

# EasiCoach

## SOCCER SKILLS ACTIVITIES

### U9-U10 Mini Soccer



David Clarke

**SOCCER COACH** WEEKLY

Part of the **EasiCoach Skills Curriculum** – helping grassroots coaches teach core soccer skills to young players



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By David Clarke

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## **CREDITS, LEGAL & ACKNOWLEDGEMENTS**

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# INTRODUCTION

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## Welcome to EasiCoach™ Soccer Skills Activities – the parents’ survival guide to coaching soccer

### **Dear Beginner Coach, Volunteer Dad or Mum, or “Roped-In” Helper**

If the world of soccer coaching seems a little daunting, don’t worry, you are not alone! Like many parents involved in coaching their children:

- You volunteered to help, or were volunteered!
- You don’t know much about soccer, or coaching.
- You don’t want to let the side down.
- You want to do the best you can but don’t have time to go on a course.
- You’re worried about coaching “the wrong thing”.

EasiCoach provides ready-made, age-appropriate, safe training activities, set out clearly on a single page, that even a child could understand.

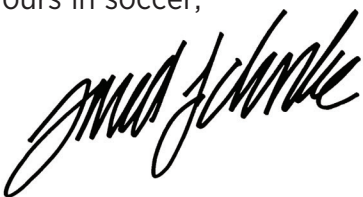
For each activity there is also a relevant game, so the players learn a skill in an activity and then use that skill in a game. This helps to implant the skill into a player’s DNA for them to use throughout their playing adventure. The activities and games are simple and easy to follow, and will make your life easier.

How does this help you? EasiCoach coaching activities will help you to:

- Quickly understand what it is you’re trying to achieve.
- See what you need to do from just a few words and pictures.
- Grasp the key dos and don’ts at a glance.
- Check you have all the equipment you need (never more than basics).
- Cater for more or fewer players at your session.
- Speak to your players with confidence.

But here’s what’s really great about the EasiCoach approach. Follow all the materials in this manual and your players will be learning the right skills for their age group. They will be having more fun, and be on a gradual development pathway that will make them better, more skilful, players and continue playing soccer for longer.

Yours in soccer,



David Clarke



# GETTING STARTED

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## Your EasiCoach Activity Sheets

Each of the activities in this manual covers a simple soccer skill appropriate for U9 or U10 age groups.

Some players in these age groups will have been playing mini soccer for up to two years but don't worry too much if you were not involved previously. Many things are new to everyone involved, and the main objective is for the players to have fun!

Here's what you do to help them.

- Read the Beginners' Guide below.
- In your one hour session, we suggest you run two or (depending on time) three activities from this book, and then play a game.
- Details on how to run a game are below.

## The EasiCoach Beginners Guide to U9-U10 Mini Soccer

Here are the main things you need to know about coaching and organising U9 and U10 soccer. Don't worry, it's not as hard as you think. The good news is that coaching the game has just got simpler!

**Length of the session:** The coaching, training, games or matches combined should last for no more than 1 hour 30 minutes at U9 and U10. At a typical training session you should plan for no more than three EasiCoach activities, each taking 15-20 minutes including setup and water breaks, followed by a game for 30-40 minutes. Simple.

**Set up:** Arrive earlier than the players, if you can, to set up the playing area for the chosen activities for the session. Set up two or three EasiCoach activities and be ready for the players to arrive.

**Shin pads:** Every player wears shin pads or they cannot take part.

## Getting Started

**Parents:** The most influential people in terms of a child's psychological and sociological development are his or her parents. A child's beliefs, values, perceptions, attitudes and goals are shaped by their home influences and have a profound effect in later life. Evidence suggests that interest and support from the home are vital in a child's overall development. With this evidence, engaging parents in the learning experience of their children, if guided and educated correctly, can lead to positive effects in reinforcing messages of support you offer to the players during the sliver of time you have with them.





Keen though they are to make a difference, unless they are helping, parents are now recommended to stand at least 3 yards back from the edge of the pitch. If space allows, your pitch set up should incorporate a cone or rope barrier to show parents where to stand. Encouragement of players is welcomed and criticism frowned upon.

### **TIPS FOR DEALING WITH PARENTS**

- Organise a pre-season meeting for players and parents.
- Talk to the parents before/after coaching and explain what you are doing and why you are doing it; explain the benefits.
- Use a questionnaire to get the views from the parents, what else can be improved.
- Hold a Parents' Evening – hold evenings when parents can come along with their child and discuss how they are getting on.
- Set them basic tasks – this could be asking for support around setting out equipment or keeping a record of playing time for you.

### **SOME QUESTIONS YOU COULD ASK PARENTS:**

Do your actions on game day:

1. Demonstrate trust in the coach?
2. Centre around the players' needs?
3. Help or confuse the player(s)?

## Refereeing and Game Coaching

You might hope not to have to get involved in refereeing, or “game coaching” as it is becoming known, or you might be dead keen to try. These days the objective is a free-flowing game, so the person with the whistle is more of a helper than a referee.

### HINTS AND TIPS FOR MATCHES

- Find a piece of grass the appropriate size.
- Use flat markers to highlight the goal area to help the goalkeepers.
- Move the portable goals to the right place.
- Maybe look at using a 3G pitch or commercial provider as a venue.
- Put up the Respect barrier for the parents to stand behind.
- Mark out a small technical area for the coaches and subs near the halfway line.

**Using the whistle:** Although the emphasis at this age is on using the whistle as little as possible, it’s still valuable to start and stop games, highlight dangerous play, stop for injuries or when serious infringements occur. And it’s helpful for getting attention, too! But you could just say “Stop!” as an alternative!

### GOALPOST SAFETY

Several serious injuries and fatalities have occurred in recent years as a result of unsafe or incorrect use of goalposts. Safety is always of paramount importance and everyone in soccer must play their part to prevent similar incidents occurring in the future.



## Guidelines for Mini Soccer

### PLAYING AREA

**Halfway line:** The field of play is divided into two halves by a halfway line. The centre mark is indicated at the mid-point of the halfway line. This is also used as the retreat line when restarting play with a goal kick (in the UK).

**Goal size:** In the UK, the distance between the posts is 12 feet (US: 18.5 feet) and the distance between the lower edge of the cross bar and the ground is 6 feet (US: 6.5 feet).

**The ball:** The ball should be size 3 for U9 and size 4 for U10 in the UK. In the US it is size 4 for both U9 and U10. It should be safe and made of leather or other suitable material.

**Number of players:** U9 and U10 play 7v7.



A match may not START if either team consists of fewer than five players. The minimum number of players in a team required for a match to CONTINUE is also five. Matches can begin with 7v6. Players must play with and against players only from their own age range (check with local authorities). Each team must not have a squad greater than double the size of the team per age. Any number of substitutes, without being named, may be used at any time with the permission of the referee. A player who has been replaced may return to the playing area as a substitute for another player.

### **PLAYING EQUIPMENT**

Players must wear shin pads and goalkeepers must wear a distinguishing playing top. Shin pads must be covered entirely by the socks. Players must wear the appropriate clothing dependent on the weather.

Correct footwear must be worn for the surface of the pitch e.g. no metal studs on artificial grass pitches.

### **REFEREES**

**The Authority of the Referee:** Each match is controlled by a referee who has full authority to enforce the Laws for Mini Soccer in connection with the match to which they have been appointed.

Furthermore, referees should also recognize their role is to facilitate the learning of the players, for example, allow young children to take a second attempt at a throw-in if the first is not within the Laws.

### **DURATION OF THE GAME**

In any one day, no player shall play more than 60 minutes in one game. It is the responsibility of the parent/carer or organisation to ensure the child does not exceed this. Each league/competition will determine its own playing time within the maximum time permitted, however, the maximum duration will be two halves of 25 minutes. It is permitted during development matches that the periods of play can be split into equal quarters. The half time interval must not exceed five minutes.

## A 1-2-3 of Coaching Young Children

### **1. USE THE 30 SECOND RULE**

The 30 second rule works because children learn best by doing, not listening, and 30 seconds is about as much as most of them can take. So, with that in mind, let them do as much as possible and listen as little as possible. After 30 seconds, many of your audience will have stopped listening anyway, and very little if any of what you go on to say will be heard, let alone understood. Don't waste your time!





Only having 30 seconds to talk can make life easier if you are privately anxious about speaking, or concerned about saying the wrong thing, as it reduces the chance of making a mistake. Being time limited forces you to think carefully beforehand about what you are going to say. The outcome should be reduced waffle and getting to the point more quickly. Children like this simplicity. It is also worth bearing in mind that in chillier climates, players will get cold very quickly if they are standing round listening to you for more than a short period.

Just 30 seconds really only gives you the chance to pick up one point from the activity the players have been doing – a good thing in itself. While you are observing them, think about what you want to say. This can be praise or encouragement, or it can be to offer a suggestion to a common problem that is occurring. Use your 30 seconds to laser in on just one. That single message is far more likely to get through into their little heads if it is on its own.

