



U10 PRACTICE 1 – USYS CURRICULUM

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- 2v2 to Endlines (Attacking) - 10 minutes
- The Invasion - 10 minutes
- 4v4 to Endlines (Attacking) - 10 minutes
- 4v4 to Small Goals (Attacking) - 10 minutes
- Scrimmage - 20 minutes

Description

This practice is part of the __US Youth Soccer National Grassroots Curriculum__.

OVERVIEW

Don't stress today! Your main goal is to [learn your players' names](yougotmojo://content/post?postId=6SDJ4sOSedqcr5JpTNUqYU), get them moving and keep them having fun.

The U10 sessions will follow US Soccer's [play-practice-play model](yougotmojo://content/post?postId=17QeiOkq8TQM3FeLcRAVFM). Each session begins with a fun 2v2 or 3v3 game, then has three activities before a final scrimmage.

The curriculum for this age group is divided into attacking and defending sessions, based on where your team is on the field and

whether you are attacking or defending in that area. This first practice focuses on [attacking](yougotmojo://content/post?postId=3BqaDWUMfONDnh1ekMRXvR).

WHAT TO LOOK FOR

- Spaced-out players to make the field big and create openings
- Players moving off of the ball to give teammates passes
- Passing and receiving to play forward

WHAT TO SAY

__How can we position ourselves to make the field big?__

Spread out sideways and longways

__What can you do to help your teammate with the ball?__

Move into an opening for a pass

__When is the best time to pass? To dribble?__

*Pass when a teammate is in a better position

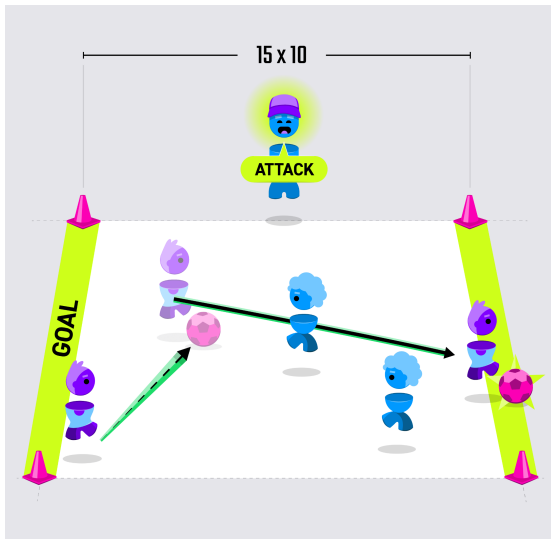
Dribble when there is space in front of me to attack*

ADDITIONAL RESOURCES

- Read: [How Are You Going to Remember Their Names?](yougotmojo://content/post?postId=6SDJ4sOSedqcr5JpTNUqYU)
- Soccer 101: [Passing with the Inside of the Foot](yougotmojo://content/post?postId=4hPvYvNgU3Bd1MdFOXKJ14)
- Soccer 101: [Receiving with Different Parts of the Foot](yougotmojo://content/post?postId=31dQzzj0txgcdq7auTxHqV)
- Read: [What You Need to Know about Play -Practice-Play](yougotmojo://content/post?postId=17QeiOkq8TQM3FeLcRAVFM)

2v2 to Endlines (Attacking)

Duration: 10 minutes



DESCRIPTION

Focus on the forward attack. Players work on dribbling, passing and ball control to score in this activity.

WHAT YOU NEED

- 4 cones
- 1 ball per 4 players
- 1 pinnie per 2 players

SETUP

- Place 4 cones to mark the corners of a grid for every 8-12 players, recommended size: 15 yards long x 10 yards wide. Note: Younger players may need bigger "endzones" marked with 4 cones.
- Divide players into 2 teams, one in pinnies, and place them on opposite endlines.
- Play starts when 2 players enter from each team and one

- team initiates play by passing the ball to each other and advancing towards the endline they're attacking.
- Players scrimmage and score by dribbling over the endline with the ball under control – within a hula hoop's distance of their body. No wild toe-bashing here!
- 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 to one another instead of spreading out. There will also likely be more dribbling than passing, depending on the experience of the players.

