



U10- BUILDING UP IN OPPONENTS HALF-1

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- Scrimmage - 15 minutes
- 5 Goal Game - 10 minutes
- 3v2 to Goal - 10 minutes
- 3v1 - 10 minutes
- Fcb Scrimmage - 15 minutes

Description

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options

KEY QUALITIES: Read the game, Take initiative, Optimal technical abilities

MOMENT: Attacking

SKILL ACQUISITION:

Dribbling: Surface of the foot and ball, quality of the touch

Passing: Surface of the foot and ball, Pace and accuracy

Receiving: Body, position, surface of the foot and ball, first touch

Thanks to our friends at Massachusetts Youth Soccer for this practice plan!

Scrimmage

Duration: 15 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.

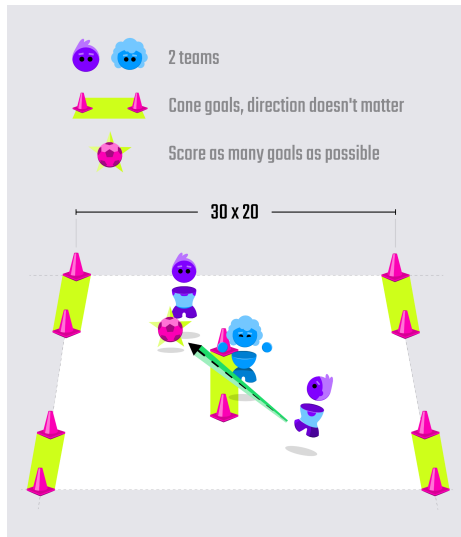
DO IT AT HOME

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

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

5 Goal Game

Duration: 10 minutes



DESCRIPTION

Two teams compete trying to score in either direction through five small goals.

WHAT YOU NEED

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

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 30 yards long x 20 yards wide for every 6-12 players.
- Use pairs of cones placed 6 feet apart to create a goal at each end of each endline, 4 goals in all, plus a 5th goal in the center of your grid.
- Divide players into two teams, one on each endline, and

- give one team pinnies.
- Play starts when an equal number of players enter from each endline and one team initiates play by passing the ball to each other and advancing towards any of the 5 goals. You can play 2, 3 or 4 players on each side.
- Play short rounds, a couple minutes long. Play is continuous through the round. If a player scores or the ball goes out of bounds, just play a new ball in. Between rounds, rotate teams so that all players get turns attacking and defending.
- 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

Defenders may get discouraged since there are 5 different goals on which to score and the only way to regain possession is to steal or intercept the ball. If turnovers are not happening naturally, rotate roles between rounds so everyone gets turns attacking and defending.

COACHING TIPS

When players with the ball attract multiple defenders to the area they're attacking, they need to change the goal they look to attack (this is called "changing the point of attack"). Encourage them to do so quickly, while their teammates look for open space where they can receive a pass.

Encourage players, when they receive a pass through a goal, to make their first touch towards the direction they want to go next. If they use that touch to simply stop the ball, defenders are more likely to get close enough to steal the ball.

CHANGE IT UP

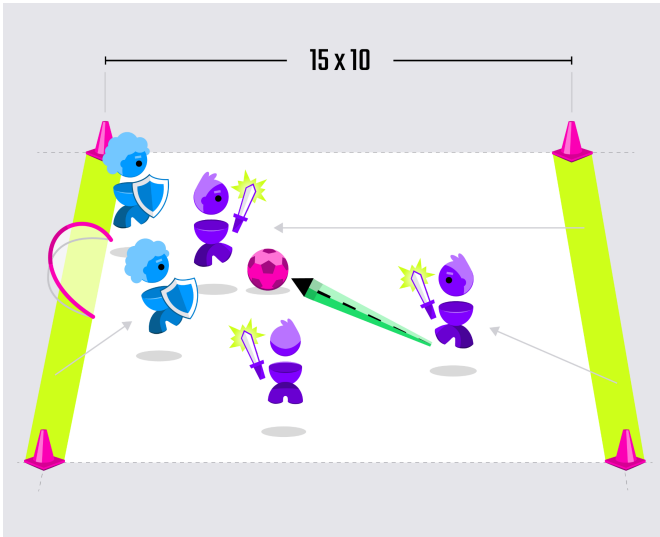
If players are having great success, you can limit them to 2 touches each time they receive the ball.

