again developing a rhythm until someone decides to move his partner again. This warm-up activity encourages repetition of passing and moving and supporting your teammate. The players must decide to 1 or 2 touch the ball depending on the pace of the pass directed to them. *(15 minutes)*

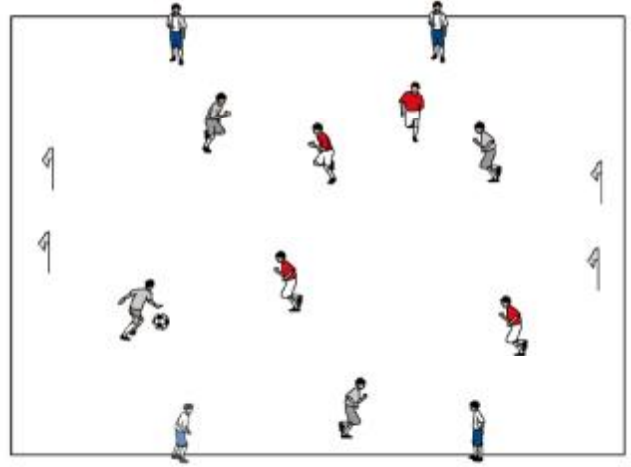
2) Four Square Passing:

Form a grid 35yds x 35yds with squares roughly 4 yds across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Only players from the attacking team can enter a corner square. Once a player in the square receives a ball, they can pass to a teammate or dribble the ball out for a point. Balls out of play can be passed or dribbled back into play. *(20 minutes)*



3) **Bread and Butter:**

Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (can limit the touches of these players if they have the ability (ie: two touches)). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. May restrict the players to 2 or 3 touches to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive. (20 minutes)



4) **6v6 Scrimmage:** (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (30 minutes)



U10 Wk 13--- Heading and Volleying

Objective: This session is designed to teach players the technical points of heading and volleying a ball.

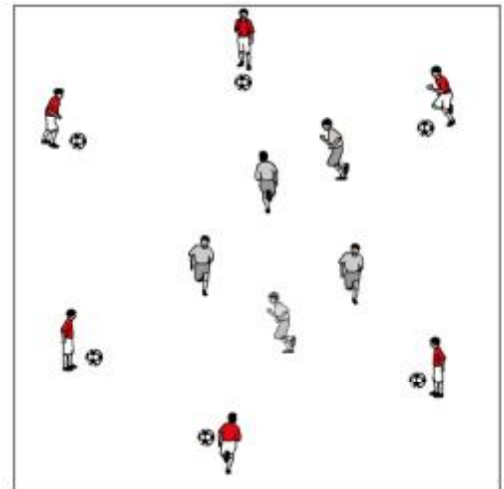
Coaching Points: (Heading)

- § Keep eyes open and focused on the ball
- § Mouth closed
- § Surface of contact should be upper half of forehead
- § Strike the ball, do not let the ball strike you
- § Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- § Tighten neck and torso, arch back and drive the head through the ball for maximum power
- § Use arms for balance, protection and to create space

Coaching Points: (Volleying)

- § Keep eyes open and focused on the ball
- § Strike the ball, do not let the ball strike you
- § Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- § Surface of contact should be in the middle to upper half of the ball
- § Players should lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley
- § Use arms for balance.

1) Dutch Circle: Half of the players (servers) create a 25-35 yd outer circle and have soccer balls in their hands. These players must always be alert and on their toes. The other half of the players (receivers) are in the middle of this circle and do not have soccer balls. The receivers check to the servers to receive a ball out of the air from them. They receive the ball with feet, thighs, chest and head and then play the ball to any server on the outer circle who does not have a ball (except the player who tossed it to them). They then check to another server on the outside that has a ball and repeat the process for about 2-3 minutes until coach switches players on outside and inside. Focus on both feet, receiving with the top of foot and then turning with it; the thigh, taking it in the direction they want to go; the chest; the head. **(15 minutes)**