Attackers may be so excited, they may burst out wildly and make mistakes. Expect lots of turnovers.

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 the attacking team.

MAKE IT EASIER

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

CHANGE IT UP

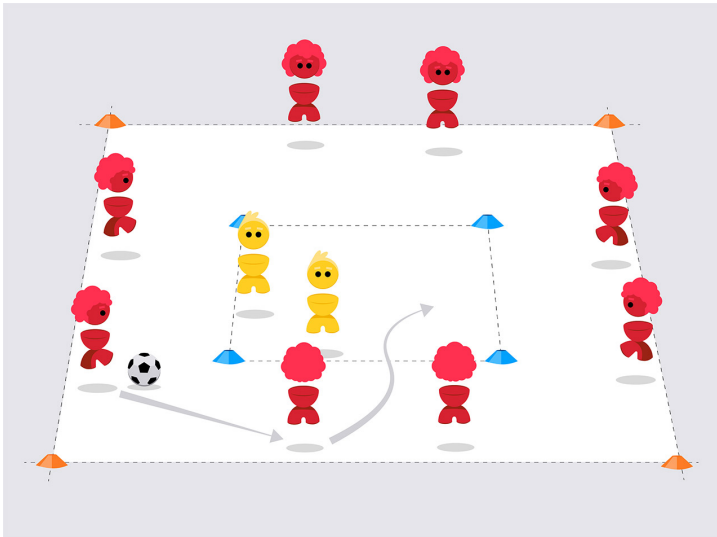
It is a natural progression to start playing this game to endlines and progress to small goals.

DO IT AT HOME

Players can keep working on their skills at home with a game we call [2-for-1 Dribbling](#), only available with MOJO+.

The Invasion

Duration: 10 minutes



DESCRIPTION

Players practice maintaining possession while getting where they need to go in this game from FC Barcelona.

WHAT YOU NEED

- 8 cones
- 1 ball
- 2 pinnies

SETUP

- Use 4 cones to create a square space, recommended size: 10 x 10 yards. Then, use 4 more cones to make a 5 x 5-yard square inside the larger one.
- Divide players into one team of 8 and 2 defenders, each holding a pinnie.
- The players on the outside take turns passing the ball while the 2 defenders try to recover possession.

- Outside players get a point every time they make it into the smaller square with the ball.
- When a player loses possession, they take the pinnie from whomever recovered it, and switch roles.

WHAT TO EXPECT

This game is a modified rondo—the passing and possession game made famous by FC Barcelona. In this version, players discover how to attract defenders in order to create space and enter the scoring area.

In the actual game, it's easy to maintain possession if the ball stays still—but this won't score you any goals. The key is staying in possession even as the ball moves from target to target.

COACHING TIPS

Encourage players to try both long and short passes to reach their ultimate goal.

Players shouldn't shy away from the defense. Rather, they should lure the defense in so they can set up a play and utilize the open space.

MAKE IT EASIER

Make a rule that players can enter the scoring zone without the ball and receive a pass from within its boundaries.

Restrict the defense's motion—don't allow them to use their hands.

MAKE IT HARDER

Add a third defender.

Reduce the size of the space.

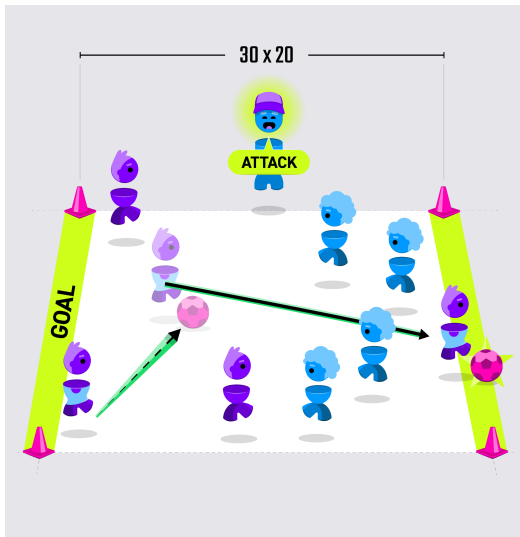
DO IT AT HOME

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

[2-for-1 Dribbling](#), only available with MOJO+.

