



## U10 PRACTICE 2 – USYS CURRICULUM

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**Date:**

4/6/23 @ 5:45 PM

**Duration:**

60 minutes

**Overview:**

- 2v2 to Endlines (Attacking) - 10 minutes
- Gates Passing - 10 minutes
- Island Explorers - 10 minutes
- 4v4 to 4 Goals (Attacking) - 10 minutes
- Scrimmage - 20 minutes

**Description**

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

**### OVERVIEW**

Make today fun and continue to learn players' names. Sometimes coaches need help getting players to stop and listen.

One great attention-getter is called "Match Me."

- Ask players to stop and then say, "Match me."
- For example, you can say, "If you can hear me, put your hands on your head." Or "If you can hear me, put your hands on your hips."
- Continue to do this until you have everyone's attention.

Today's session covers what to do when an attacking team has the ball in the opponents' half of the field. The activities today are

designed to work on dribbling and passing to create chances.

### ### WHAT TO LOOK FOR

- Movement of the players without the ball
- Communication between players
- Passing and dribbling technique

### ### WHAT TO SAY

\_\_When do you use a [small touch when dribbling](yougotmojo://content/post?postId=1WS6C8l2qjqq6hQkK9OUw1)?\_\_

\*In crowded spaces\*

\_\_When do you use a [big touch when dribbling](yougotmojo://content/post?postId=1WS6C8l2qjqq6hQkK9OUw1)?\_\_

\*In open spaces\*

\_\_What can you do if you don't have the ball?\_\_

\*Move to create an opening, communicate\*

\_\_What can the player on the ball do if there is not a forward opening?\_\_

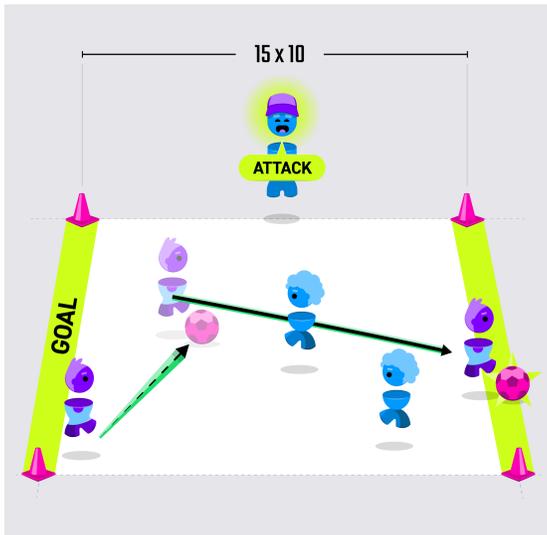
\*Dribble to possess or play backward or to the side\*

### ### ADDITIONAL RESOURCES

- Soccer 101: [How to Pass with the Outside of the Foot on the Run](yougotmojo://content/post?postId=1V121kV9i29CZ2TUQmBlmj)
- Watch: [5 Things New Coaches Should Know](yougotmojo://content/post?postId=11ZqfERlXXhVT7xw0cXf8o)
- Soccer 101: [What Is a Give and Go?](yougotmojo://content/post?postId=2MRi2UYSNnHXebOnOe2FQE)
- Soccer 101: [How to Juggle with the Foot or Thigh](yougotmojo://content/post?postId=3xwPrVXSAADtrepTj3l0YV)
- Soccer 101: [Small Touches vs. Big Touches](yougotmojo://content/post?postId=1WS6C8l2qjqq6hQkK9OUw1)

# 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**

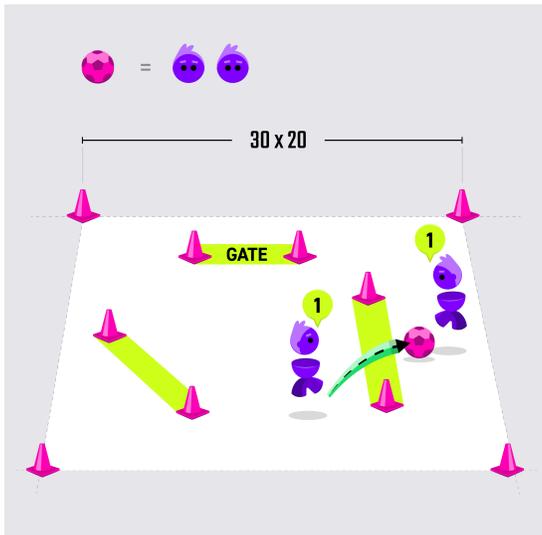
It is a natural progression to start playing this game to endlines and progress to small goals.

## **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+.

# Gates Passing

Duration: 10 minutes



## DESCRIPTION

Send it on through! This activity helps players develop passing and receiving skills and improve their teamwork and communication.

## WHAT YOU NEED

- 16 cones
- 1 ball per 2 players

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 35 yards long x 25 yards wide for every 6-10 players and divide players into pairs.
- Randomly place pairs of cones arms-length apart throughout your grid to create small goals- aka gates- about twice as many gates as you have pairs of players.
- Players dribble and pass the ball around the space and score when a player passes the ball through a gate to

- their partner. Pairs try to score as many goals as they can, keeping count, until you call time.
- After a couple minutes, call time and take a break. Then start a new round, encouraging players to try to make at least one more goal than they did the previous round.
- As coach, you can manipulate the game length to ensure they're successful.

## **WHAT TO EXPECT**

Younger players will often dribble up to the gate and then pass to their teammate instead of making a long pass through the gate. Passing and receiving are still new to them. As players get older, they will get more comfortable making longer passes.

