



U10 PRACTICE 4 – USYS CURRICULUM

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- 2v2 to 4 Small Goals (Attacking) - 10 minutes
- 2v2 to Cross Goals - 10 minutes
- 3v2 to Goal - 10 minutes
- More to Score - 10 minutes
- Advanced Scrimmage - 20 minutes

Description

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

OVERVIEW

GOOOOOOAAAAALLLLLLL! This session is all about creating chances and scoring goals. Remember to use guided questions to help your players reflect on what they are doing and how they can improve.

WHAT TO LOOK FOR

- Players recognize when to shoot versus pass
- Proper technique for [finishing with the inside of the foot](yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S)
- Proper technique for [shooting with the laces](yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S)
- Players movement to create openings near the goal

WHAT TO SAY

__What can you do if you see an opening?__

First thought: shoot

__What surface should you use close to the goal?__

Inside of the foot (toe up, ankle locked, use the middle of the foot)

__When do we pass instead of shoot?__

When there is not an opening

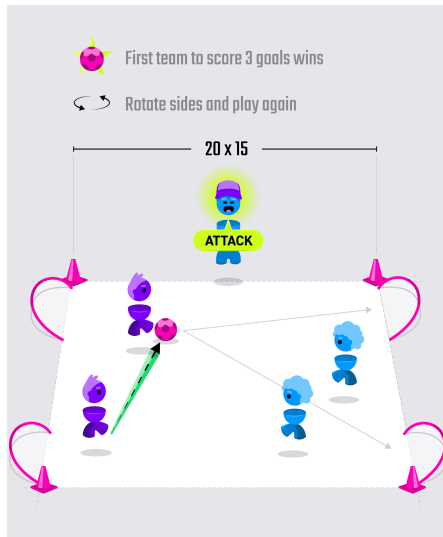
ADDITIONAL RESOURCES

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

- Soccer 101: [How to Shoot with the Laces and Inside of the Foot]([yougotmojo://content/post?postId=30kgCxqFPBZFqqjIWFsB8S](http://yougotmojo.com/content/post?postId=30kgCxqFPBZFqqjIWFsB8S))

2v2 to 4 Small Goals (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

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

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 20 yards long x 15 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 2 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards their goals.
- Players 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.
- 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 older players to start using moves and fakes to get to the goal. At younger ages, players primarily use change of speed and direction to get around defenders.

COACHING TIPS

Using twice as many goals favors the attack. Encourage attackers to spread out (like an open hand instead of a fist).

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.

This game can be challenging for defenders, who may get discouraged. Make sure that players are matched evenly and that all players get turns both attacking and defending.

MAKE IT HARDER:

Making the space smaller makes it harder for attackers.

MAKE IT EASIER:

Making the space larger makes it easier for attackers.

CHANGE IT UP

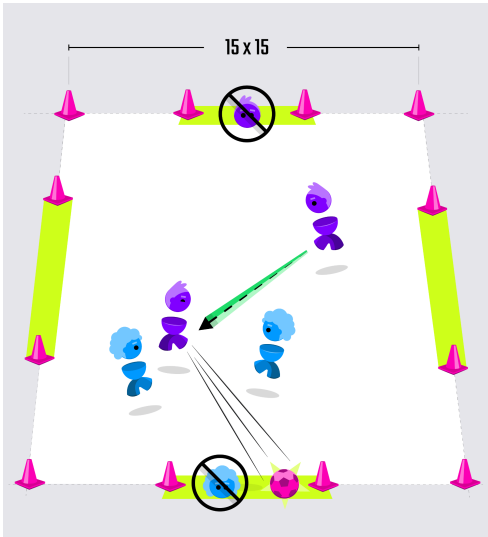
Rotating the goals 45 degrees towards the center of the field changes the positions from which players must attack and defend the goals.

DO IT AT HOME

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

2v2 to Cross Goals

Duration: 10 minutes



DESCRIPTION

Glory. Heart. Excitement. This activity forces defenders never to give up and attackers to go for the goal!

WHAT YOU NEED

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

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 15 x 15 yards for every 8-12 players.
- Divide players into 2 teams, one on each endline, and give one team pinnies.
- Create 4 small goals using small portable cones or pairs of cones placed 6 feet apart at the center of each endline and each touchline (Think: North, South, East and West).

- Tell each team they can score on every goal except the one behind them.
- Play starts when 2 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards any of their 3 goals. (As coach, you can play the ball out to the middle of the grid if you prefer.)
- At this point, it's a goal-scoring frenzy! Both sides attack and defend.
- Teams score by kicking the ball into their goal or between the cones, below knee height.
- When 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 games at the same time so players get more touches on the ball.