One trick to increase attention levels is to get young players as attentive as possible before you start talking, simply by asking them to be quiet, or standing silently waiting for them to quiet down. The rule is not always practical, though. Sometimes, when you are introducing something new, you will have to talk to the players for longer. In these situations, make sure you involve the players either by asking questions, giving them a break from your voice – or by getting volunteers to demonstrate. But if you can do it in 30 seconds – congratulations!



## 2. WHEN AND HOW TO CORRECT MISTAKES

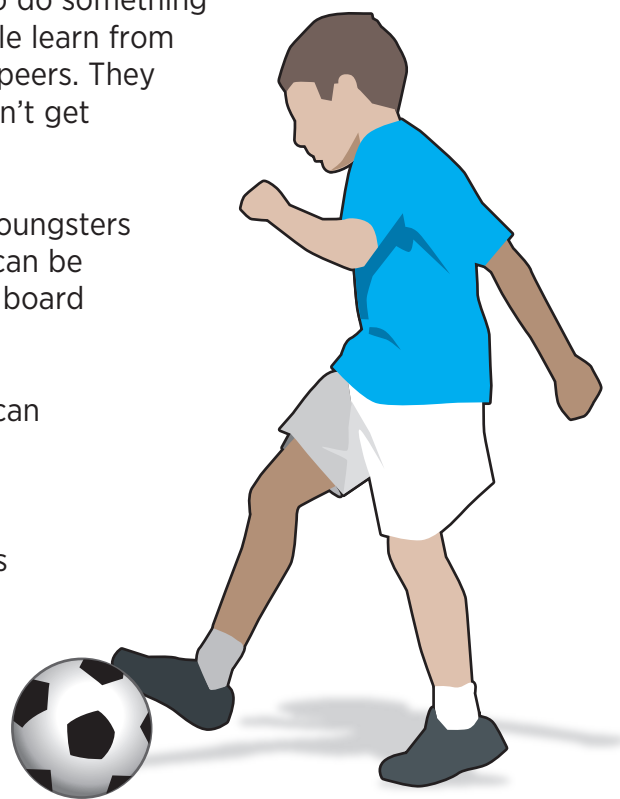
If a young player is making a mistake, we feel duty bound to do something about it. However, we shouldn't always step in. Young people learn from their mistakes by themselves and from feedback from their peers. They don't want or need an adult telling them every time they don't get something right, or as good as it should be – they know!

You may notice as you start coaching young children that youngsters can be intimidated by corrections. The action of correcting can be counterproductive in itself, with some players not taking on board what they need to change.

There are some things that we must correct. Anything that can harm the player or someone else, such as kicking, punching, verbal abuse or any other sort of foul play. These are non-negotiable. Do not hesitate to blow the whistle to stop play and highlight the actions of the offender, so that everyone is aware of the issue and can learn.

Other areas we might correct are discretionary. Technical errors, such as taking the ball behind the head for a throw-in, for example. More difficult might be decision-making errors such as wrong options. This is problematic because there are often a number of options.

Most people don't like criticism or corrections at all, let alone in front of others, and children are no different. If at all possible, take the player aside on a one-to-one basis to make a comment. If parents are nearby, you might feel it is appropriate to make the point in their presence. One or two words may be enough, but the key is to "talk" and not raise your voice.



## 3. COACH BY GENTLE QUESTIONING

Research shows that learning comes from self-discovery. This means players realise how to solve problems and react to situations by finding their own solutions. Coaches should try to reduce the amount of time they spend "telling" the players what to do. Instead, through questioning, they should look to empower their players.

To aid good learning the coach needs to communicate well verbally. The choice of words is often not as important as the way they are told. Remember:

- Don't use jargon or sarcasm.
- Promote positive comments.
- Back up criticism with a way forward.
- Keep sentences short.
- Don't make too many points.
- Summarise at the end – some players may not have understood the first time around.

---

## Gentle questioning

Asking questions is useful because it:

- Gains the attention of the players.
- Lets the coach learn what the players know.
- Involves the players in the learning process.
- Allows the players to express their opinions.
- Helps the coach check for understanding.

## Asking the best questions

- Use open questions – questions that cannot be answered with just “yes” or “no”. Start questions with words, like “what”, “how” or “where”.
- Don’t use “why”, because it can be construed as negative.
- Wait for the answer, don’t hurry the player.
- Listen, don’t anticipate the answer. Try not to rephrase the answer once given.

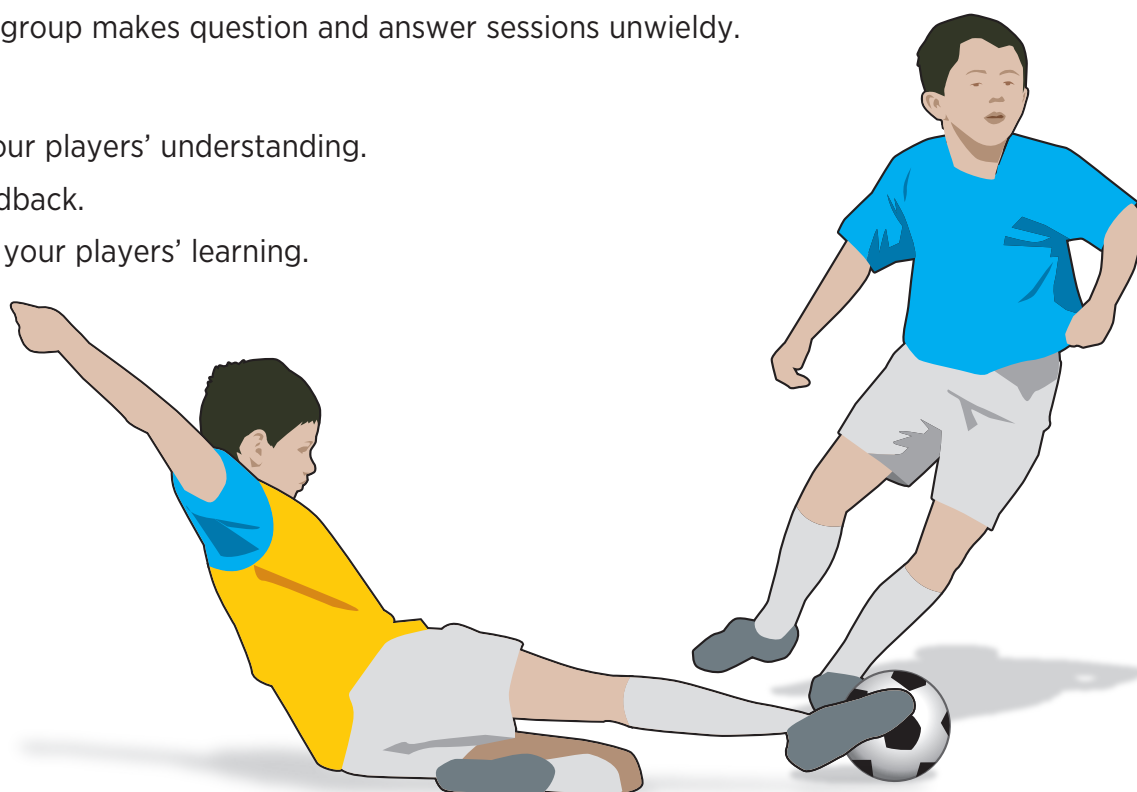
## When to “tell” and when to “question”

Tell when:

- You have a short period of time to get your point across.
- Specific instructions are needed. For instance, health and safety issues or laws of the game.
- A larger group makes question and answer sessions unwieldy.

Question to:

- Check your players’ understanding.
- Gain feedback.
- Improve your players’ learning.



# USING YOUR EASICOACH ACTIVITIES AND GAMES

## 6 STEPS TO EASICOACH SUCCESS

1. Find the activity and game you need.
2. Look at the pictures and read the text.
3. Check what equipment you'll need when you get to the club.
4. Take the book to training.
5. Set up your activity.
6. EasiCoach it!

The second page is a game that will enable your players to put into practise what they learned in the activity

Each game is explained clearly, giving you all the elements required to run the game successfully

The first page is the activity. The title tells you the skill that the players will develop by doing this activity

The age group the activity has been written for along with the skills category that the activity belongs to and its place in that category

The name of the activity – you can tell this to your players: "Today we're going to play..."

