

## U10 Training Activities

Jeff Schellenberger  
NCYSA Assistant Technical Director of  
Coaching Education and Player Development  
Compiled from National Youth License Course

### Session One:

1. Freeze Tag. – 2 teams, one team tags other team frozen. Round two add a ball to tagging team players.
2. Team Handball. Two Teams. Players are allowed 3 seconds and 3 steps. When the ball is dropped the ball goes to the other team.
  - a. Score by throwing or bowling ball into the goal.
  - b. Score by heading the ball into the goal
3. Team Knockout to Goal. Play in the PK Area or similar size field. Team A players each have a ball and try to score. Team B defends and when they gain possession they try to maintain possession. Keep time to see which team scores the fastest. Ball out of bounds = ball out of bounds.
4. “GET OUTTA HERE”! Players choose team captain and team name. Begin play with a 2 v 2. Scoring team stays, if ball goes out of bounds both teams exit ASAP. Coach plays new ball in as soon as players are off the field.
5. Scrimmage – The Game.

### Session Two:

1. Cone Tag. Two players have a cone each and they are “IT”. Two players are each holding a ball and they are “safe”. The remaining players try to avoid the “IT” players and can become “safe” if a ball is passed to them. Once tug, the cone is dropped and roles change.
2. Ball Retrieval in Groups (Fetch). Two teams, team on deck **waits behind the coach at all times** while other team retrieves their ball. Ball is returned to coaches’ feet. Once players understand game the coach should move from his serving point while team is retrieving ball.
  - a. Each player must touch the ball while it is being returned.
  - b. Return the ball in certain amount of passes.
  - c. Add one defender from waiting team
  - d. Add second defender.

3. Capture the Ball. Just like capture the flag. Each team is given a side of the field. Their ball is placed on their side of the field in a “safe”. The objective is to get your opponents ball to your side of the field under control. If a player is tagged on their opponents’ side of the field they are placed in “jail” until they are tagged by one of their teammates. The “jail” & ball “safe” are safe zones for the opponents.
  - a. Play with hands.
  - b. Play with feet.
  - c. Multiple balls in the “safe”
4. Scrimmage – The game!

### **Other Activities:**

- Get the ball moving. Players dribble in confined area. Accelerate into space. Look to “split” other players on a dribble. “Change” command = a take over with another player. “Both” = complete a “split” and a take over. “Musical balls” take a ball away from one player. “Switch” command players trade balls, the person with out a ball does a Martian push up (up side down push up).
- Rock, Paper Scissors. Dribbling game. Winner begins with ball. Play to a line or goal. Best 2 out of 3.
- “Bull Dog” or Line passing with a twist! Two lines face each other about 8 to 12 yards apart. One ball, 2 to 4 players/line. Follow pass to the right. Begin with two touch passing. A players’ second touch should be the return pass, regardless of the touch or where the ball goes, both lines adjust their location & distance/spacing to the ball. Ex. – a bad pass means both lines move and adjust so the ball can be passed back, no waiting for the ball to be retrieved! Everybody moves to get behind or in front of the ball.
- Hit the Cones. Players spread cones out on their teams’ end line. Team A tries to hit Team B’s cones and vice versa. Play with one or two balls.

### **U10 Considerations:**

- “ME and a few friends”
- Motor skills become more refined
- Greater focus
- Pace factor becoming more developed – starting to think ahead
- Demonstrates more responsibility
- Begin to recognize fundamental tactical concepts
- Repetitive technique important, but needs to be dynamic
- Begin to initiate play on their own
- Still need brief explanations
- Still intrinsically motivated
- Peer pressure starting to be a factor
- Positive reinforcement still needed
- Catch them being Good!