WHAT TO EXPECT

Expect a lot of turnover, since both teams are attacking two of the same goals in a smaller space. If players get too discouraged by this, you can add a rule that attacking teams must score on a different goal each time to limit their scoring options.

COACHING TIPS

Encourage players to immediately look for an open goal on receiving the ball, and then get there with speed. Support attackers should move into positions that enable them to attack a goal immediately if the ball is passed to them.

MAKE IT HARDER

Adding a rule to limit each player to 2 touches on the ball per turn makes it harder for attackers.

MAKE IT EASIER

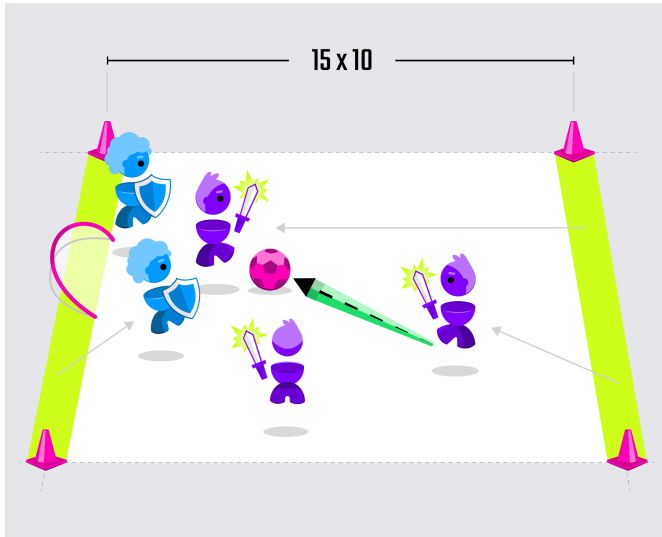
Making the grid larger makes it easier for attackers.

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+.

More to Score

Duration: 10 minutes

DESCRIPTION

This small-sided game encourages teamwork by rewarding the team with more players who score.

WHAT YOU NEED

- 8 cones
- 1 ball
- 1 pinnie per 2 players
- 2 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 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 a goal on each endline using 6 ft. portable goals or pairs of cones placed 6 feet apart. Players score by passing or shooting the ball into the goal or between the cones below knee-height.
- "More to Score" rules: The goal is to get the most players on one team to score. Play 5-10 minute rounds. The team that has the most players score wins the round.
- 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 points at the end 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.

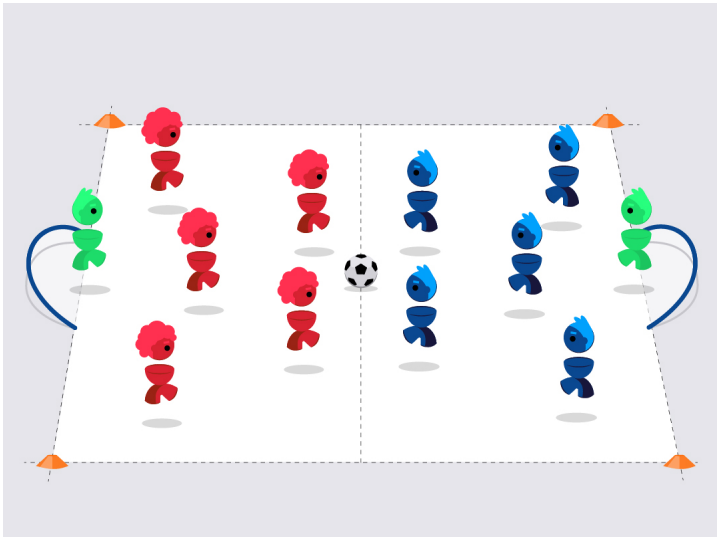
It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

DO IT AT HOME

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

Advanced Scrimmage

Duration: 20 minutes



DESCRIPTION

It's time to practice what it's like to play a match at full speed. This is an advanced scrimmage, FC Barcelona-style.

WHAT YOU NEED

- 4 cones
- 1 ball
- 1 pinnie per player
- 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.
- Divide players into 2 teams, and get ready to play at full speed. That means with all the rules and regulations of an actual game.

WHAT TO EXPECT

Scrimmage is every player's favorite part of practice—and now, we're taking it to the next level.

Here, we're playing in a 3-2 formation, but you can use whatever tactics you want.

Players should have as much fun as possible, while still learning the flow of what it's like to play a full match.

COACHING TIPS

Engage players in discussion about their play. Feel free to ask them questions about their decision making.

Encourage players to think about how to move without the ball and create space or passing lines for their teammates.

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 every time the ball switches sides and create an inherent advantage.

MAKE IT HARDER

Expand to a full-size playing field. Game on.

DO IT AT HOME

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