



U10 PRACTICE 8 – USYS CURRICULUM

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- 4v4 to 4 Goals (Attacking) - 10 minutes
- Team Knockout - 10 minutes
- Four Corners - 10 minutes
- Golden Opportunity - 10 minutes
- Fcb Scrimmage - 20 minutes

Description

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

OVERVIEW

Your team has just won the ball in their own half and now they need to move the ball forward. Today you will look to improve a player's ability to pass the ball and also focus on teamwork.

WHAT TO LOOK FOR

- Where are players supporting the person with the ball?
- Technical ability when passing the ball
- Do players get wide and high to create openings to play the ball?

WHAT TO SAY

__Where should players support the person with the ball?__

In front, to the side and behind

__What can we do to create openings?__

Spread out

__If we can't move the ball forward, where can we go?__

To the side or back

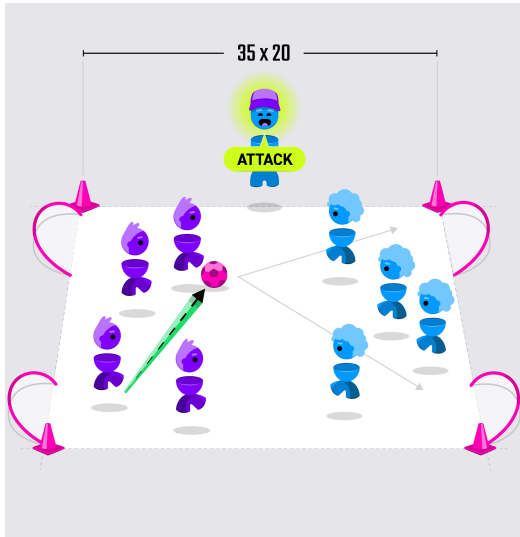
ADDITIONAL RESOURCES

- Watch: [How to Measure Success as a Coach](yougotmojo://content/post?postID=H89hHwY5MmSRfe0MxKhSS)

- Soccer 101: [What Is a Give and Go?](yougotmojo://content/post?postID=2MRi2UYSNnHXebOnOe2FQE)

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

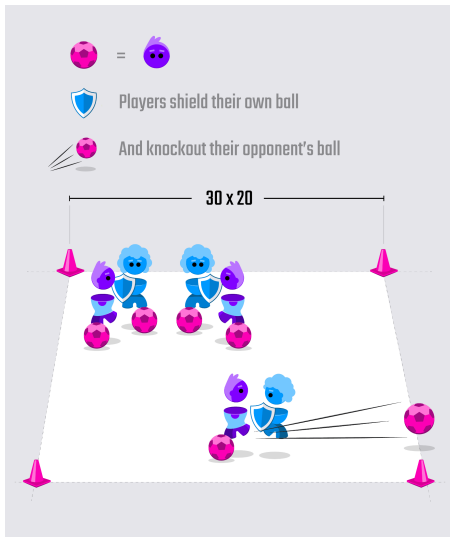
To help players develop ball control and speed dribbling skills, you can adjust the game so that players must dribble through the goal in control of the ball in order to score. This makes it harder for attackers but does encourage them to dribble with speed when a goal is open.

DO IT AT HOME

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

Team Knockout

Duration: 10 minutes



DESCRIPTION

This activity helps players develop shielding and ball possession skills.

WHAT YOU NEED

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

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 30 x 30 yards.
- Divide your players into 2 teams, one in pinnies.
- Every player has a ball.
- Both teams compete to kick the other teams' balls out of the grid and vice versa, while trying to shield their own balls.

- If a player's ball is kicked away, they help their teammates protect their balls, while continuing to try to knock the other team's balls away.
- Play several 60-second rounds. The team with the most balls at the end wins the round. Give players a break after the round to come up with a strategy to protect their balls during the next round.

WHAT TO EXPECT

More than 1 attacker may try to knock away a player's ball in a given moment. In these situations, encourage that player's teammates to get into a good position to support them.

Players might forget that they can pass in this game. Remind them that it's a helpful way to work together.

Some players may get carried away and get overly aggressive. Keep an eye on this to make sure it doesn't get out of control.

COACHING TIPS

Encourage players to protect their ball with their body to prevent their ball from getting kicked out.

Encourage teammates to work together to double-team opposing players.

If teams appear to be unevenly matched, rotate players between rounds to ensure a better balance.

MAKE IT HARDER

Making the grid smaller makes it harder for players to protect their balls and easier for defenders to knock them away.

MAKE IT EASIER

Making the grid larger makes it easier for players to protect their balls and harder for defenders to knock them away.

CHANGE IT UP

To encourage passing and teamwork, start this activity with fewer balls.

DO IT AT HOME

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

Four Corners

Duration: 10 minutes

DESCRIPTION

Double the balls, double the fun in this advanced invasion game from FC Barcelona.