CALL OUT gives you some key phrases to tell your players as they do the activity, to help them understand what they should be doing and how they should be doing it

Each activity is explained simply and clearly, step by step

Detailed illustrations show how the skills should be performed

HOW MANY PLAYERS DO I NEED tells you the ideal number of players required to run the activity so that you adapt to the number players who arrive at training

GAME PLAY gives you the vital elements of the game that you should look out for in your players

The diagrams show you what the activity should look like on the pitch. There might be one, two or three diagrams – whatever makes it easiest for you to understand

The KEY helps you understand the diagram – which way the players are running and where the ball is going



# EasiCoach

SOCCER SKILLS ACTIVITIES

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## U9

### BALL CONTROL



## Pass to a team mate using both feet

### ACTIVITY: PASSING IN PAIRS USING BOTH FEET

#### CALL OUT

“Look to where the pass is going” • “Use the inside of the foot or the laces” •  
“Use the outside foot on each pass”

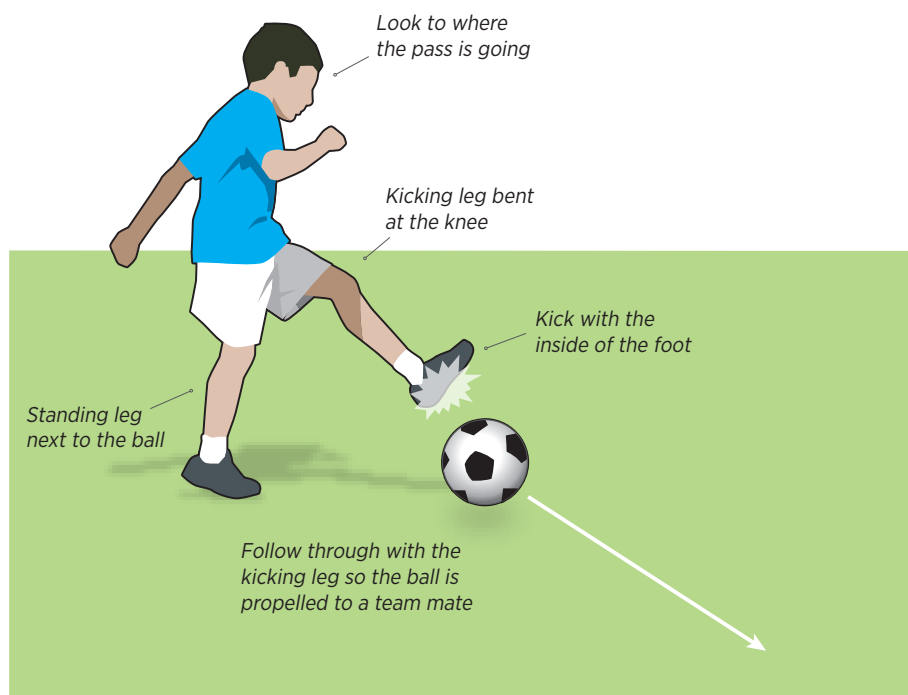
**1** Set out three cones so that they form two gates side by side. Put a player either side of the cones so they are standing 3 yards apart.

**2** Give the pair a ball and get them to pass to each other through the gates in turn. They must use the right foot to pass through the right gate and the left foot to pass through the left gate.

**3** Players move side to side, alternating the passes through the left and right gates.

**4** Make sure the players are putting the effort in with both feet, it isn't very far to pass and they should have no problem kicking the ball, even if it feels a bit awkward at first.

### Passing the ball



**5** Remind players that they should be passing with both feet.

### How many players do I need?

Players work in pairs but odd numbers can easily be worked into the activity by changing the pairs round regularly.

Key	Player movement	Ball movement
	--->	→
	--->	→
	--->	→

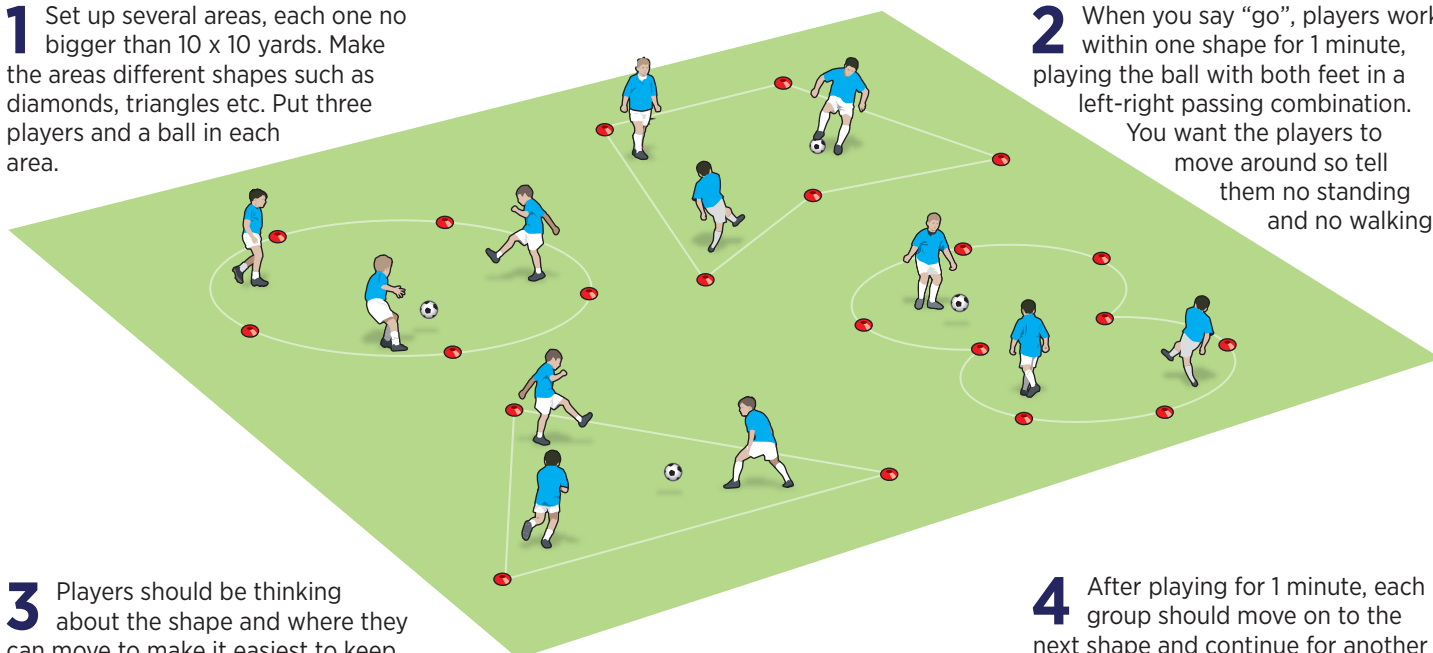
# Pass to a team mate using both feet

## GAME: PASSING SHAPES

### CALL OUT

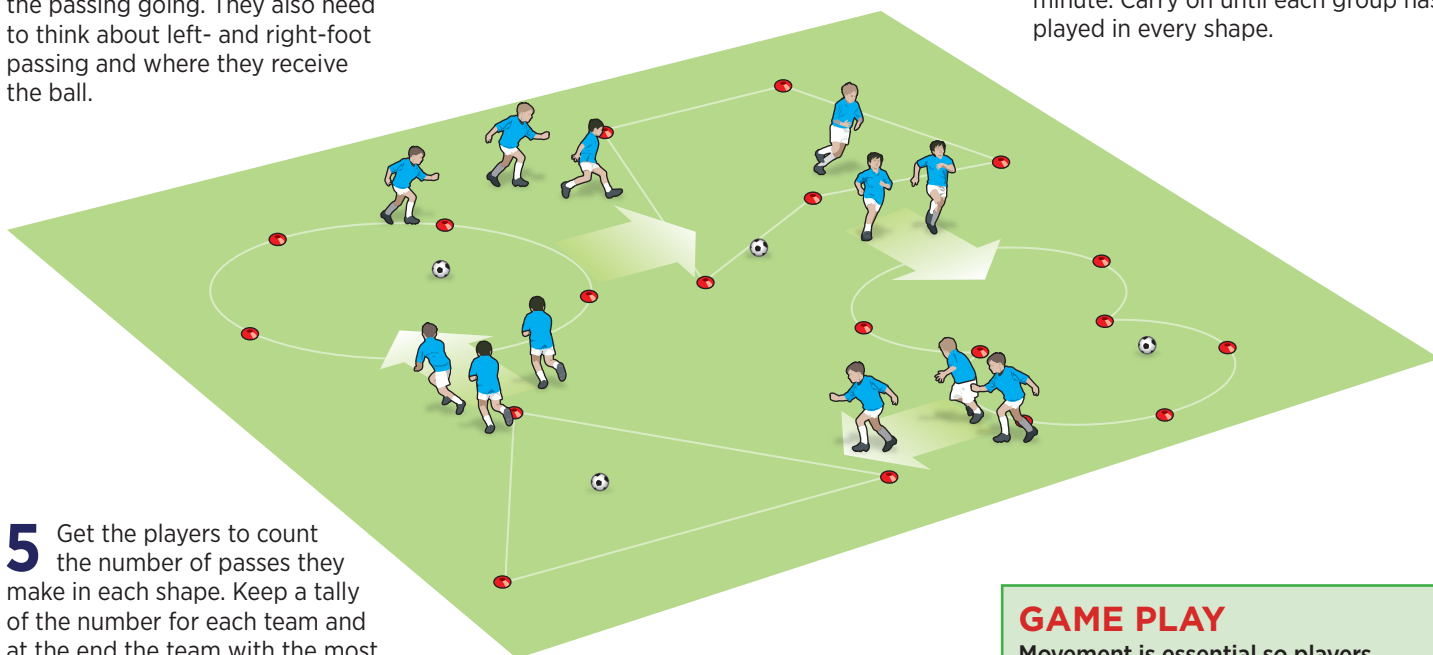
“Look to where the pass is going” • “Use the inside of the foot or the laces” •  
“Use the outside foot on each pass”

**1** Set up several areas, each one no bigger than 10 x 10 yards. Make the areas different shapes such as diamonds, triangles etc. Put three players and a ball in each area.