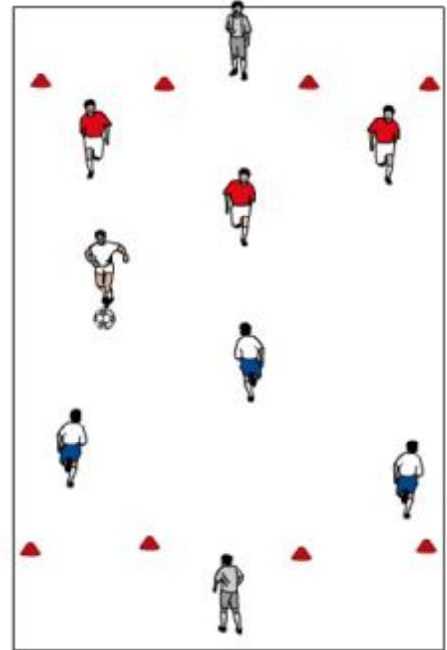


2) Tennis: Organize teams of 2, 3 or 4. Set up multiple tennis courts (size depends on the numbers playing). For a doubles game (2v2), set up a grid 30-35 yards long x 15 yards wide. Include a central 3 yard alleyway across the width of the court, made from cones, to represent the net. **Team A** serves the ball from behind their end line with a volley or half-volley kick to Team B. The ball must land in Team B's half court to be **GOOD**. However, Team B can choose to play the ball before the bounce or after the bounce. Depending on age and ability of the players, the rules can allow 1-2 bounces on a side, with a 3-4 touch limit between teammates (this allows for juggling). Balls can be headed or volleyed to the other Team's side.

Points can only be scored by the team that served the ball. If a ball lands in the central alleyway, it is ***NO GOOD*** (like a tennis ball going into the net). Follow regular tennis rules or adjust accordingly. (***15 minutes***)

3) 3v3 +1 to targets: Play a 3v3 scrimmage (plus 1 neutral) in a 35 yds long x 30 yds wide but the way to score is by playing into a target player who needs to stay centrally on the endline. If the target player can get it under control, Point. The target player will then distribute out to the opposite team who will attack the other target player. (***20 minutes***)

4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (***30 minutes***)





U10 Wk 14--- Receiving Balls in the Air

Objective: To improve the technique of receiving soccer balls played in the air. To help players practice using different surfaces when receiving lofted balls (feet, thighs, chest).

Coaching Points (receiving in air):

General:

- § be on balls of feet and get body behind ball
- § move to the ball (do not wait for it)
- § try to drop ball in front of body so it is in your control but not under you

Laces:

- § when using laces, lift foot up to meet the ball
- § as ball is about to make contact, drop foot down and cushion ball on top of foot (laces) to the ground

Thigh:

- § when using thigh (not knee), lift thigh up to meet ball
- § once ball touches thigh, drop leg down to cushion the ball
- § make sure you push ball slightly in front of you so you can handle it easily
- § ball should not pop up as you cushion it
- § make sure players use middle of thigh to cushion balls

Chest:

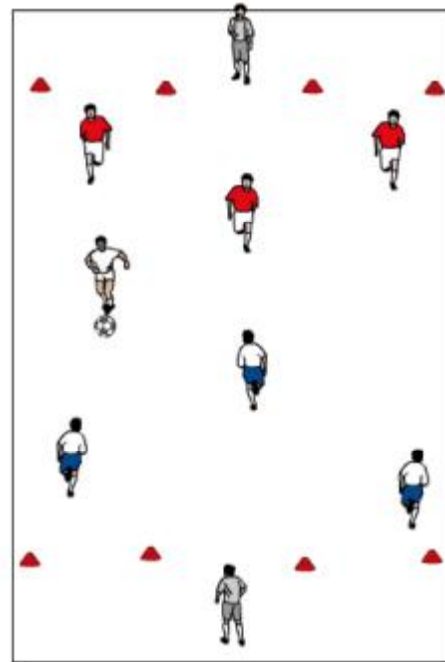
- § when using chest, bend knees with feet staggered and slightly arch back while using arms for balance
- § cushion ball (collapse chest) as it hits chest and guide it to feet
- § do not push out chest to pop the ball out too far in front of you