4v4 to Endlines (Attacking)

Duration: 10 minutes



DESCRIPTION

All in on the attack! Focus on attacking skills with a scrimmage session that emphasizes ball control over shooting.

WHAT YOU NEED

- 4 cones
- 1 ball
- 1 pinnie per 2 players

SETUP

- Place 4 cones to mark the corners of a grid for every 8-12 players, recommended size: 30 yards long x 20 yards wide. Note: Younger players may need bigger “endzones” marked with 4 cones.
- Divide players into 2 teams, one in pinnies, and place them on opposite endlines.
- Play starts when 2 players enter from each team and one

- team initiates play by passing the ball to each other and advancing towards the endline they're attacking.
- Players scrimmage and score by dribbling over the endline with the ball under control- within a hula hoop's distance of their body. No wild toe-bashing here!
- 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

Younger players will often run parallel when they are attacking instead of spreading out to create width and depth. Encourage them to spread out (like an open hand instead of a fist).

Older players may start using moves and fakes to get to the endline. At younger ages, players will primarily use changes of speed and direction to get around defenders.

Using endlines instead of goals strongly favors the attack, so defenders may get discouraged here. Just remind them to try their best and make sure all players get turns attacking and defending.

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 endline.

If blocked by a defender, an attacker's first thought should be, "Can I get around this player by dribbling? If not, can I get it to a teammate who can?" If going around the opponent to the right, they should use their right foot. If going around to the left, use the left foot. This keeps the ball on the foot furthest from the defender.

MAKE IT HARDER

Making the space smaller makes it harder for attackers to beat

defenders.

MAKE IT EASIER

Making the space larger makes it easier for attackers to beat defenders.

CHANGE IT UP

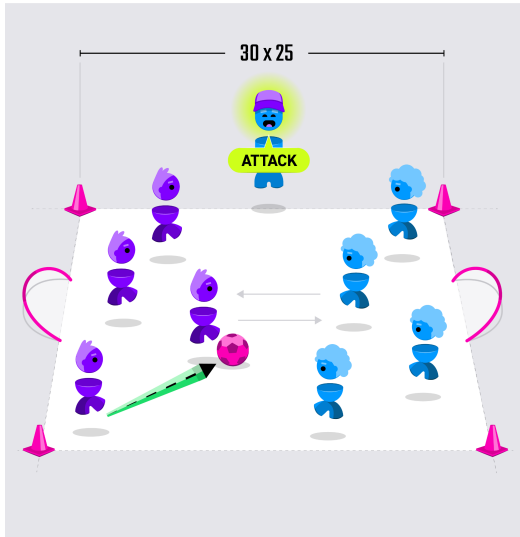
It is a natural progression to start playing this activity to endlines and progress to small goals.

DO IT AT HOME

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

4v4 to Small Goals (Attacking)

Duration: 10 minutes



DESCRIPTION

Players work on team attacking, passing and shooting skills while scrimmaging 4v4.

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 8-12 players, recommended size: 30 yards long x 25 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 4 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

Younger players will often run parallel when they are attacking instead of spreading out to create width and depth. Encourage them to spread out (like an open hand instead of a fist).

Older players may start using moves and fakes to get to the goal. At younger ages, players will primarily use changes of speed and direction to get around defenders.

Attackers may be so excited, they may burst out wildly and make mistakes, enabling turnovers.

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.

If blocked by a defender, an attacker's first thought should be, "Can I get around this player by dribbling? If not, can I get it to a teammate who can?" If going around the opponent to the right, they should use their right foot. If going around to the left, use the left foot. This keeps the ball on the foot furthest from the defender.

MAKE IT HARDER

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

MAKE IT EASIER

Making the space larger makes it easier for attackers to beat defenders.

DO IT AT HOME

Players can keep working on their skills at home with a game we call [Head On](#), 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+.