

U10 Recreational Partner Curriculum





Practice Session Structure



- In accordance with US Soccer's new development model, we strongly encourage using the **PLAY, PRACTICE, PLAY** structure for your practice session
- *Play-Practice-Play* is a Grassroots developed philosophy designed around a player-centered approach to coaching. Taking a player centered approach places the needs and motivations of the player at the forefront of a coach's approach to coaching his or her players. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible. This approach differs from traditional practices that may have children standing in lines, running laps and participating in drills that don't resemble the game of soccer.



STAGE 1: PLAY

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first *Play* phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches. During this first *Play* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

Practice Session Structure

STAGE 2: PRACTICE

In the second phase of *Play-Practice-Play*, children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the *Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition.

Practice activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.



STAGE 3: PLAY AGAIN!

The final stage of *Play-Practice-Play* is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *Play* phase is to encourage players to express themselves and demonstrate what they learned during the *Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application of the *Practice* phase in the final *Play* phase, the coach is able to check each player's understanding and ability to execute the goal of the training session.



PRACTICE SESSION STRUCTURE



PLAY

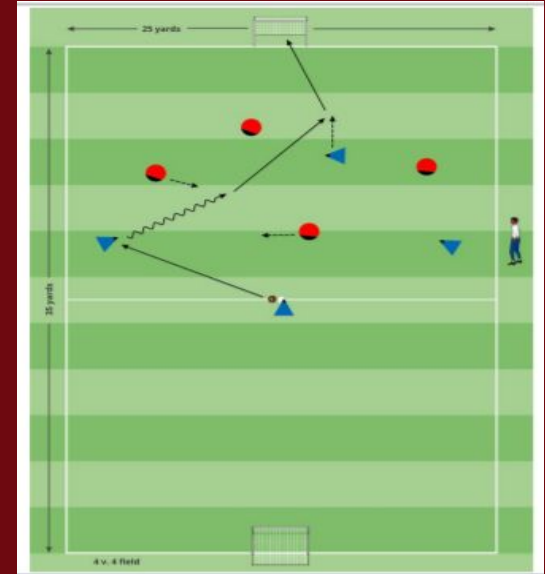
Every practice session will begin with a simple 3v3 game (set up 2 fields if necessary for the size of your group). (this is called Play Phase 1)

PRACTICE

CORE ACTIVITY
WEEKLY
TRAINING TOPIC

PLAY

Every practice session will end with a simple 4v4 game (set up fields if necessary for the size of your group)





Practice Session Structure

- ❖ The next 10 slides will diagram and show the PRACTICE phase of the training session. As previously mentioned, each practice will begin with a 3v3 game and end with a 4v4 game.
- ❖ For the first 5-8 minutes of the practice phase, coach will introduce and teach that weeks group of moves. (on each of the following slides). This will be in a 1v0 scenario where every player has a ball at his/her feet and has no opposition/pressure. **ENCOURAGE YOUR PLAYERS TO USE THESE MOVES ONCE THEY ADVANCE INTO THE CORE ACTIVITY OF THE PRACTICE PHASE!**
- ❖ The activity you see in the following slides will be executed for 8-12 minutes (with appropriate water breaks as appropriate) **IN BETWEEN** the 2 "play phases".
- ❖ Each practice structure is as below:
 - PLAY (3v3)
 - PRACTICE (as seen on that weeks slide)
 - PLAY (4v4)



WEEKLY FOOT SKILL TOPICS

Week	Skill Group	Skills
1	Brazil	1) Spin back, 2) Inside foot cut, 3) outside foot cut, 4) Conti
2	Italy	1) V pull back, 2) L turn, 3) Cruyff, 4) Revelino
3	Germany	1) Zico, 2) Inside Beckenbauer, 3) Outside Beckenbauer 4) Tony Currie
4	France	1) Side step fake, 2) Scissors 3) Attacking Rivelino
5	Spain	1) Matthews, 2) Fake Matthews, 3) Preki 4) Maradonna
6	Brazil (revisit)	1) Spin back, 2) Inside foot cut, 3) outside foot cut, 4) Conti
7	Italy (revisit)	1) V pull back, 2) L turn, 3) Cruyff, 4) Revelino
8	Germany (revisit)	1) Zico, 2) Inside Beckenbauer, 3) Outside Beckenbauer 4) Tony Currie
9	France (revisit)	1) Side step fake, 2) Scissors 3) Attacking Rivelino