DO IT AT HOME

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

3v2 to Goal

Duration: 10 minutes



DESCRIPTION

There's strength in numbers. Teach players how to use an extra attacker to get around defenders and score.

WHAT YOU NEED

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

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 15 yards long x 10 yards wide.
- Place a small goal on one endline, or use 2 cones placed arms-length apart.
- Divide your players into two teams, one on each endline, and give one team pinnies. On the goal side, 2 players enter as defenders and are met by 3 attackers entering from the

- other side.
- Play starts when the attacking team initiates play by passing the ball to each other and trying to score on the goal. If a defender steals or intercepts the ball, they can also score by dribbling over the attackers' endline with the ball within a hula hoop's distance of the body.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins. (After a few rounds, rotate players between endlines so both sides get turns attacking and defending.)
- If you have enough players for 2 grids, you can position yourself in the middle and run both at the same time so players get more touches on the ball.

WHAT TO EXPECT

At the younger ages, both defenders may go towards the ball, while the 3 attackers may clump together instead of spreading out. Encourage defenders to stagger their positions so the second defender can provide support if the first defender is beaten. Attackers should spread out to create passing opportunities when the attacker with the ball encounters pressure.

Because this activity strongly favors attackers, defenders can get discouraged. Remind them that it's meant to be challenging, and make sure to rotate players between endlines so everyone gets turns both attacking and defending.

COACHING TIPS

Encourage the attacker with the ball to attack the goal with speed and try to score. If a defender gets in the way, the attacker should try to find an open teammate and pass the ball. Attackers must work together to make sure they find positions to receive a pass and take a shot.

MAKE IT HARDER

Making the grid smaller makes it harder for attackers to beat defenders. You can also limit the number of touches per player (such

as a 2-touch maximum).

MAKE IT EASIER

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

CHANGE IT UP

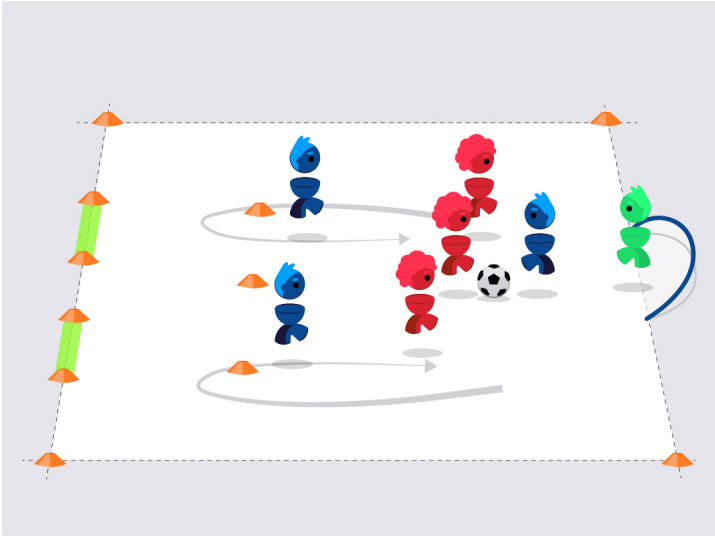
Use your normal full-size goals (depending on your age group) and add a third player to the defending team to act as goalkeeper. If the goalkeeper makes a save, they can distribute the ball to their defenders who try to score by dribbling the ball across their endline. Between rounds, rotate players to ensure everyone has a turn at goalkeeping, defending, and attacking.

DO IT AT HOME

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

3v1

Duration: 10 minutes



DESCRIPTION

Players move fast to maintain a 3v1 advantage in this game from FC Barcelona.