1) Self-to-Self Receiving:

All players are dribbling in a 25x30 yard rectangle grid moving through each other. They try to avoid collisions with other players and their soccer balls. When the coach yells, "Laces," each player picks up their soccer ball and serves it in the air to themselves. They attempt to receive the ball with their "Laces" before it touches the ground. Once they have cushioned the ball to the ground, they continue to dribble in the area. The coach can also include the commands "Thigh" and "Chest." (20 minutes)

2) Tennis: Organize teams of 2, 3 or 4. Set up multiple tennis courts (size depends on the numbers playing). For a doubles game (2v2), set up a grid 30-35 yards long x 15 yards wide. Include a central 3 yard alleyway across the width of the court, made from cones, to represent the net. **Team A** serves the ball from behind their end line with a volley or half-volley kick to Team B. The ball must land in Team B's half court to be **GOOD**. However, Team B can choose to play the ball before the bounce or after the bounce. Depending on age and ability of the players, the rules can allow 1-2 bounces on a side, with a 3-4 touch limit between teammates (this allows for juggling). Balls can be headed or volleyed to the other Team's side. Points can only be scored by the team that served the ball. If a ball lands in the central alleyway, it is **NO GOOD** (like a tennis ball going into the net). Follow regular tennis rules or adjust accordingly. (15 minutes)

3) 3v3 +1 to targets: Play a 3v3 (+1 neutral) scrimmage in a 35 yds long x 30 yds wide but the way to score is by playing into a target player who needs to stay centrally on the endline. If the target player can get it under control, Point. The target player will then distribute out to the opposite team who will attack the other target player. (*20 minutes*)



4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (*30 minutes*)



U10 Wk 15--- Shooting

Objective: To improve the technique of shooting with the insides and instep of both feet. To foster the confidence to shoot!

Coaching Points:

- § Non-kicking foot is placed parallel to ball (not behind it or ahead of it) and far enough away that it is comfortable to hit ball and that both ball and non-kicking foot are underneath your hips
- § Keep ankle of shooting foot locked with toe down
- § Non-kicking foot should be pointing towards your target
- § Your weight should be on the ball of your non-kicking foot
- § Both knees bent, head down, hips and knee over ball, body slightly leaning over ball.
- § Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground...this will result in hip of the same leg as the kicking foot being higher than non-kicking foot
- § Strike through the middle of the ball
- § Follow through to your target, landing on kicking foot
- § Strike ball with laces so that ball strikes hard bone on top of foot
- § Encourage players to strike through the ball

1) Number Shooting: On a full size 6v6 field, create a grid in the middle of the field 30 yds by 20 yds. Goalkeepers are in full size goals at either end of the grid. Two teams (red and blue) of 5 with each player having a number one through six. Players will each dribble around in a central grid. Either team will have a particular goal they are shooting on and will go in sequential order, practicing striking the ball into the goal. *Variation:* A target player is put 15 yards in front of both goals and must be played each time, and will lay off a ball for a shot (**15 minutes**)



2) Four Corner Shooting: On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + keepers activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the coach kicks the next ball in for the next 4 players. The coach should play the ball toward one of the corner lines (risk/safety management). (**15 minutes**)



3) 3v3+1 to goal: On a field 30 yds wide X 35 yds long place two regulation size goals centrally on each end line. Play a game awarding 2 points for any goals scored from a combination play. Award 1 point for goals scored otherwise. *(20 minutes)*

4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size *(30 minutes)*



U10 Wk 16--- Small Group Defending

Objective: This session is designed to teach the defenders closest to the ball when, where and how to win the ball back for their team. In particular, we will discuss the roles and responsibilities of the pressuring defender (1st defender) and the covering defender (2nd defender).

