



U10 PRACTICE 6 – USYS CURRICULUM

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- 4v4 to Small Goals (Attacking) - 10 minutes
- Goalkeeping: Hands Warmup - 10 minutes
- Goalkeeping: Pairs Passing and Catching - 10 minutes
- Goalie Moley - 10 minutes
- Scrimmage - 20 minutes

Description

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

OVERVIEW

Some players love playing in goal; some players are afraid. This session is a great introduction to basic goalkeeping concepts. Check out the videos before the session, so you have the general coaching points—then let the kids have fun. At this age, it's still important to rotate different players into goal. This session will give everyone a chance to test out their skills.

Try to use bigger goals with a goalkeeper, during the opening game, __4v4 to Small Goals__.

WHAT TO LOOK FOR

- Are players getting their body behind the ball when catching

- Do players recognize when to use the [diamond catch](yougotmojo://content/post?postId=2G5X02Q6atnGPPp9DeZgf0) versus the [basket catch](yougotmojo://content/post?postId=5aUg3qjB9iaX2ss7kv5eCE)?

WHAT TO SAY

__What shape should your hands make when you catch the ball chest high or above?__

A [diamond](yougotmojo://content/post?postId=2G5X02Q6atnGPPp9DeZgf0)

__What catch do you use when the ball is waist high or below?__

[Basket catch](yougotmojo://content/post?postId=5aUg3qjB9iaX2ss7kv5eCE)

__How are our arms positioned with [basket catch](yougotmojo://content/post?postId=5aUg3qjB9iaX2ss7kv5eCE)?__

They are parallel (next to each other) like a railroad track

ADDITIONAL RESOURCES

- Soccer 101: [How to Punt the Ball](yougotmojo://content/post?postId=26BjIMrhyHJDJ62dFgPo7F)

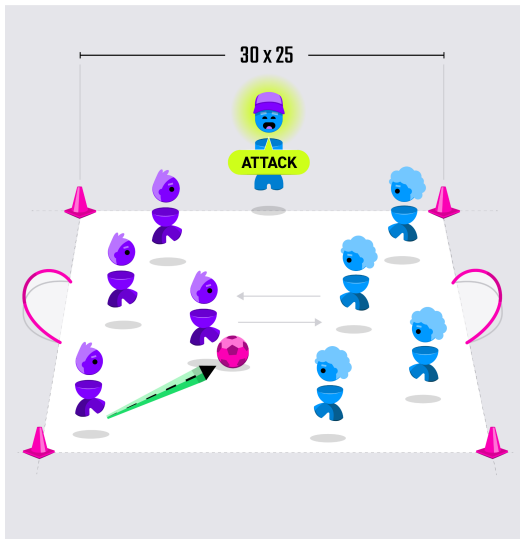
- Soccer 101: [How to Collect a Ball on the Ground](yougotmojo://content/post?postId=gPPt4ZCI9589QKobJkAmP)

- Soccer 101: [How to Do a Basket Catch](yougotmojo://content/post?postId=5aUg3qjB9iaX2ss7kv5eCE)

- Soccer 10: [How to Do a Diamond Catch](yougotmojo://content/post?postId=2G5X02Q6atnGPPp9DeZgf0)

4v4 to Small Goals (Attacking)

Duration: 10 minutes



DESCRIPTION

Players work on team attacking, passing and shooting skills while scrimmaging 4v4.

WHAT YOU NEED

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

SETUP

- Place 4 cones to mark the corners of a grid for every 8-12 players, recommended size: 30 yards long x 25 yards wide.
- Place a small portable goal or pair of cones placed 6 feet apart on each endline.
- Divide players into 2 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 goal.
- Players scrimmage and score by shooting the ball into the goal or between 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 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 goal. At younger ages, players will primarily use changes of speed and direction to get around defenders.

Attackers may be so excited, they may burst out wildly and make mistakes, enabling 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.

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.

DO IT AT HOME

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

Goalkeeping: Hands Warmup

Duration: 10 minutes

DESCRIPTION

This activity teaches proper catching technique and aids the GK's communication as well

WHAT YOU NEED

- 1 ball per player

SETUP

- Each player holds a ball in their hands. (You can use this for just GKs or to introduce all of your team to the GK position if you are rotating)
- Players walk around the space while bouncing their ball on the ground to catch it themselves with proper catching technique.
- Have them bounce the ball hard and not always directly to their own hands so that they must reach to catch to both the right and left.
- Once players are comfortable catching their own ball have players exchange balls by bouncing their balls to each other while still walking around. They focus on proper catching technique as they do so.
- Once they are comfortable catching from another's bounce to them, have them use only their own ball again and now have them toss the ball in air to practice catching higher balls.
- Stress that they catch it as high as they can while yelling "keeper" and bringing their knee up when they jump to both jump higher and to serve as protection were an opposing player challenging them. Make sure they do this every toss and catch.

- After a while have players toss high balls to each other thus changing the perspective of the catch.

COACHING TIPS

Catching technique: Ask players to connect their thumbs and index fingers to make their hands into the shape of a diamond with their palms facing away from them. This is the recommended shape of their hands when catching a ball. (The "W" shape is also popular. It's a more open version of the diamond catch, with thumbs connected.) The thumbs will be directly behind the center of the ball when catching and the hands will be slightly towards the sides of the ball. You may wish to manually have players hold a ball with this hand-shape to make they understand.