WHAT YOU NEED

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

SETUP

- Use 4 cones to create a square space, recommended size: 20 x 20 yards. Then, use 12 more cones to make 4 small scoring zones in each corner.
- Divide players into teams of 4 and give them 2 balls. Both teams have 2 scoring zones, one on each side.
- On your call, both sides compete to send the ball into one of their scoring zones via dribbling or passing to a teammate.

WHAT TO EXPECT

With 2 balls and 4 goals, this game features plenty of action. Players must constantly stay aware of what's happening around them.

Teams must decide how to best allocate their resources to defend their territory while staying aggressive and seeking out scoring opportunities.

Too many teammates in one area of the field means a scoring zone on the opposite side may be left undefended.

Here, there's a goal in every corner, which means players must remember to position their bodies open to as much gameplay as possible. Turn inwards and they'll only be aware of half the action!

COACHING TIPS

Encourage players to keep their head on a swivel and to always position themselves to help their teammates.

MAKE IT EASIER

Use goals instead of scoring zones.

MAKE IT HARDER

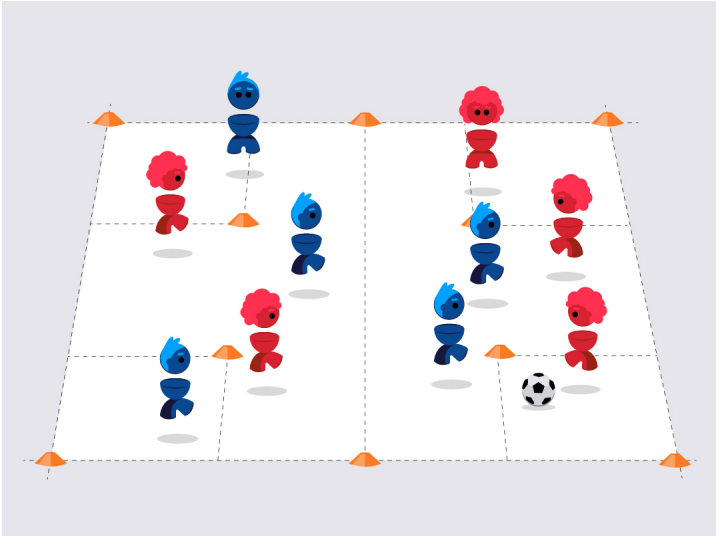
Limit the scoring zones to 1 on each end—and make them smaller.

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+.

Golden Opportunity

Duration: 10 minutes



DESCRIPTION

Players help their teammates make winning passes in this game from FC Barcelona.

WHAT YOU NEED

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

SETUP

- Use 4 cones to create a rectangular space, recommended size: 15 yards long x 20 yards wide. Place 2 cones to mark off midfield. Then, use 12 cones to mark 4 small 5 x 5-yard scoring zones in each corner.
- Divide players into teams of 5. The red team has a numbers advantage on one half of the field, the blue team has it on the other.

- To score, teams must pass to players in either scoring zone on their half of the field.
- After passing into scoring zone, the team with possession keeps playing
- Play for 1 minute and compare scores after.

WHAT TO EXPECT

Here, communication is key. The player with the ball may not know their teammate is open to score.

COACHING TIPS

Encourage players to get creative with how they communicate.

Seeking out teammates in the scoring zone helps players move with intention in the actual game.

MAKE IT EASIER

Allow players to cross midfield to facilitate passing, scoring and helping their teammates.

MAKE IT HARDER

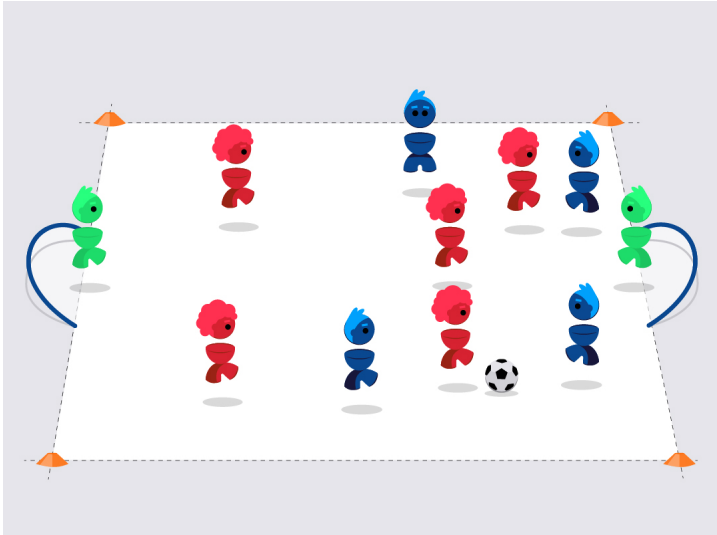
Make a rule that players must receive a pass while in motion in order to score.

DO IT AT HOME

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

Fcb Scrimmage

Duration: 20 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.