Coaching Points (1st Defender):

- § Angle of approach – We want to direct the player one way on the field, take away option of advancing forward.
- § Speed of approach – Approach fast...arrive slow
- § Body Shape- knees bent, on the balls of their feet, one foot slightly angled in front of the other foot

Decision to delay opponent or to tackle the opponent to win possession of the ball; if 1st defender does not have good cover, delaying the opponent is a good decision; if the 1st defender has good cover, then the decision to tackle with the toe-poke or block tackle is appropriate just as the ball comes off the foot of the dribbler

Coaching Points (2nd Defender):

- § Angle and distance of cover; speed to cover – Stay connected to first defender
- § Cover dangerous space between 1st defender and you; cannot allow a penetrating pass to split you and the 1st defender!
- § Be positioned so that, if the 1st defender gets beat with the dribble, you can become the 1st defender immediately.
- § Be ready...see the ball, keep feet moving

1) Pressure-Cover Warm-up: 3 Players per ball in open space. Player A and Player B, about 8-10 yards apart, pass the ball back and forth. Player C is located about 10-15 yards away from Players A & B. After 3-4 passes between Players A & B, Player A passes the ball to Player C. While the ball is traveling, Player B approaches Player C to apply pressure to the ball; at the same time, Player A provides appropriate cover to Player B (positions herself behind and at an angle to Player B. Player C attempts to split Players A & B with a 1 touch pass. Repeat many times, changing the roles of the 3 players. ***(10-15 minutes)***

2) 2v2 to lines:

Create multiple fields that are 20yds x 15yds with 4 cones outlining the field (enough so all players are playing); organize all of the players into teams of 2. Each team will attack the end line opposite them and defend the end line behind them. Players must dribble over the opposite end line to score. Play a tournament format where teams play 2 minute games and then rotate to another field. Scoring goes as follows: 3 pts for the win, 1 pt for the tie, 0 for a loss and, if they have a shut-out, they get 2 bonus pts. ***(20 minutes)***

3) **4v4 Four Goal game:**

In a grid 30x35 yards with four goals measuring 3 feet across in each corner, play 4v4. Each team attacks the 2 goals opposite them and defends the 2 goals behind them. Some questions to ask the players: "can you channel the ball into certain areas of the field to gain possession?" "Can you apply enough pressure on the ball to limit the first attacker's options and make the play predictable?" *Version 2:* If the players are scoring very quickly, change the game so that the attacking team has to score by dribbling through one of the goals; this will allow the defending team more time to get organized. (20 minutes)



4) **6v6 Scrimmage**---(including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (30 minutes)



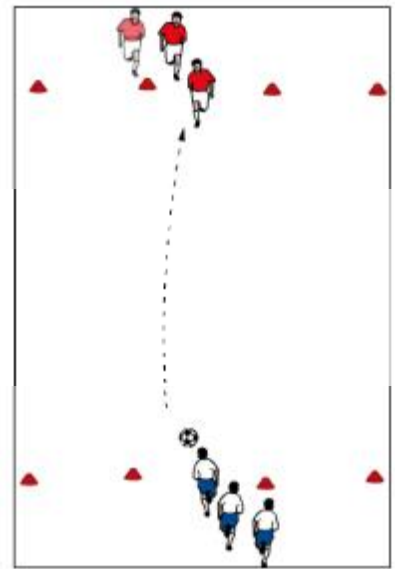
U10 Wk 17-- Individual Attacking

Objective: To help our players to understand the importance of individual attacking when their team is in possession of the ball.