**2** When you say “go”, players work within one shape for 1 minute, playing the ball with both feet in a left-right passing combination. You want the players to move around so tell them no standing and no walking.

**3** Players should be thinking about the shape and where they can move to make it easiest to keep the passing going. They also need to think about left- and right-foot passing and where they receive the ball.



**4** After playing for 1 minute, each group should move on to the next shape and continue for another minute. Carry on until each group has played in every shape.

**5** Get the players to count the number of passes they make in each shape. Keep a tally of the number for each team and at the end the team with the most passes wins.

### GAME PLAY

Movement is essential so players develop their passing.

Fun element is the number of passes and the winning/losing scenario.

### How many players do I need?

Players work in threes.

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>

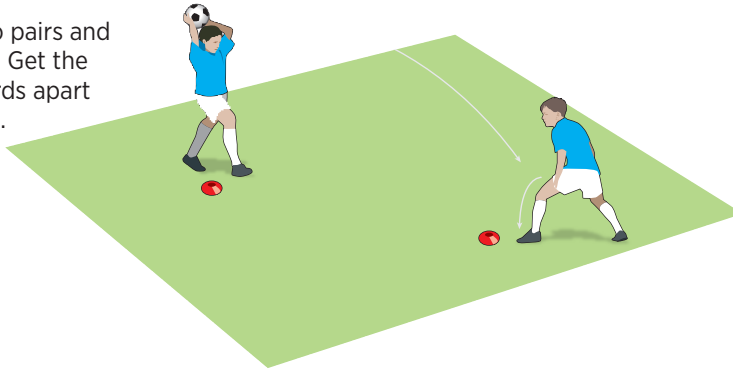
# Receive and control the ball

**ACTIVITY: CUSHION CONTROL IN PAIRS**

**CALL OUT**

“Call for the ball” • “Keep your eyes on the ball” • “Use the inside of the foot to cushion and stop the ball or use part of your body”

**1** Split your squad into pairs and give each pair a ball. Get the players to stand two yards apart (use cones if necessary).

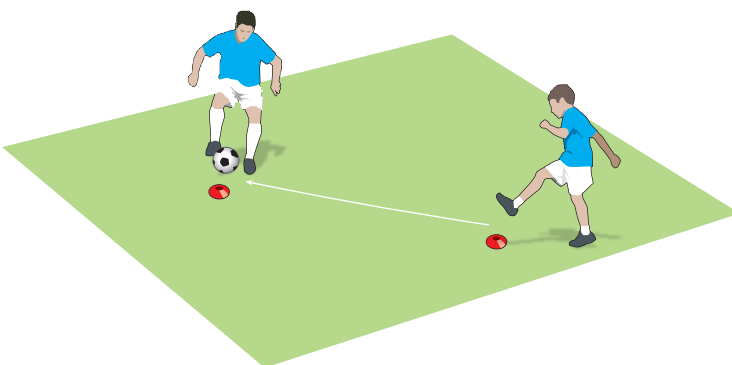


**2** The first player throws the ball to his partner so that he has to use part of his body, either his chest or thigh, to control the ball.

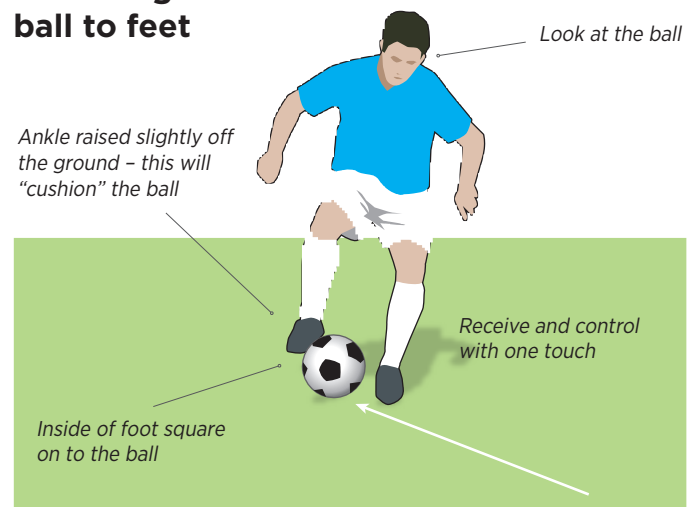
## Controlling the ball on the thigh



**3** The player receiving the ball must cushion it with his body so that it drops and lands at his feet. He must then control the ball before passing back to his partner.



## Receiving the ball to feet



**4** The thrower must receive the pass by stopping it with his foot and controlling it before picking it up again and throwing it. Swap thrower and receiver every five goes.

### How many players do I need?

Players work in pairs so you can use as many as you need – if you have an odd number, swap players in and out.

Key	Player movement	Ball movement
	--->	→
	--->	Shot

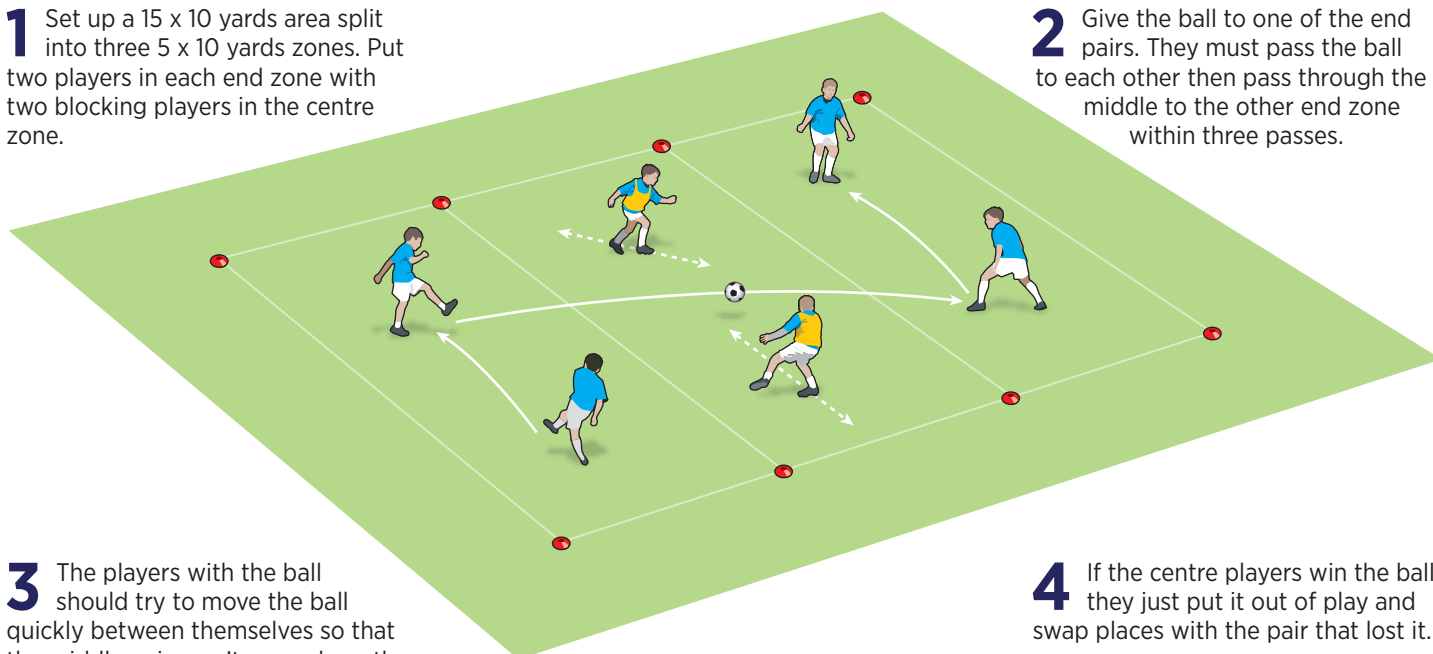
# Receive and control the ball

## GAME: SPLIT PAIRS TO RECEIVE

### CALL OUT

“Call for the ball” • “Keep your eyes on the ball” • “Use the inside of the foot to cushion and stop the ball or use part of your body”