WHAT YOU NEED

- 7 cones
- 1 ball
- 1 pinnie per 2 players
- 1 goal
- 2 small goals

SETUP

- Use 4 cones to create a rectangular space, recommended size: 20 yards long x 15 yards wide. Place a goal on one end. Place 2 mini goals (or a pair of cones placed 2 yards apart) on the other end. Then, place 3 cones in a line about 5 yards in front of the mini goals.

- Divide players into a blue team and a red team lined up at midfield, plus a goalkeeper.
- Each red player lines up at a cone, with a blue player across from them. On your call, the middle red player passes the ball to the middle blue player across from them.
- The middle blue player immediately passes the ball back, as the 2 other blue teammates run around the cones before joining the play. This creates a momentary 3 v 1 advantage for the red team.
- If the blue team recovers the ball, they try to send it into one of the mini goals on the other end.

WHAT TO EXPECT

Here, players discover how to maintain a 3v1 advantage. The red team will always start the play with the numbers on their side. But they'll have to score quickly, before the trailing defenders catch up and neutralize their edge.

COACHING TIPS

Remind your players—never let a good advantage go to waste! With a 3v1 advantage, offensive players can work on maintaining possession and finishing effectively.

Make sure players know that advantage won't last for long, though. They should be prepared to push forward as soon as they can.

MAKE IT HARDER

Limit the number of touches a team can make before shooting or start a countdown after the final player touches the ball.

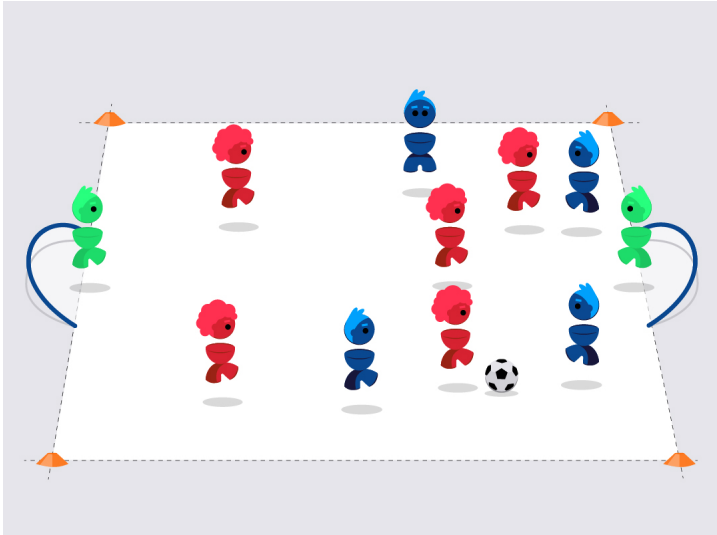
Make players defend a goal before they're allowed to rotate.

DO IT AT HOME

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

Fcb Scrimmage

Duration: 15 minutes



DESCRIPTION

It's time to put everything you've practiced into action. This is scrimmage, FC Barcelona-style.

WHAT YOU NEED

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

SETUP

- Use 4 cones to make a rectangular space, recommended size: 20 yards long x 15 yards wide. Place goals at each end.
- Try to play with teams of equal size. If you have an extra player, that's OK. Have them switch between teams so everyone can practice playing with an advantage or

- disadvantage.

WHAT TO EXPECT

Scrimmage is every player's favorite part of practice. Don't worry about whistles, offside, or corner kicks. Here, we want to emphasize the fundamentals of the game without losing sight of the fun.

COACHING TIPS

Feel free to give your players feedback and ask them about their strategy on the field.

Encourage players to spread out, no matter what zone they're in and whether they have possession. Make sure they know the value of moving constantly without the ball.

Players should ask themselves, "Where is the defense? What can I do to attract them so I can create space for my teammates?"

Encourage players to think about how to set up a finish. Where should they go? How should they coordinate a plan of attack?

Stay positive and remember to praise players when using the Barça style—passing the ball, finding space for their teammates and having fun.

MAKE IT EASIER

Remove a defender or two, to help your offense focus on finishing.

Restrict the defenders from pressing.

MAKE IT HARDER

Install side lanes and restrict movement of certain players.