Coaching Points:

- § attacker should have knees bent and the ball close to his or her dribbling foot and be balanced
- § execute a feint or combination of feints to unbalance the defender and dribble behind them with a burst of speed
- § players who are dribbling past an opponent should dribble past them with the foot furthest from the defender
- § help players to recognize when they should take people on... 1v1
- § assist players in recognizing when to dribble at speed (there is open space ahead), and when to slow down.

1) Free Dribble: Everyone with a ball, use inside, outside, and sole of the foot to turn away from pressure. Have players dribble with speed (laces/instep dribble), change direction, and perform moves. *Version 2:* Have players work on moves to beat pressure, such as step over, double step over, etc, etc. *Version 3:* Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot. **(20 minutes)**
[~ 30 x 30 yd grid per 16 players]



2) 1v1 to lines: In 10x10 yard grids, with a small goal at each end, play 30 second 1v1 matches. Each grid should have 6 players, 3 players on each team so that players can rest in between each 1v1 match. Coach should make sure that players compete against many different players. **(15 minutes)**

3) Four goal game: 4v4 scrimmage in a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams of three attack two goals and defend two goals. Coach within the game, and work on team shape, specifically stretch, width on attack, and compactness on defense. *Variation:* To encourage combination play: the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring. **Recommendation:** Add a "plus" player who always plays for the attacking team if they cannot keep possession long enough to create a combination. **(20 minutes)**



4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size **(30 minutes)**



U10 Wk 18--- Combination Play

Objective: Improve passing technique. Introduce and train combination play (*take-over, wall-pass, overlap*) Recognize the correct timing and opportunity to pass.

Coaching Points:

Wall pass:

- § First attacker runs right at the defender with the ball
- § The second attacker sets up slightly ahead of the defender, turned sideways, shoulders pointed to the goal (in a positive direction)
- § When the first attacker is close to, but still out of tackling range of the defender, he/she must read cues from the defender
- § If the defender is jockeying between the two attackers and obviously playing the pass, the first attacker must simply dribble past the defender with speed
- § If the defender is attending more to the first attacker, then the first attacker should pass the ball to the wall player's (2nd attacker) front foot
- § The 2nd attacker plays the ball with one touch into the space behind the defender and into the path of the first attacker
- § The 1st attacker sprints to receive the ball preferably in the natural flow of their run

Overlap:

- § The 1st attacker dribbles the ball between the defender and the 2nd attacker, creating live space for the 2nd attacker to overlap into; the first attacker then plays the ball into the live space that the second attacker has run into.

Takeover:

- § The 2nd attacker runs directly at the 1st attacker from the opposite direction
- § The 1st attacker protects the ball from the defender by keeping it on the foot furthest from the defender so that their body is in between the defender and the ball
- § If the takeover is on (defender does not step into path of second attacker), the first attacker leaves the ball for the second attacker and the second attacker takes the ball using the same foot as the one with which the first attacker is dribbling
- § Depending on your preference as a coach you may have the first or the second attacker dictate this exchange with simple communication ("take" or "leave")
- § If the defender slows down to "pick-up" the 2nd attacker, 1st attacker can continue to dribble (fake take-over)

1) Combination Square: Make a grid about 25x25 yards. Place 4 or 5 players in vests and have them roam around the entire grid in order to give support to the other players. Players in vests do not have balls, all other players do. Players with balls look to dribble around the grid and try to connect with the vested players to perform wall-passes. The player initiating this wall pass needs to play a firm pass, sprint to an open space, receive the ball, and burst again with speed once receiving the ball. The vested player must show themselves to others constantly in order to give support and look. **Version 2:** Build to overlap, then take over. **If struggling with any of the combinations, can have vested players more stationary.