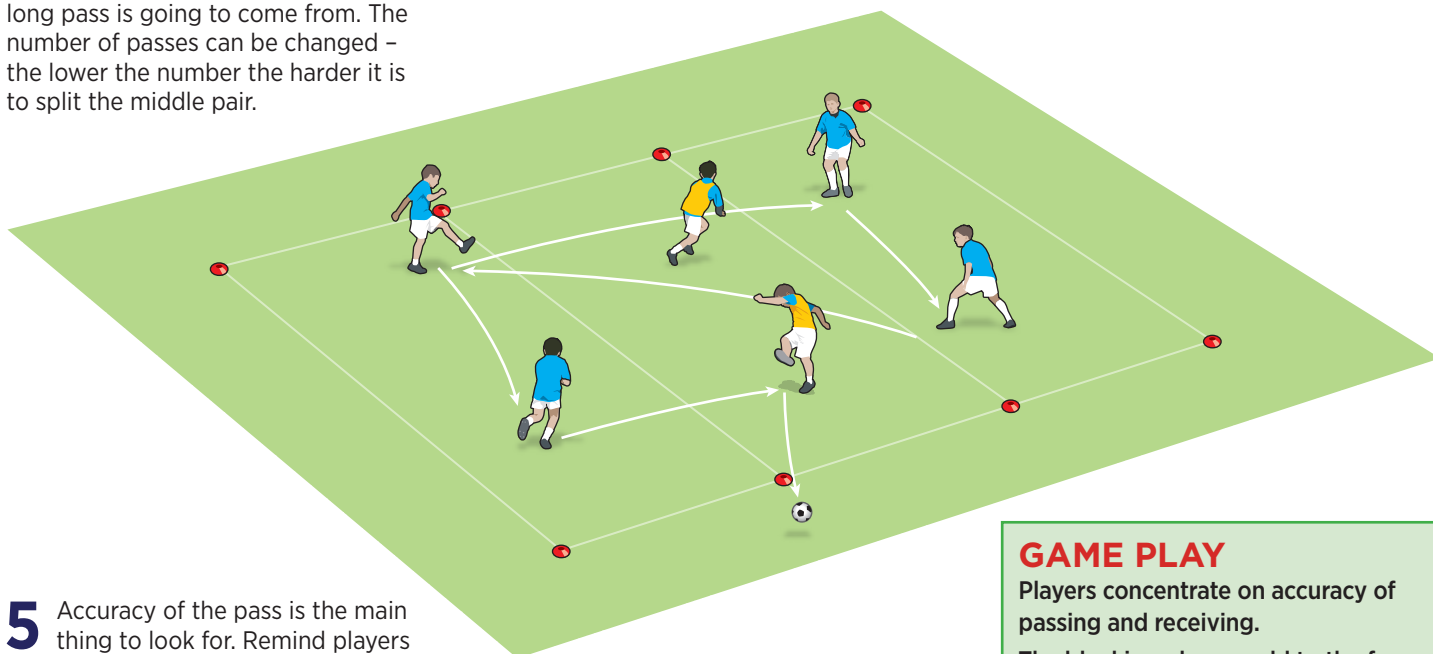
**1** Set up a 15 x 10 yards area split into three 5 x 10 yards zones. Put two players in each end zone with two blocking players in the centre zone.



**2** Give the ball to one of the end pairs. They must pass the ball to each other then pass through the middle to the other end zone within three passes.

**3** The players with the ball should try to move the ball quickly between themselves so that the middle pair aren't sure where the long pass is going to come from. The number of passes can be changed – the lower the number the harder it is to split the middle pair.

**4** If the centre players win the ball they just put it out of play and swap places with the pair that lost it.



**5** Accuracy of the pass is the main thing to look for. Remind players to look where the pass is going and to pass with the inside of the foot.

### GAME PLAY

Players concentrate on accuracy of passing and receiving.

The blocking players add to the fun of the game.

Accuracy of the passing is a key element.

### How many players do I need?

This game uses six players but different numbers will work (3v3v3 etc).

Key	Player movement	Ball movement
	Run with the ball	Shot

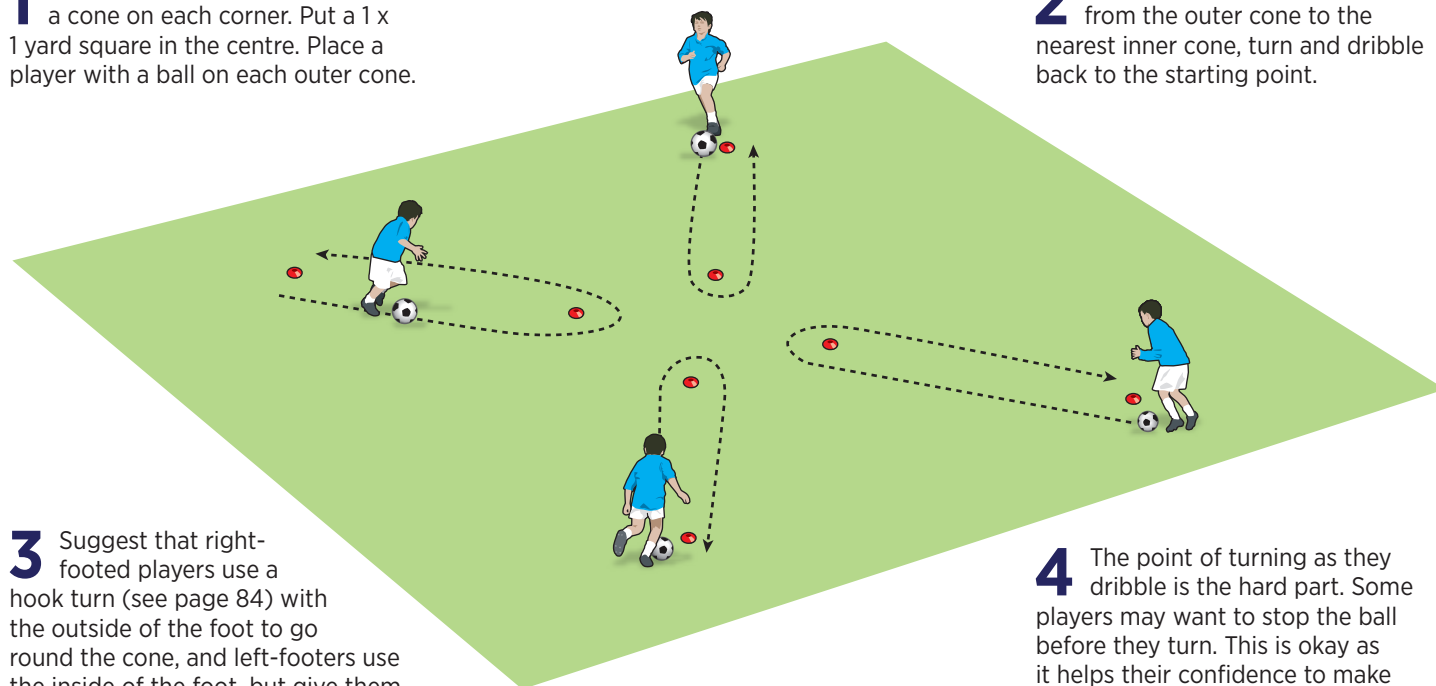
## Dribble the ball 5 yards and turn

### ACTIVITY: TURNING SQUARE

#### CALL OUT

“Keep your eyes on the ball” • “Look up to see where the cone is” • “Look up often as you dribble” • “Turn using the inside or outside of the foot”

**1** Set up a 6 x 6 yards area with a cone on each corner. Put a 1 x 1 yard square in the centre. Place a player with a ball on each outer cone.

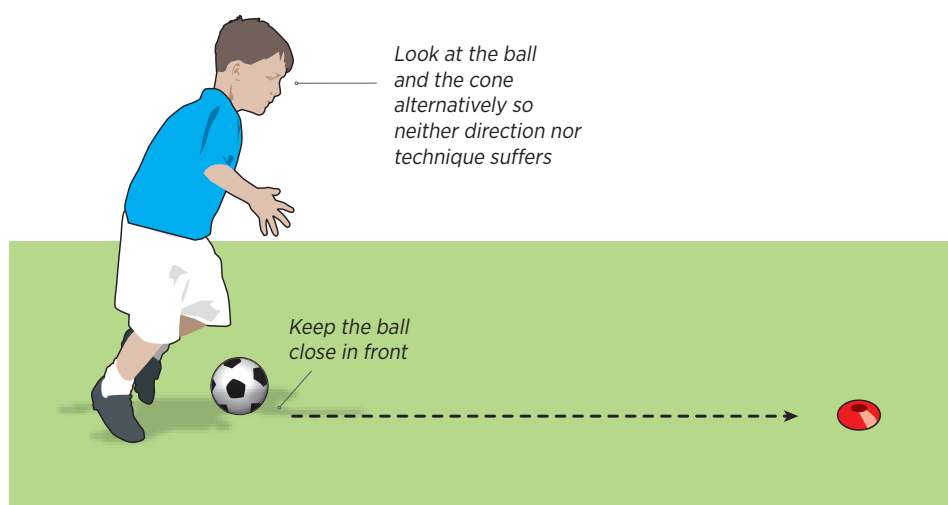


**2** When you say go, players dribble from the outer cone to the nearest inner cone, turn and dribble back to the starting point.

