



## U10 PRACTICE 10 – USYS CURRICULUM

---

### **Date:**

4/6/23 @ 5:45 PM

### **Duration:**

60 minutes

### **Overview:**

- 2v2 to Small Goals (Attacking) - 10 minutes
- Flying Numbers - 10 minutes
- Hawaii - 10 minutes
- Goals Out - 10 minutes
- Scrimmage - 20 minutes

### **Description**

\*This practice is part of the \_\_US Youth Soccer National Grassroots Curriculum\_\_.\*

#### ### OVERVIEW

It is always great to end the season with a fun shooting session. Today's practice gets players to create scoring opportunities and work on [finishing with the inside of their foot and laces]([yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S](https://yougotmojo.com/content/post?postId=30kgCxqFPBZFqqjIWFsB8S)). You can modify Flying Numbers to incorporate bigger goals and goalkeepers for a greater challenge.

#### ### WHAT TO LOOK FOR

- Movement off the ball to create openings to shoot
- When shooting with the laces is a players head over the ball, toe pointing down and ankle locked
- Players recognize openings to shoot or pass to create chances

### ### WHAT TO SAY

\_\_When near the goal, which surface of the foot should you use to be more accurate?\_\_

\*Inside of the foot and use the plant foot to aim at the target\*

\_\_What can you do if there is not an opening to shoot?\_\_

\*Pass the ball to another player\*

\_\_What should we look like when we are [shooting with the laces](yougotmojo://content/post?postId=30kgCxqFPBZFqqlWFsB8S)?\_\_

\*Head over the ball, toe down, ankle locked\*

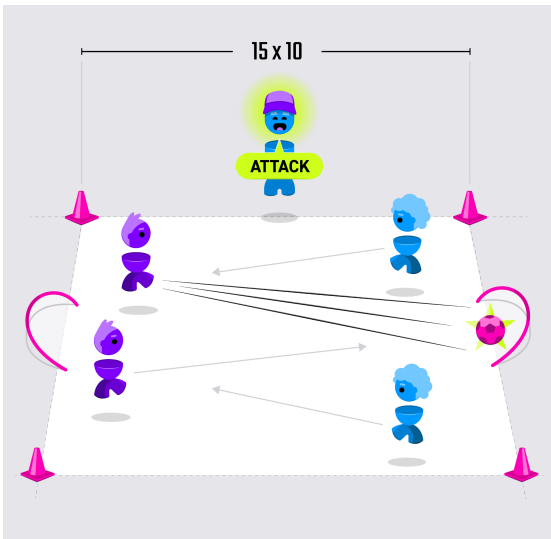
### ### ADDITIONAL RESOURCES

- Soccer 101: [How to Strike a Soccer Ball](yougotmojo://content/post?postId=6X1NybiZTsSUWt4LxSWslx)

- Soccer 101: [Common Shooting Mistakes](yougotmojo://content/post?postId=3mYKHp8tGZDhPff8nFOomH)

# 2v2 to Small Goals (Attacking)

Duration: 10 minutes



## DESCRIPTION

Ready. Set. Attack! Set up small goals and help them develop good offensive attack strategies.

## WHAT YOU NEED

- 8 cones
- 1 ball
- 1 pinnie per 2 players
- 2 small goals

## SETUP

- Place 4 cones to mark the corners of a grid for every 6-10 players, recommended size: 15 yards long x 10 yards wide.
- Place a small portable goal or pair of cones placed 6 feet apart on each endline.
- Divide players into 2 teams, one on each endline, and give one team pinnies.

- Play starts when 2 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards their goal.
- Players scrimmage and score by shooting the ball into the goal or between the cones, below knee-height.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins.
- If you have enough players for 2 grids, you can position yourself in the middle and run 2 activities at the same time so players get more touches on the ball.

## **WHAT TO EXPECT**

When players are on the attack, expect them to run parallel (instead of 1 running ahead). There will also likely be more dribbling than passing, depending on the players' experience.

Attackers may be so excited, they may burst out wildly and make mistakes- turnovers are common.

## **COACHING TIPS**

When they gain possession of the ball, encourage players to create chances to score by immediately looking for open space and taking the ball somewhere new and closer to their goal. Ask players, "How can you and your teammate get around the 2 defenders?" It's simple: Try to pass around them. Hey hey, now we're playing soccer!

## **MAKE IT HARDER**

Making the space smaller makes it harder for attackers to get past defenders.

## **MAKE IT EASIER**

Making the space larger makes it easier for attackers to get past defenders and score.