(15-20 minutes)

2) 5 Goal Game: 4v4 (+1 or 2 neutrals if need be) in 30x35 grid. Five 2-yard goals are spread out throughout the grid. The plus 1 or 2 players are always on the attacking team. The teams score by passing through any of the goals to a teammate. The attacking team must combine with a wall pass or a take-over before they can score. First team to 10 points wins. Players need to be able to see where the open goals are, and receive with a “picture” of what is around them. *(20 minutes)*



3) 4v4 Endzone Scrimmage: Teams will be comprised of 3-4 players depending on numbers and space. To score you must dribble into the opponent’s end zone (created with discs) while under control. Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. *(20 minutes)* [3v3:25x30, 4v4: 30x35]

4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size *(30 minutes)*



U10 Wk 19--- GK Handling / Distribution

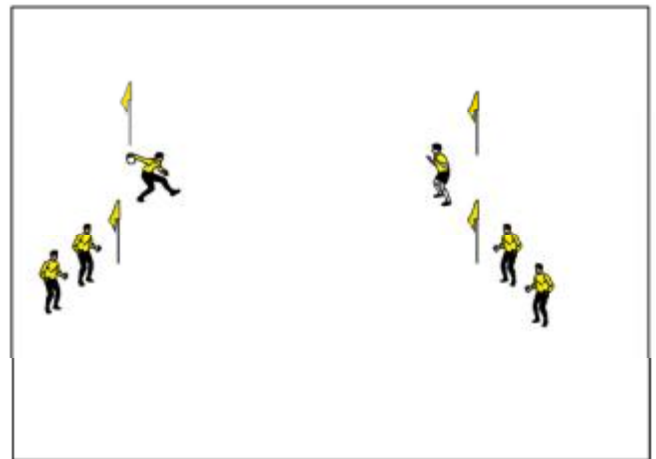
Objective: To help the goalkeepers work on and improve the technical aspects of throwing the soccer ball, and still focusing on using proper technique when handling the ball.

Coaching Points:

- § When catching the ball, the hands always lead, keeping the body moving forward
- § Body shape should be feet square to the body, shoulders square to the ball, knees bent, arms out to sides and slightly forward with elbows slightly bent, on the balls of your feet
- § Always be set before shooter plants their non-kicking foot to shoot
- § “W” or Diamond shape for balls hip height and above. Hands together, fingers pointing towards the ground (pinkys together) for low balls (like a shovel scooping into the body)
- § Quick lateral footwork to get body behind the ball and limit diving

- § Bowl: ball must be cupped, GK stepping forward with opposite foot from serving hand, low body posture, release the ball low
- § Round House: ball cupped in hand straight back behind GK, bring hand with ball up over your head with elbow locked and shoulder going forward then release the ball as hand comes up over the shoulder. Release early for a high service, or late for a low service
- § Baseball: ball in palm of hand besides head and is thrown straight forward as GK steps into throw, let ball roll off fingertips, backspin will help settle ball quicker

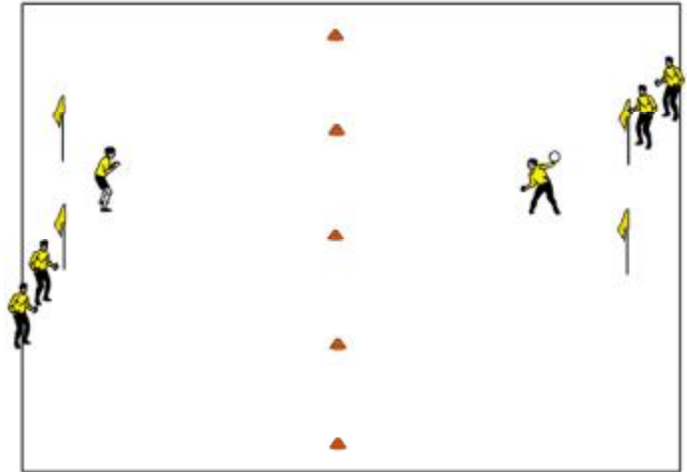
1) Partner Catching / Distribution: Two lines of players, each in between a cone goal, facing each other with one ball (maximum players per line is 3). GK A BOWLS (and then follows their service) to GK B who scoops it up and brings it in to their body. GK B then BOWLS to the GK behind GK A to continue the cycle. After several rounds, balls should be BASEBALL THROW, then ROUNDHOUSE throw at head level, then to high balls. *Version 2:* Within each round, have the server put slight pressure on the working GK. *Version 3:* Now the keepers have to shuffle through 5 cones in a vertical row in front of their net, and set for the service. (10-15 minutes)