**3** Suggest that right-footed players use a hook turn (see page 84) with the outside of the foot to go round the cone, and left-footers use the inside of the foot, but give them free reign to get around the cone the best way they can at first.

**4** The point of turning as they dribble is the hard part. Some players may want to stop the ball before they turn. This is okay as it helps their confidence to make the turn.

### Dribbling the ball



#### How many players do I need?

This activity needs at least four players, but you can line up players on each corner.

Key	Player movement	Ball movement
	--->	→
	--->	→



# Dribble the ball 5 yards and turn

**GAME: BOX TO BOX**

**CALL OUT**

“Keep your eyes on the ball” • “Look up to see where the cone is” • “Look up often as you dribble” • “Turn using the inside or outside of the foot”

**1** In a 25 x 15 yards area put a 10 x 10 yards square at one end and two 5 x 5 yards squares in the opposite corners.

**2** Start with five players in the big square, each dribbling around with a ball. They must be on the move but stay in the square. Put three more players between the large square and the small squares.

**3** When you say “go”, each dribbler aims to dribble his ball from the big square into one of the smaller squares. The three middle players must try to win the balls from the dribblers.

**4** In this game dribblers need to be alert to the chance for getting out of the big square and into one of the smaller squares. Players can go when they want but they must do so within a 30 second time frame.

**5** Remind the players they should be looking for a chance to dribble and that they should look at the ball and control it with the inside of the foot.

**GAME PLAY**  
Players concentrate on accuracy of dribbling.  
The tackling players just knock the ball away if they win it.  
Turning away from danger while controlling the ball is key.

**How many players do I need?**

This game uses eight players but different numbers will work.

Key	Player movement	Ball movement
	Run with the ball	Shot

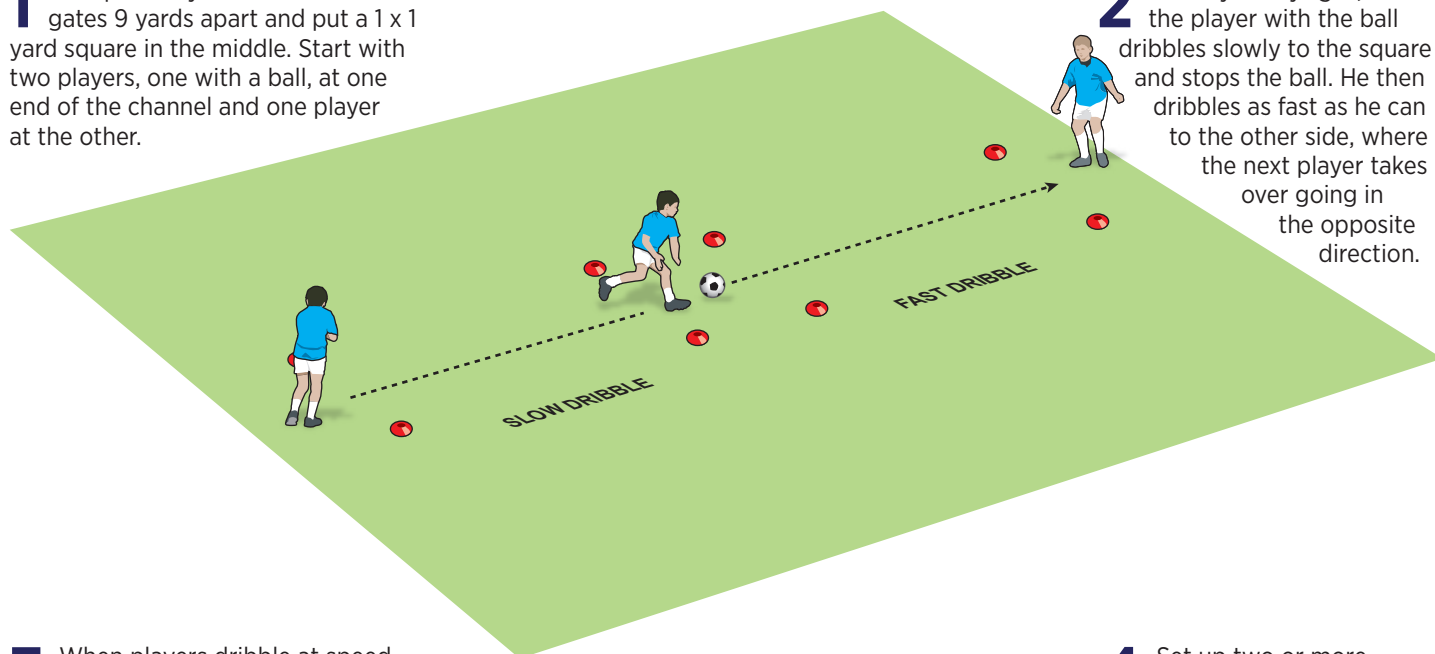
# Dribble the ball and change speed

## ACTIVITY: CHANNEL CHALLENGE

### CALL OUT

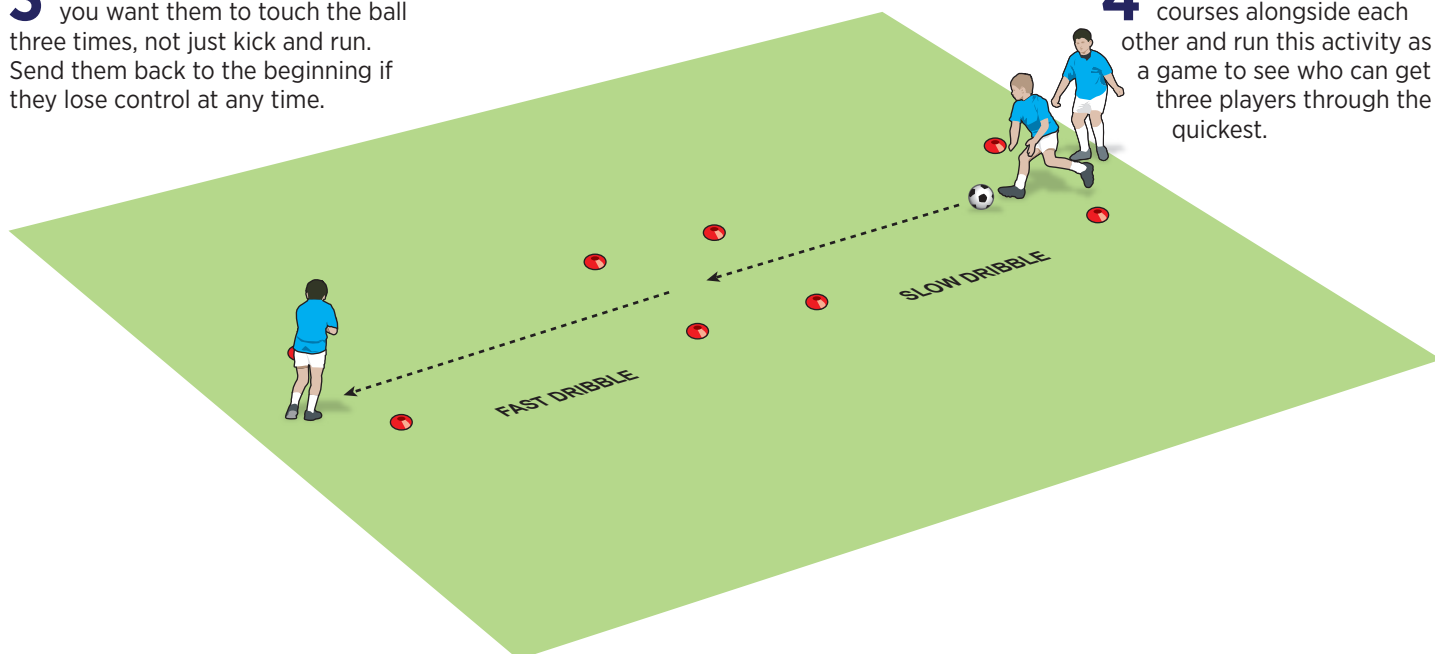
“Look at the ball for coordination” • “Look up often when dribbling” • “Speed up to beat the defender”

**1** Set up two 1 yard wide coned gates 9 yards apart and put a 1 x 1 yard square in the middle. Start with two players, one with a ball, at one end of the channel and one player at the other.