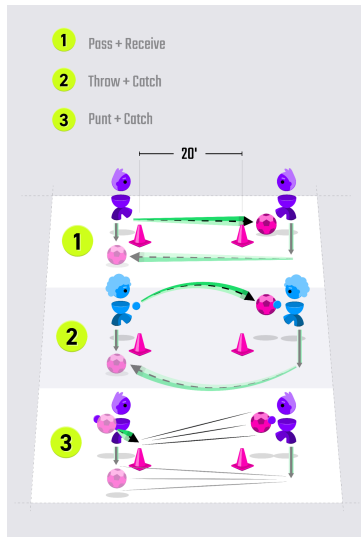
(If a player's hands are too small, they can move the thumbs slightly apart to accomplish grasping the ball.)

High catching: The hand formation is the same for catching high balls but the thumbs/hands now make contact with the ball a bit towards the underside of the ball, whereas the contact point previously was the middle of the ball. Once players catch the high balls have them practice securing the ball to their chest with both hands. Make sure players yell "keeper" for every catch and try to catch the ball as high as possible.

For older players (age 12+), build to distributing after the high ball catch. Have players practice keeping the ball high after the catching and quickly looking for a place to play the ball.

Goalkeeping: Pairs Passing and Catching

Duration: 10 minutes



DESCRIPTION

Expose GKs to both footskills and varied catching skills in a simple format

WHAT YOU NEED

- 2 cones per 2 players
- 1 ball per 2 players

SETUP

- Set up 2 cones about 20 feet apart and have one GK stand at each cone.
- Players start by passing the ball to each other taking only 2 touches per turn.
- If a GK receives the pass from his/her partner to the left of their cone, they must use their first touch to move the ball to the right of the cone and pass the ball back on the second touch.

- If the ball comes to the right of their cone, they must use their first touch to move the ball to the left of the cone and pass the ball back on the second touch.
- Players pass back and forth this way for a few minutes, passing with the right foot when passing on the right side of the cone and the left foot when passing on the left side of the cone. This helps simulate receiving back passes.
- Next, have players throw the ball to each other at chest high to the left or right of their cone, then quickly throw it back, working on proper catching and throwing technique. This gets players in the habit of thinking to distribute quickly and familiar with motion of doing so.
- After a few minutes, have players punt the ball to each other from this same distance with each making a save and punting back to their partner. This helps players work on catching and punting accuracy.

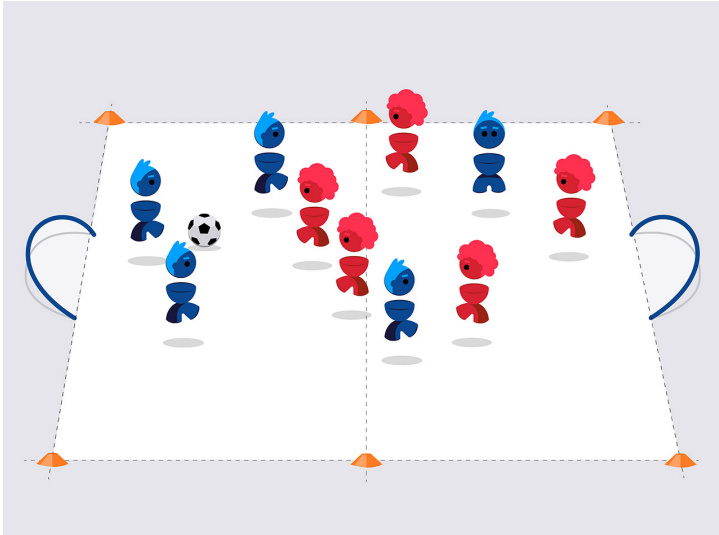
COACHING TIPS

Encourage GKs to get their body moving forward when they receive a ball so their first touch can be taken proactively and with momentum. We want them to learn to receive and distribute both cleanly and quickly, so push the pace once they appear to be getting the hang of it.

Encourage GKs to use both feet during this activity since passes they receive from defenders will not always be accurate. Being comfortable using both feet helps keep the ball out of trouble if forwards press.

Goalie Moley

Duration: 10 minutes



DESCRIPTION

Everybody's a keeper in this high energy finishing game from FC Barcelona.

WHAT YOU NEED

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

SETUP

- Use 4 cones to make a rectangular space, recommended size: 10 yards long x 15 yards wide. Place goals on each end. Then use 2 more cones to mark off midfield.
- Divide players into 2 teams of 5. Everyone is a goalkeeper. That means that as they play 5 v 5, every player can use their hands to stop the ball from going in the goal.

- Players can only use their hands to deflect—so no holding onto the ball.
- Goals scored from farther away are worth more than ones closer to the net—1 point when it's close, 2 points from farther away.

WHAT TO EXPECT

In this game, everyone is a goalkeeper, but they're also all strikers. That means the field will be crowded, and the net might be empty. Remind them to stay alert and aware.

Once they get the hang of it, up the challenge by requiring players to retrieve the ball if it goes out of bounds.

COACHING TIPS

Make sure they're getting the most out of the activity by honing different skills. Encourage your players to finish in different ways—up close, further away or using both legs.

Though the space is limited, make sure your players continue to spread out and attract the defense while dribbling to clear a path for their teammates.

MAKE IT EASIER

Both goals are in play for both teams, so your players can practice finishing or saving the ball without any constraints.

MAKE IT HARDER

Players must score from the furthest-away space and can't cross the line into the field's other half.

DO IT AT HOME

Players can keep working on their finishing 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+.