## **CHANGE IT UP**

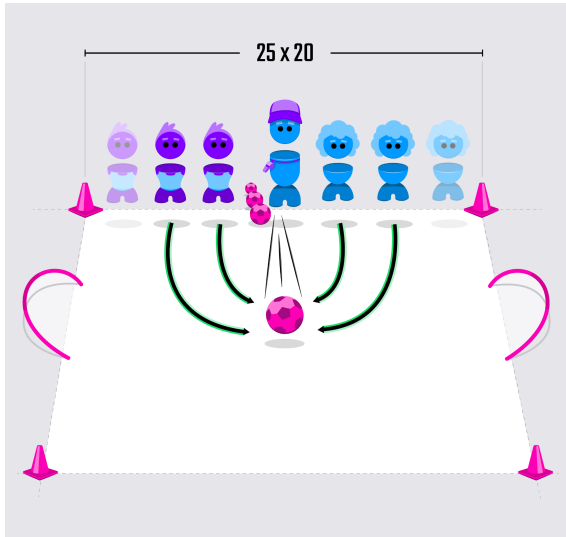
You can add 1 more small goal or pair of cones to each endline and move goals to the corners so players have twice as many opportunities to score, but cannot score in the center.

### **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [1v1](#), only available with MOJO+.

# Flying Numbers

Duration: 10 minutes



## DESCRIPTION

This fun activity alternates between 1v1, 2v2, 3v3 and 4v4 opportunities for players.

## WHAT YOU NEED

- 8 cones
- 1 ball per 2 players
- 1 pinnie per 2 players
- 2 goals

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 25 yards long x 20 yards wide. Divide players into 2 teams, one on each endline, and give one team pinnies.
- Place a small goal or pair of cones placed arms-length apart on each endline. Players score by passing or

- shooting the ball into the goal or between the cones, below knee-height.
- As coach, you stand at the midline, with many soccer balls.
- One team lines up to the left of the coach and the other to the right.
- Play out a ball and call out a number combination to indicate how many players each team sends in (1v1, 2v2, 3v3) to scrimmage and try to score, changing up the number of players you call each round. Players enter from the front of the line.
- You can also call a different number of players from each team to give one team an extra attacker. (Make sure players know you're doing it so they don't view it as unfair.)
- Each time a goal is scored or the ball goes out of bounds, players return to the end of their team's line and a new round begins.

## **WHAT TO EXPECT**

Players may receive the ball from the coach and immediately shoot. While this is important when the goal is open, some players may always shoot and never pass—even when they have a better opportunity to score by passing. If this happens consistently, encourage them to look for a teammate first before shooting or add a rule that players must pass the ball at least once before they can take a shot.

## **COACHING TIPS**

Ask players, “When you get the ball, can you shoot? And if not, can you get it to a teammate who can?” to remind them that working together can produce results.

If some players are dominating, try to match them with players of similar ability, or play the ball towards a less-skilled player to ensure everyone gets plenty of touches on the ball.

## **MAKE IT HARDER**

Making the grid smaller makes it more difficult for the attacking

team.

## **MAKE IT EASIER**

Making the grid larger makes it easier for the attacking team.

## **CHANGE IT UP**

You can have players line up and enter from the endline instead of the midline—or place 1 team at an endline and 1 at the midline—this changes the teams' starting position.

You can also assign players a number within each team (both red and blue players numbered from 1-7 and up) and call out specific numbers ("2 and 5," "1, 3 and 7") instead of lining up players. This enables you to more evenly match players according to ability.

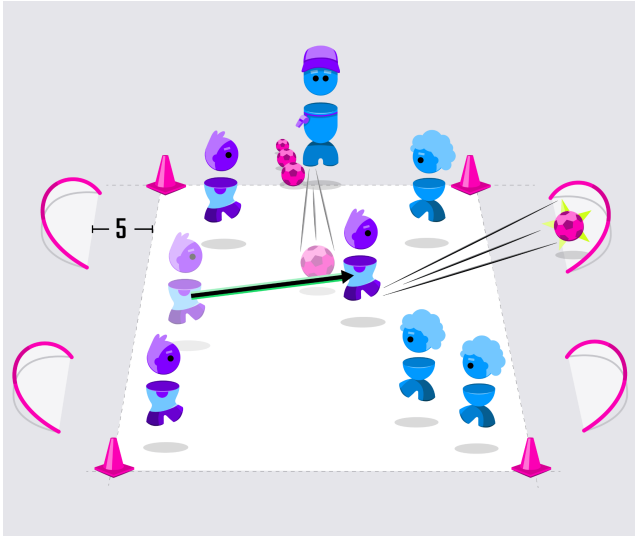
## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [1v1](#), only available with MOJO+.



# Hawaii

Duration: 10 minutes



## DESCRIPTION

This small-sided game helps players work on accuracy when shooting.

## WHAT YOU NEED

- 12 cones
- 1 ball
- 1 pinnie per 2 players
- 4 small goals

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 25 x 25 yards for every 6-10 players. Divide players into 2 teams, one on each endline, and give one team pinnies.
- This game can be played 2v2, 3v3, 4v4 or more. If you have an odd number of players, you can give one team an extra

- attacker or add a neutral player who is all-time offense.
- Place two goals set 5 yards back from each endline using small portable goals or pairs of cones placed arms-length apart, for a total of 4 goals in all. Players score by passing or shooting the ball into either of their goals or between the cones below knee-height.
- “Hawaii” rules: Players scrimmage, and must shoot from within the grid to score on goals placed outside
- Play starts when players on one endline initiate play by passing the ball to each other and advancing towards their goal. At this point, either team can score. Both sides can attack, both sides will defend, so whoever has the ball is attacking when they have it.
- There are no corners, throw-ins or goalies. If a ball goes out of bounds, it's a kick-in or you as coach can play in a new ball.
- Play short rounds. The team with the most goals wins the round.
- If you have enough players for 2 grids, you can position yourself in the middle and run two games at the same time so players get more touches on the ball. the grid.

