



U10 PRACTICE 9 – USYS CURRICULUM

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- 4v4 to Endlines (Attacking) - 10 minutes
- Passing Through - 10 minutes
- Last Player Standing - 10 minutes
- 3v2 to Goal - 10 minutes
- Scrimmage - 20 minutes

Description

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

OVERVIEW

Today's session focuses on attacking players working in twos and threes to create chances in the opponent's half. You can challenge players to try [give and go](yougotmojo://content/post?postId=2MRi2UYSNnHXebOnOe2FQE) passes from the previous session or learn the [overlapping run](yougotmojo://content/post?postId=1Ht3tO6TNOhop1LEvj0123). If the attacking players are not having success you can add an additional player to their team to give them a greater advantage. Let the players have fun working together.

WHAT TO LOOK FOR

- Communication (verbal and non-verbal) between attacking players
- The weight of the pass (i.e. how hard the players hit the ball). Can

they adjust it to help a teammate?

- Players without the ball are moving to create openings
- Player with the ball dribbles to engage the defender to create opening for the other attacker

WHAT TO SAY

__What can we do to let players know that we are in an opening?__

Communicate, tell them or show them with a hand gesture

__What can the player on the ball do to help create an opening or more space for their teammate?__

Dribble at the defender to force them to make a decision: come to the ball, which opens up the other player, or stay back, which allows more room to dribble

__Where can a teammate be to help the player on the ball?__

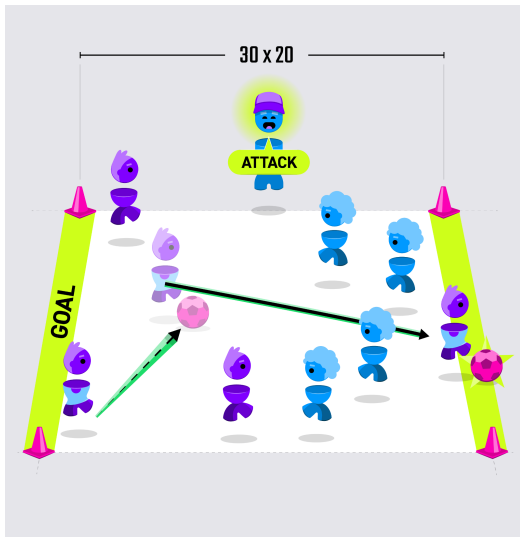
In back, to the side or in front

ADDITIONAL RESOURCES

- Soccer 101: [Receiving with Different Parts of the Foot](yougotmojo://content/post?postId=31dQzzj0txgcdq7auTxHqV)
- Watch: [Coaching Kids with Diabetes](yougotmojo://content/post?postId=1BRVaISOG4bZZC5rwzKd3j)
- Soccer 101: [What Is an Overlapping Run?](yougotmojo://content/post?postId=1Ht3tO6TNOhop1LEvj0123)

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

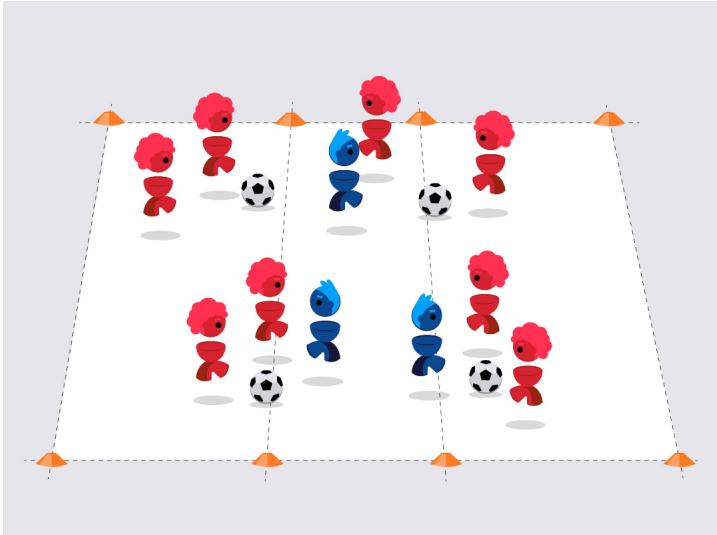
It is a natural progression to start playing this activity to endlines and progress to small goals.

DO IT AT HOME

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

Passing Through

Duration: 10 minutes



DESCRIPTION

Players practice 2v1 situations in this game from FC Barcelona.

WHAT YOU NEED

- 8 cones
- 1 ball per 2 players

SETUP

- Use 4 cones to make a rectangular space, recommended size: 15 yards long x 20 yards wide. Use 4 cones to divide the space into 3 zones, 2 narrow zones on the ends and a wider zone in the middle.
- Pick 2-3 defenders and assign them to the middle zone. Divide the rest of the group into pairs, lined up along the two end lines, each with a ball.
- On your call, each pair has to make it across the field, passing the ball back and forth as they go. The narrow

- zones are safe, but in the middle, the defenders are free to try to recover the ball.
- Every time a pair makes it to safety, they get a point. If they lose the ball, the player who lost possession swaps with the defender who recovered it on the next round.