2) Handball: Split the GK's into two teams and play handball. Maximum three steps. Keepers must catch the ball in the air past the end line in order to score. If ball hits the ground, it is the opposite team's ball. (15 minutes)

3) GK Wars: In an area 20-30 yards long and 20-25 yards wide (adjust if necessary), with two big goals at either end and a half way point, GK's can shoot, bowl, baseball throw or round house throw the ball into the opponents net to try and score, not going over halfway line. If scored on, next GK in (about 3 GK's per goal on one of the posts.) (**15 minutes**)

4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (**20 minutes**)





U10 Wk 20--- GK Positioning

Objective: To teach goalkeepers the correct positioning when in the net.

Coaching Points:

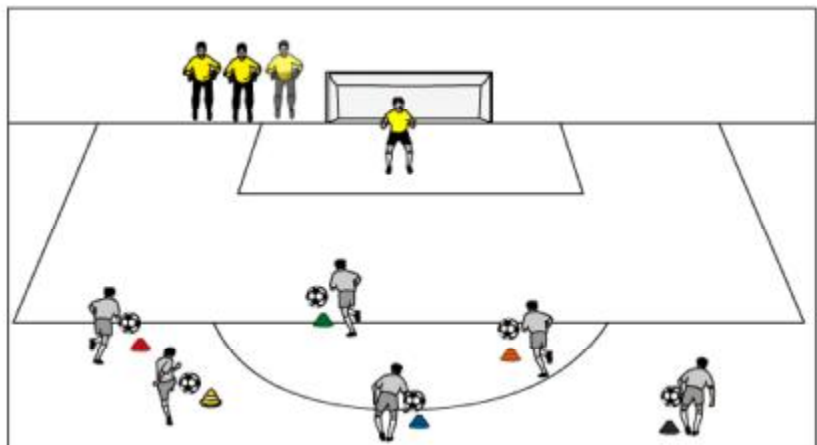
- § GK must always try and position themselves on an imaginary line that runs from the center of the goal to the ball.
- § Position themselves far enough off the goal line to cover the angle created by the ball and both posts. They should be able to cover either post with a couple of quick steps and a dive.
- § At sharp angles, always play outside the near post
- § Be aware of balls over the head when too far off the line

1) **Up / Down / Left / Right:** GK's shuffling in and out of each other within the 18 yard box while bouncing a ball on the ground, when coach yells out down, the player rolls a ball out to themselves to go and scoop it up. The word up means the GK's throw a high ball to themselves. The word left means a collapse dive to the left, and the word right means a collapse dive to the right *Version 2:* On the same commands, the GK's quickly find a partner and serves the ball to each other. (10 minutes)

2) **Two Saves:** GK's in groups of three with two cones 6 yards apart. One GK stands between the cones, the others are about 8 yards away on each side of the cone goal. GK faces one server who shoots the ball at the keeper to make the save. While this is happening, server 2 is moving their ball so after working GK makes 1st save they must turn to server two behind them and find the new positioning of the ball to make the save. Keeper immediately turns and finds the other ball and shooter who has moves again. Each keeper makes several saves successfully then rotate. (10 minutes)



3) **Color Shots:** There are different colored cones or jerseys on an arc about 16-20 yards outside of a regulation size net, each with a server and several balls. One GK starts in net and as the coach yells out a color, the GK must adjust their positioning and be ready for the shot. Rotate after 5 shots. (15 minutes)



4) **6v6 Scrimmage:** (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (20 minutes)