**2** When you say “go”, the player with the ball dribbles slowly to the square and stops the ball. He then dribbles as fast as he can to the other side, where the next player takes over going in the opposite direction.

**3** When players dribble at speed you want them to touch the ball three times, not just kick and run. Send them back to the beginning if they lose control at any time.



**4** Set up two or more courses alongside each other and run this activity as a game to see who can get three players through the quickest.

### How many players do I need?

This game needs three players to work.

Key	Player movement	Ball movement
	--->	→
	--->	→
	--->	→

U9 | BALL CONTROL 4

## Dribble the ball and change speed

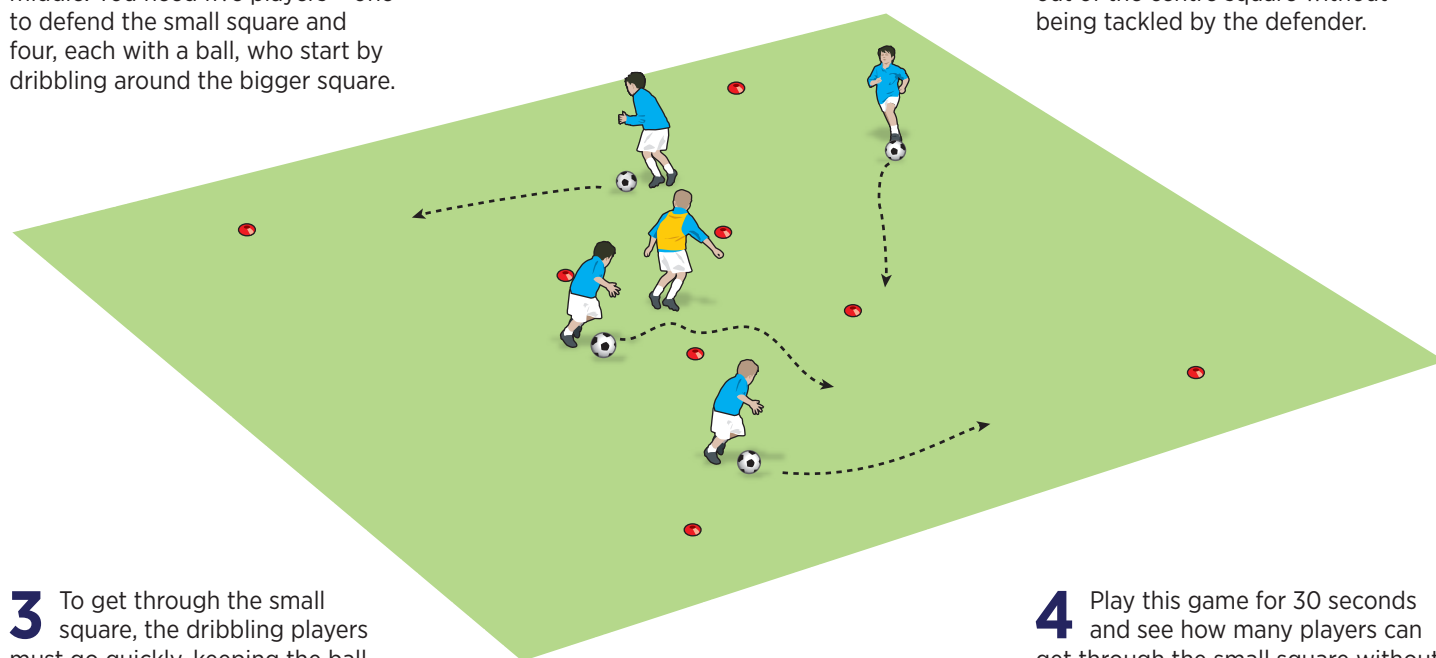
**GAME: BEAT THE DEFENDER**

### CALL OUT

“Look at the ball for coordination” • “Look up often when dribbling” • “Speed up to beat the defender”

**1** Set up a 10 x 10 yards area with a 5 x 5 yards square in the middle. You need five players – one to defend the small square and four, each with a ball, who start by dribbling around the bigger square.

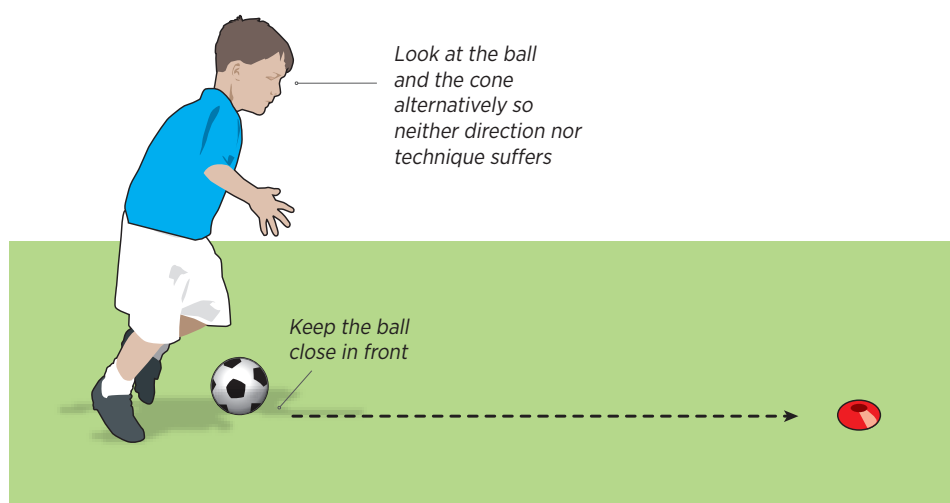
**2** The aim is for the dribbling players to quickly get into and out of the centre square without being tackled by the defender.



**3** To get through the small square, the dribbling players must go quickly, keeping the ball under control as they speed through the square.

**4** Play this game for 30 seconds and see how many players can get through the small square without being tackled. Give players a point for getting through and give the defender a point if he can knock the ball away.

### Dribbling the ball



### GAME PLAY

Players concentrate on accuracy of dribbling.  
The tackling players must concentrate on stealing the ball.  
Keep balls under control after getting through the small square.

### How many players do I need?

This game uses five players but different numbers will work.

Key	Player movement	Ball movement
	----->	----->
	Run with the ball	Shot
	----->	----->

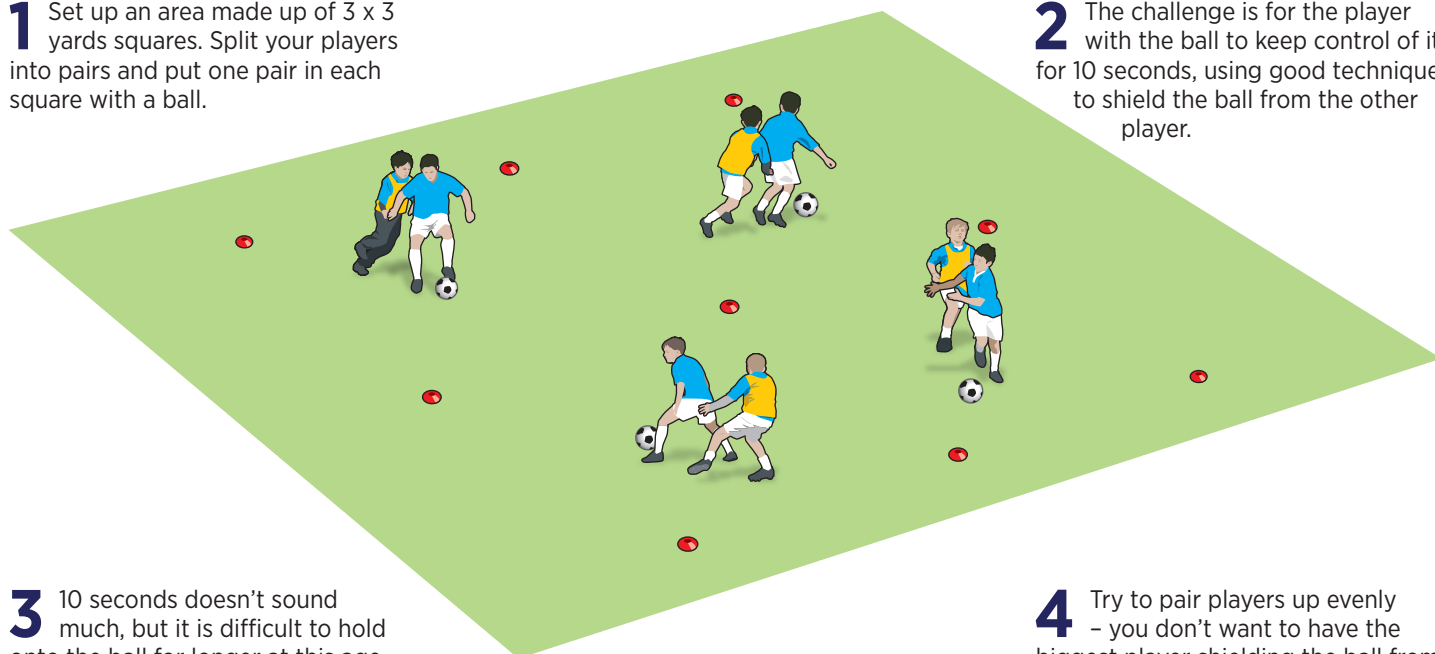
## Shielding the ball

### ACTIVITY: 10 SECOND CHALLENGE

#### CALL OUT

“Keep your body between ball and opponent” • “Use touch to keep opponent at arms length” • “Keep the ball close to you”

**1** Set up an area made up of 3 x 3 yards squares. Split your players into pairs and put one pair in each square with a ball.