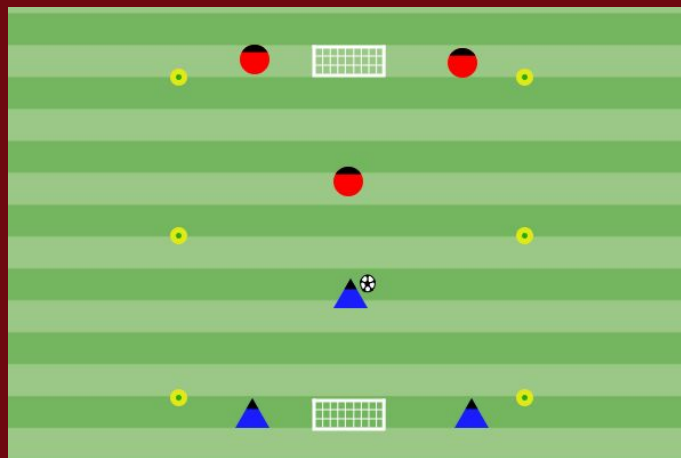
Week 1

Foot Skills and Dribbling to beat opponent

Moves Group: Brazil

- 1) Spin back
- 2) Inside foot cut
- 3) outside foot cut
- 4) Conti

CORE ACTIVITY



Set Up

Set up a 20x30 field using 6 cones and split your group into 4 groups, one group on each side of the goals.

Instructions

One side starts with the balls and are the defenders. One defender plays a ball across to an attacker and starts a 1v1. As soon as the 1v1 is over both players return to their sides and another 1v1 is initiated by a defender. Remember to switch the roles.



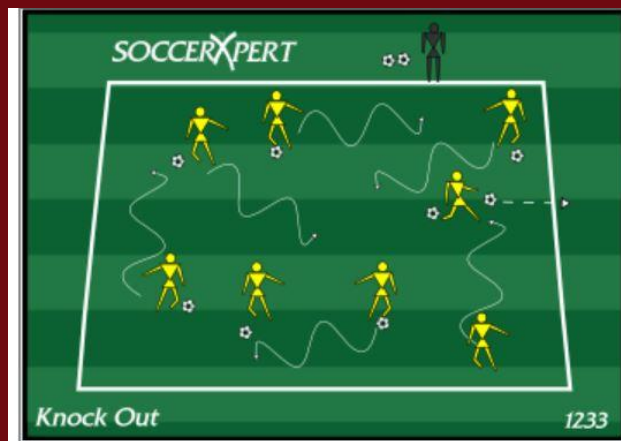
Week 2 Foot Skills and Shielding



Moves Group: Italy

- 1) V Pull back
- 2) L Turn
- 3) Cruyff
- 4) Revelino

CORE ACTIVITY



Setup

1. Create a 20x20 grid. The size of the grid could vary depending on the skill level and the number of players.
2. Each player starts with a ball inside the grid.

Instructions

1. Instruct the players to protect their ball while trying to "knock-out" the other player's ball out of the grid.
2. Players must stay with their ball and cannot leave the ball for extended periods of time.
3. Players can only be "knocked-out" 2 times where they do 5-10 pushups and get back in the game.
4. On the 3rd time, they are out.
5. The last player standing in the end wins.



Week 3 Foot Skills and Turns

Moves Group: Germany

- 1) Zico
- 2) Inside Beckenbauer
- 3) outside Beckenbauer
- 4) Tony Currie

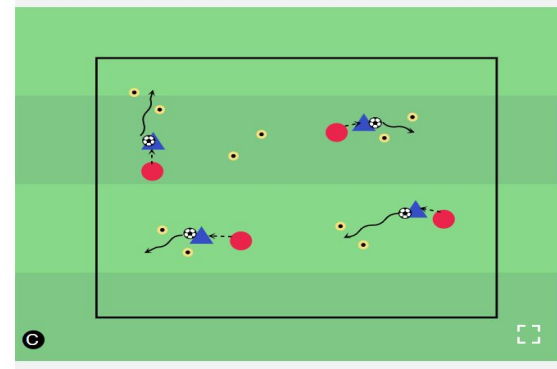
CORE ACTIVITY

INSTRUCTIONS

Set up a series of cones (2 cones +1 gate) around the grid.
Divide the group into pairs - one with the ball and one without.
Player with the ball dribbles around the grid and attempts to score through the gate.
Player without the ball defends and attempts to steal the ball. If successful, they become the offensive player.
The player who lost the ball must become a defender and must try to steal the ball from another offensive player.