WHAT TO EXPECT

In this game, players discover new ways to approach one of the most common offensive situations in soccer: the 2v1–2 attackers working together to get past 1 defender.

Remind each pair to share the ball as they cross the field.

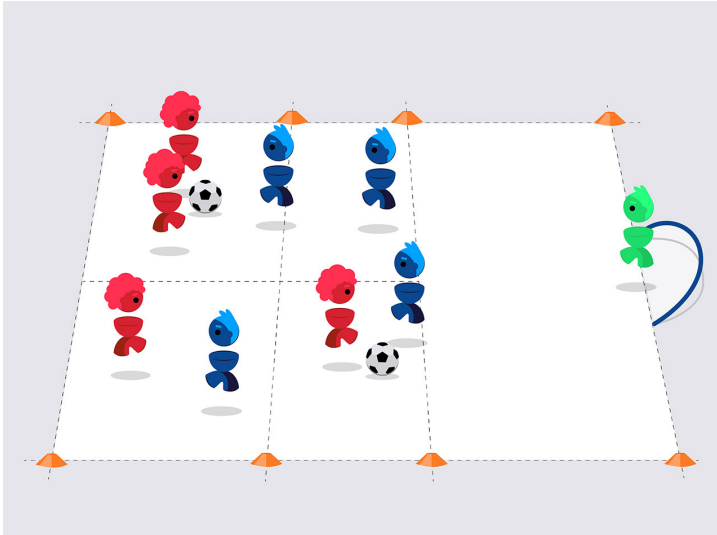
COACHING TIPS

Players must always have their next move, as well as the ideal version of their teammate's next move, in mind.

Even though the defense isn't swarming, make sure your possession players don't become complacent. It's not a 2v1 unless both attackers are involved in the play. Never let a numbers advantage go to waste!

Last Player Standing

Duration: 10 minutes



DESCRIPTION

Players go 2v1, then head to head, in this game from FC Barcelona.

WHAT YOU NEED

- 11 cones
- 2 balls
- 1 pinnie per 2 players
- 1 goal

SETUP

- Place 4 cones to mark a rectangular space, recommended size: 20 yards long x 15 yards wide. Put a goal on one end, about 5 yards away. Use 7 more cones to create 4 zones – 1 wider zone, with two halves, and 1 narrower zone, also divided in half.
- Divide players into 2 teams of 4, plus 1 goalkeeper.
- Place 1 defender in each zone and place 2 attackers in each

- of the larger zones, 1 ball per pair.
- On your call, the 2 attackers in each zone work together to get past the single defender and into the next zone, where the first attacker to advance—the last player standing—takes on that zone’s defender 1v1—and tries to score.
- If the defender recovers the ball, they can also score.

WHAT TO EXPECT

Here, the key for attackers is to find and use space—spreading out to make it harder on the single defender.

This means players in possession constantly shifting position to create passing lines for each other—and the right opportunity for 1 partner to slip into the next zone, where it’s 1v1. But they’ll have to move quickly to take their shot...

COACHING TIPS

Offensive players with or without the ball should ask themselves, “How can I best position myself to clear a path to receive a pass?”

Encourage players to work on effective finishing. Show them how to adjust their “last touch” for a potential finish.

MAKE IT EASIER

Add an extra offensive player in the first zone to create a 3v1 matchup, or allow offensive players to cross into zones together instead of one at a time.

MAKE IT HARDER

Limit the number of touches various players can make in the first zone.

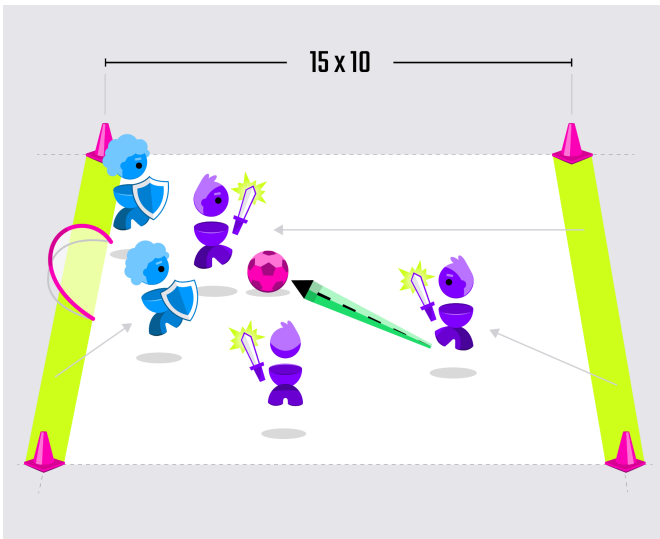
DO IT AT HOME

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

[Control and Goal](#), 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+.

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+.