## **COACHING TIPS**

Encourage pairs to talk and plan so the passer can move towards the next gate after they pass, where they get into position to receive the ball. Encourage the receiver to take their first touch towards the next gate upon receiving the ball.

## **MAKE IT HARDER**

Making the gates smaller or adding a gatekeeper (coach) who moves from gate to gate blocking passes makes it more challenging and pushes players to find solutions to obstacles.

## **MAKE IT EASIER**

Adding more gates or making the gates wider makes the game easier.

## **CHANGE IT UP**

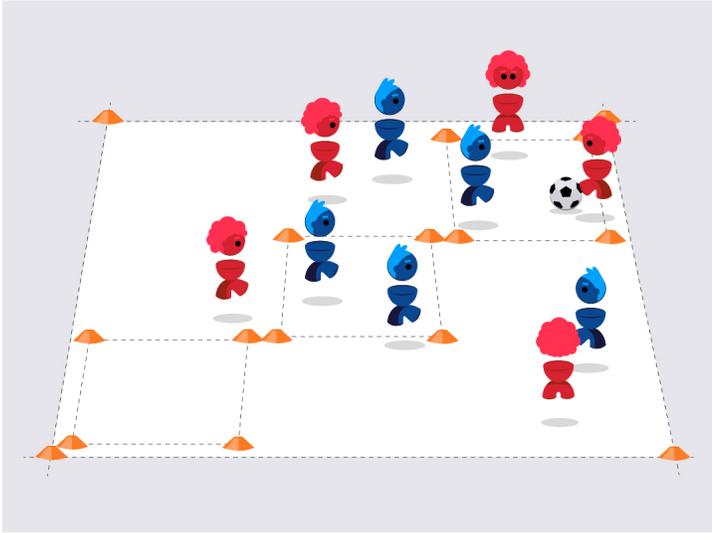
You can ask players to use only their left or right foot, or only inside touches or outside touches when dribbling or passing. If you have different colored cones, you can direct players to alternate gates by color. Or, add a step that players must pass the ball back to their teammate before going to a new gate.

## **DO IT AT HOME**

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

# Island Explorers

Duration: 10 minutes



## DESCRIPTION

Players practice creating 2v1 opportunities in this game from FC Barcelona.

## WHAT YOU NEED

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

## SETUP

- Use 4 cones to create a rectangular space, recommended size: 15 yards long x 25 yards wide. Place 2 cones to mark off midfield. Then use 10 cones to create 3 5 x 5-yard scoring zones—1 in the center at midfield, and 2 in the corners diagonal from it.
- Divide players into teams of 5.
- To score, teams must bring the ball into one of the scoring

- zones—but they only get a point if they have a numbers advantage.

## **WHAT TO EXPECT**

Here, teams must be strategic with when and how to move the ball.

This game reinforces one of the fundamentals of Barça's playing style, called “face play”—or jugar de cara—which means keeping the body open to the field and movement of the ball.

## **COACHING TIPS**

Remind players to focus on creating mismatches and inviting the defense in. If they don't have a defender in the scoring zone with them, they can't score.

Make sure your players are aware of the space and its limitations, and encourage them to strategize.

## **MAKE IT EASIER**

Allow players to score without a numerical advantage within the space.

## **MAKE IT HARDER**

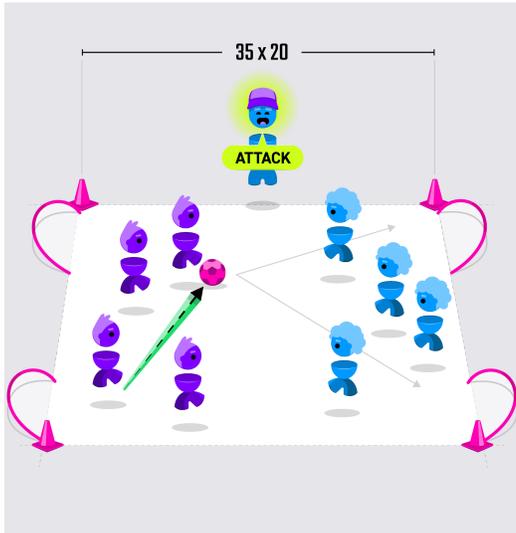
Add a defensive player and make it 4v5 with a neutral.

## **DO IT AT HOME**

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

# 4v4 to 4 Goals (Attacking)

Duration: 10 minutes



## DESCRIPTION

It's 2 goals—and twice the fun! This scrimmage develops attacking, passing and receiving skills.

## WHAT YOU NEED

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

## SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 35 yards long x 20 yards wide for every 8-12 players.
- Place a small portable goal or pair of cones placed 6 feet apart at each end of each endline, 4 goals in all.
- Divide players into two 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 goals.
- Players scrimmage and score by kicking the ball into either of their goals or through 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.
- There are no goalies, corners or throw-ins. If a ball goes out of bounds, it's a kick-in.
- If you have enough players for 2 grids, you can position yourself in the middle and run 2 games at the same time so players get more touches on the ball.

## **WHAT TO EXPECT**

Expect younger players to run parallel when they are attacking (instead of one running ahead). 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, enabling turnovers.

## **COACHING TIPS**

Placing the goals in the corners of the grid makes defenders work harder. As one attacker advances with the ball, their teammates (the attackers without the ball) should try to run between defenders so the attacker with the ball can pass them the ball to try to score.

Attackers should avoid staying close to each other and holding the ball or passing it slowly—this makes it easier for the defense.

## **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**

To help players develop ball control and speed dribbling skills, you can adjust the game so that players must dribble through the goal in control of the ball in order to score. This makes it harder for attackers but does encourage them to dribble with speed when a goal is open.

### **DO IT AT HOME**

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