COACHING POINTS

1. What happens when a defender approaches?
2. How do we know when and where the defenders are?
3. What are we doing with our eyes?





Week 4

Foot Skills and Shooting

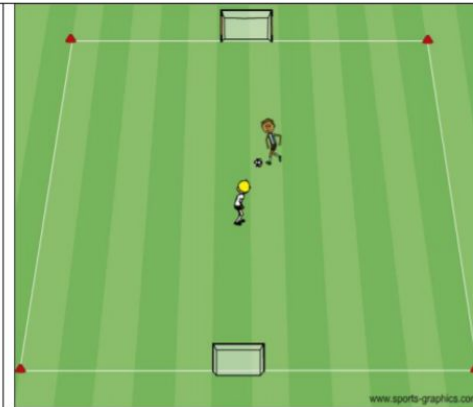


Moves Group: France

- 1) Side step fake
- 2) Scissors
- 3) Attacking Revelino

CORE ACTIVITY

- a. two goals (3 steps each) on a line 5 steps apart
- b. defender must keep one foot on line between two goals
- c. defender can stand in either goal
- d. attacker scores by dribbling through either goal
- e. play 30 to 45 seconds & switch roles



- a. keep ball rolling
- b. defender comes past your hips, change direction & speed
- c. when in close, body between ball & defender
- d. arms up to feel pressure
- e. mentality of trying new moves



Week 5

Foot Skills and Dribbling to Penetrate/combine

Moves Group: Spain

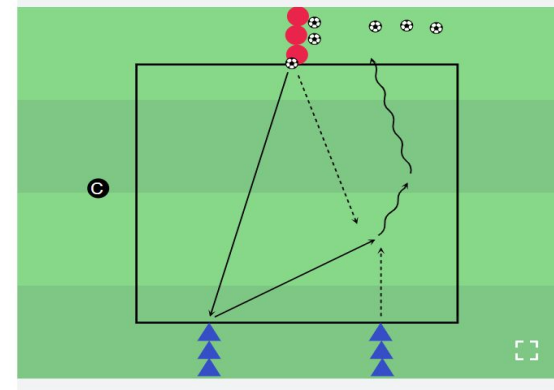
- 1) Matthews
- 2) Fake Matthews
- 3) Preki
- 4) Maradona

CORE ACTIVITY

Divide the team in 2 groups - half on the attacking side in red pennies and half on the defending line in blue pennies. The first defender plays the ball out to one of the attacking players and approaches to defend. The attacking players must work as a team to progress the ball around the defender to the touch line. The defender will attempt to clear the ball away. Once the drill rep has ended, the players return to the side.

COACHING POINTS

1. Attack: How can the attacking players draw the defender out of position?
2. Attack: How can the attacking players progress the ball around the defender?
3. Attack: What should the player without the ball be doing?





Week 7

Foot Skills, Shielding and passing

Moves Group: Italy

- 1) V Pull back
- 2) L Turn
- 3) Cruyff
- 4) Revelino

CORE ACTIVITY

Shielding then passing (15 mins)

Organisation:

The area should be split into 10 x 10m square areas (dependant upon age). Players get into groups of 3 with one ball between them.

Activity:

This drill focuses on players being comfortable in receiving the ball under pressure, and being able to protect the ball before retaining possession by passing it back to a team mate.

Player 1 passes the ball into player 2. Player 2 has to try and use their body to protect the ball and retain possession until player 1 moves into a position by one of the cones. Player 3 tries to win the ball immediately from player 2 as soon as they receive it.

Rule:

No first time return passes - player 2 has to receive and protect the ball until player 1 is in position to receive the ball.

Players rotate after each turn.