## **COACHING TIPS**

Provide specific encouragement and recognition. Think: “Good job dribbling to open space” instead of just “Good job.”

During a scrimmage, continue to emphasize the coaching points you stressed during your practice. If you worked on maintaining possession, stress that in the scrimmage. If you worked on defensive teamwork in your practice, focus on that.

It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call

[Control and Goal](#), only available with MOJO+.

# Goals Out

Duration: 10 minutes

## DESCRIPTION

This small-sided game helps players work on spreading out when attacking as a team.

## WHAT YOU NEED

- 12 cones
- 1 ball
- 1 pinnie per 2 players
- 4 small goals

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 40 yards long x 30 yards wide for every 6-10 players. Divide players into 2 teams, one on each endline, and give one team pinnies.
- This game can be played 2v2, 3v3, 4v4 or more. If you have an odd number of players, you can give one team an extra attacker or add a neutral player who is all-time offense.
- "Goals Out" rules: Players scrimmage, and must shoot on angled goals to score. Place two goals on each endline spaced 10 feet apart, spanning the center of each endline using 6 ft. portable goals or pairs of cones placed arms-length apart, for a total of 4 goals in all. Rotate each goal 45 degrees out from the center so that they are turned towards the nearest touchline, resulting in 4 goals, angled out, to the left and right sides of the field. Players score by passing or shooting the ball into either of their goals below knee-height.
- Play starts when players on one endline initiate play by passing the ball to each other and advancing towards their

- goal. At this point, either team can score. Both sides can attack, both sides will defend, so whoever has the ball is attacking when they have it.
- There are no corners, throw-ins or goalies. If a ball goes out of bounds, it's a kick-in.
- Play short rounds. The team with the most goals wins the round.
- If you have enough players for 2 grids, you can position yourself in the middle and run two games at the same time so players get more touches on the ball.

## **COACHING TIPS**

Provide specific encouragement and recognition. Think: “Good job dribbling to open space” instead of just “Good job.”

During a scrimmage, continue to emphasize the coaching points you stressed during your practice. If you worked on maintaining possession, stress that in the scrimmage. If you worked on defensive teamwork in your practice, focus on that.

It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call [Sideswiper](#), only available with MOJO+.

# Scrimmage

Duration: 20 minutes

## DESCRIPTION

The best part of the practice, obviously.

## WHAT YOU NEED

- 4 cones
- 1 ball
- 2 goals

## SETUP

- Set up a goal on each endline and divide your players into 2 teams with one team in pinnies (if you have them) to scrimmage. Use small goals, large goals or pairs of cones placed arms-length apart.
- Grid size should adjust to the age of players:
  - for 5 and under, recommended size: 30 yards long x 20 yards wide
  - for 7-8, recommended size: 35 yards long x 20 yards wide
  - for 9-10, recommended size: 60 yards long x 40 yards wide
  - for 11+, recommended size: 75 yards long x 50 yards wide But don't let grid size stop you from playing—you can scrimmage with whatever space you have.
- Goalies are optional for ages 9+. There are no [corner kicks](#) or [throw-ins](#). If a ball goes over the sideline, restart play with a kick-in. Keep it simple.
- Goal kicks are optional for balls that cross the endline but miss the goal. The team with possession should back up to midfield to receive it. Otherwise, the coach can play a new

- ball in to restart play.

## **WHAT TO EXPECT**

For many players, scrimmage is the best part of practice, perhaps because it most closely resembles the real game—and they come to play. This is their time to shine, not the coach's time to [puppeteer](#). Pay attention to how they're putting concepts from the practice session into play while scrimmaging and during breaks, point out examples of players doing this well.

## **COACHING TIPS**

Try to ensure players are evenly balanced—if you have a few strong players, make sure they're evenly split between teams. Provide more [specific encouragement and praise](#) than direction: “Good job dribbling to a new space,” for example, vs. just “Good job.” You can add rules to encourage players to do what you want them to do (ex: if a player is [keeping the ball too long](#), add a rule that players can only use 3-4 touches.)

## **MAKE IT HARDER**

Increasing grid size makes it harder for defenders. Decreasing grid size makes it harder for attackers.

## **MAKE IT EASIER**

Decreasing grid size makes it easier for defenders. Increasing grid size makes it easier for attackers.

## **CHANGE IT UP**

You can put 2 goals on each endline instead of one goal per endline. More goals: more fun.

## **DO IT AT HOME**

Players can keep working on their skills at home with a game we call

[1v1](#), only available with MOJO+.