Save Image:



Week 8 Foot Skills and Turns

Moves Group: Germany

- 1) Zico
- 2) Inside Beckenbauer
- 3) outside Beckenbauer
- 4) Tony Currie

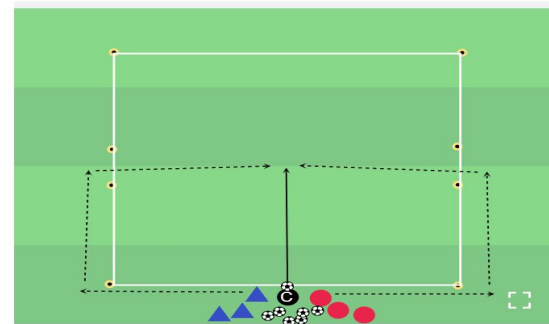
CORE ACTIVITY

INSTRUCTIONS

Set Up: Teams are split evenly into 2 groups. Coach is between the groups with the balls. Coach plays the ball into the center of the field to begin the activity. One player from each team will sprint through their goal to the ball. The players will play 1 v 1 to goal. Activity ends when a goal is scored or the ball is played out of bounds. Progress to 2v2 or 3v3.

COACHING POINTS

1. Develop reaction time by anticipating when the coach will play the ball
2. Emphasize high work rate
3. Use technical skills to quickly beat your opponent





Week 9

Foot Skills and Shooting

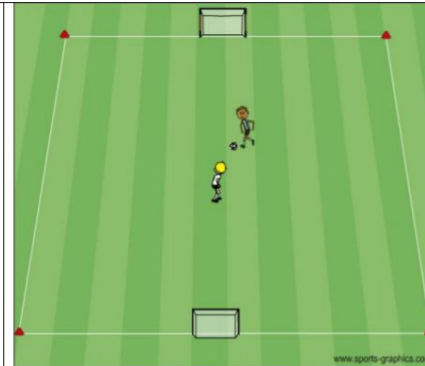


Moves Group: France

- 1) Side step fake
- 2) Scissors
- 3) Attacking Revelino

CORE ACTIVITY

- a. two goals (3 steps each) on a line 5 steps apart
- b. defender must keep one foot on line between two goals
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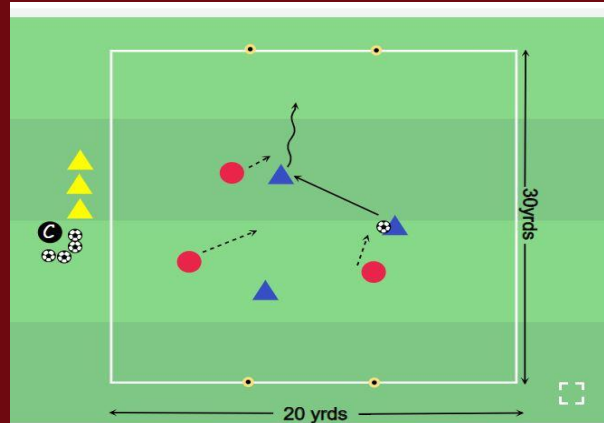
Week 10

Foot Skills and Dribbling to Penetrate/combine

Moves Group: Spain

- 1) Matthews
- 2) Fake Matthews
- 3) Preki
- 4) Maradona

CORE ACTIVITY



INSTRUCTIONS

Set Up

Players are divided into teams of 3. Coach is on the sideline with the ball. Game begins when the coach plays the ball into the grid. The teams will play until one team is able to DRIBBLE the ball through their goal, or the ball goes out of bounds. The coach will restart the game by playing a new ball into the space.



BRAZIL



<https://www.youtube.com/watch?v=72sfTtSgy0A&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=1>

<https://www.youtube.com/watch?v=9dk83zQgw6w&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=2>

<https://www.youtube.com/watch?v=hCKDksCnxM0&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=3>

<https://www.youtube.com/watch?v=jcm7BXuISJA&list=PL2iQQZdgSA8IRJX2I2M-oQkHYw1xf3V1R&index=4>



ITALY



<https://www.youtube.com/watch?v=SYaNh1pQfxk&list=PL2iQQZdqSA8lRjX2l2M-oQkHYw1xf3V1R&index=6>



GERMANY



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FRANCE



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SPAIN