**2** The challenge is for the player with the ball to keep control of it for 10 seconds, using good technique to shield the ball from the other player.

**3** 10 seconds doesn't sound much, but it is difficult to hold onto the ball for longer at this age. Please experiment with longer times if you get players easily making the count.

**4** Try to pair players up evenly – you don't want to have the biggest player shielding the ball from the smallest member of the group.

## Shielding the ball



### How many players do I need?

Players work in pairs.

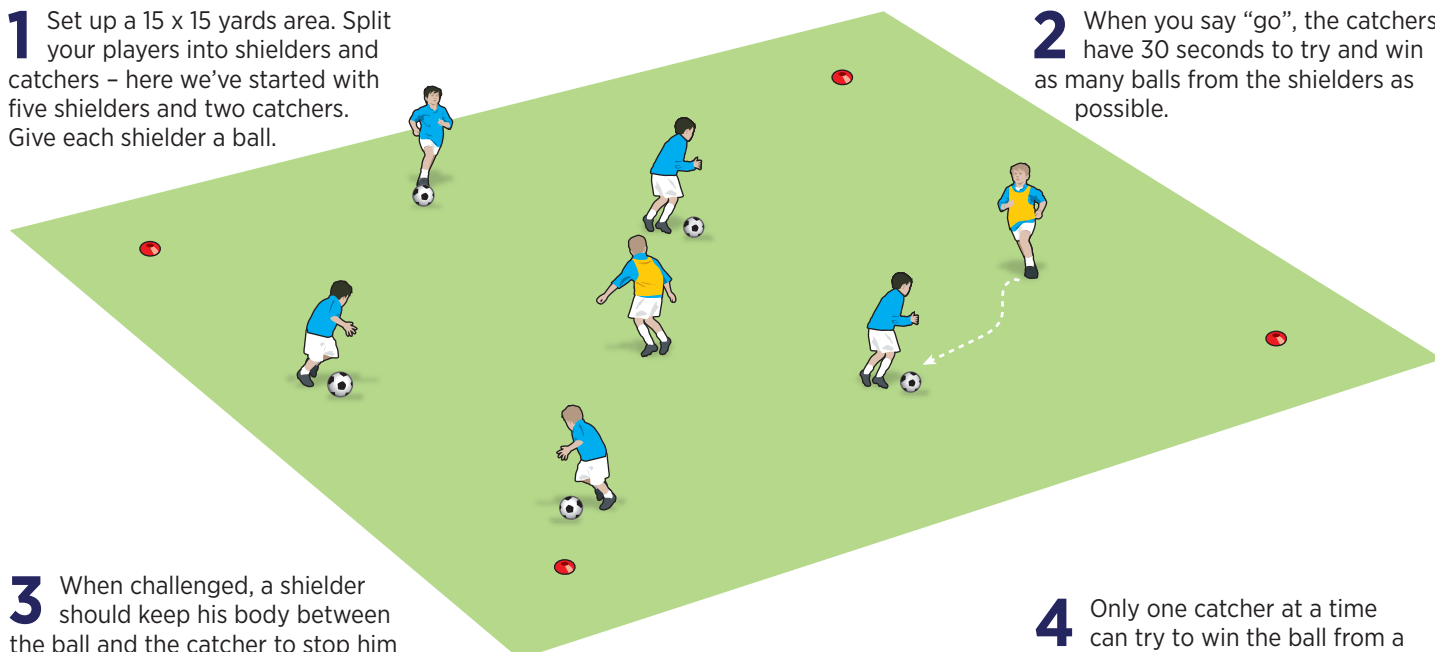
Key	Player movement	Ball movement
	--->	—>
	--->	—>

# Shielding the ball

**GAME: KEEP IT SAFE**

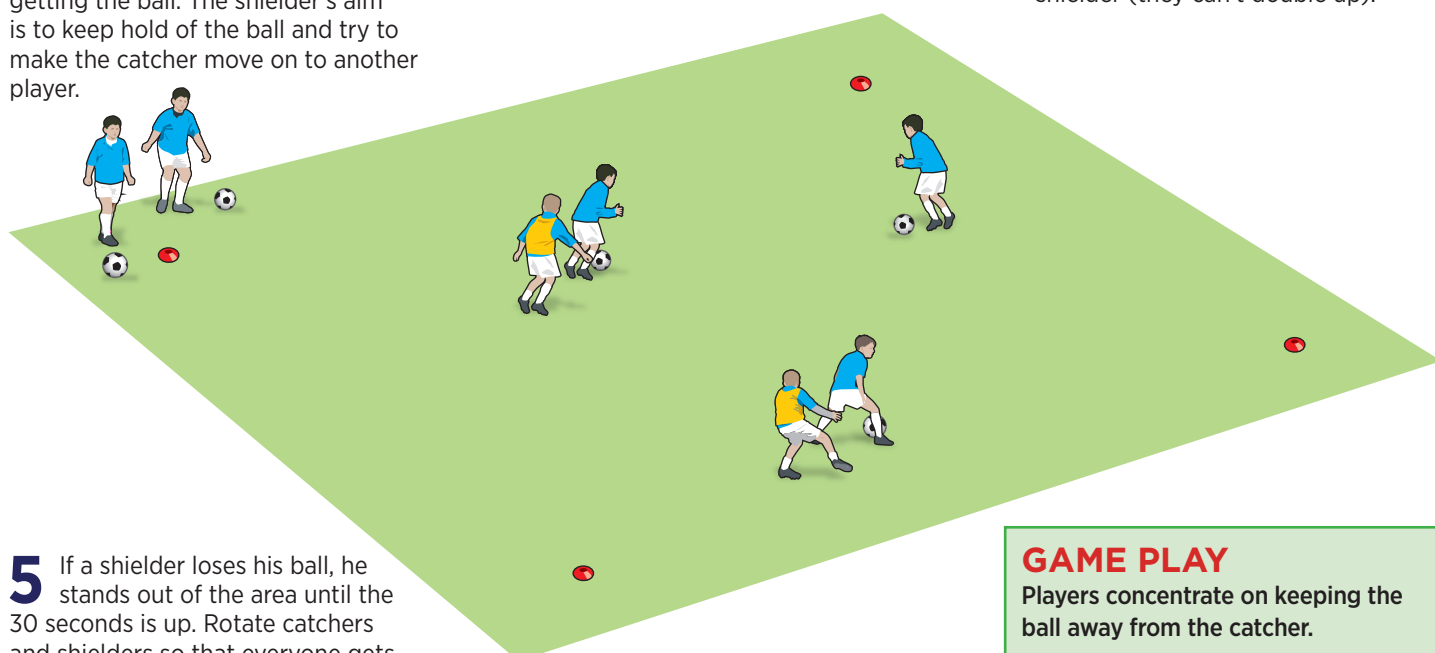
**CALL OUT** "Keep your body between ball and opponent" • "Use touch to keep opponent at arms length" • "Keep the ball close to you"

**1** Set up a 15 x 15 yards area. Split your players into shielders and catchers – here we've started with five shielders and two catchers. Give each shielder a ball.



**2** When you say "go", the catchers have 30 seconds to try and win as many balls from the shielders as possible.

**3** When challenged, a shielder should keep his body between the ball and the catcher to stop him getting the ball. The shielder's aim is to keep hold of the ball and try to make the catcher move on to another player.



**4** Only one catcher at a time can try to win the ball from a shielder (they can't double up).

**5** If a shielder loses his ball, he stands out of the area until the 30 seconds is up. Rotate catchers and shielders so that everyone gets opportunities in both roles.

**GAME PLAY**  
 Players concentrate on keeping the ball away from the catcher.  
 Simple movements with the foot will keep the ball under control.  
 Watch out for a second catcher on the other side.

## How many players do I need?

You need players to keep the ball and players to try and steal it. We used seven players in the game but you can experiment.

Key	Player movement	Ball movement
	----->	----->
	Run with the ball	Shot
	----->	----->



# EasiCoach

SOCCER SKILLS ACTIVITIES

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## U9

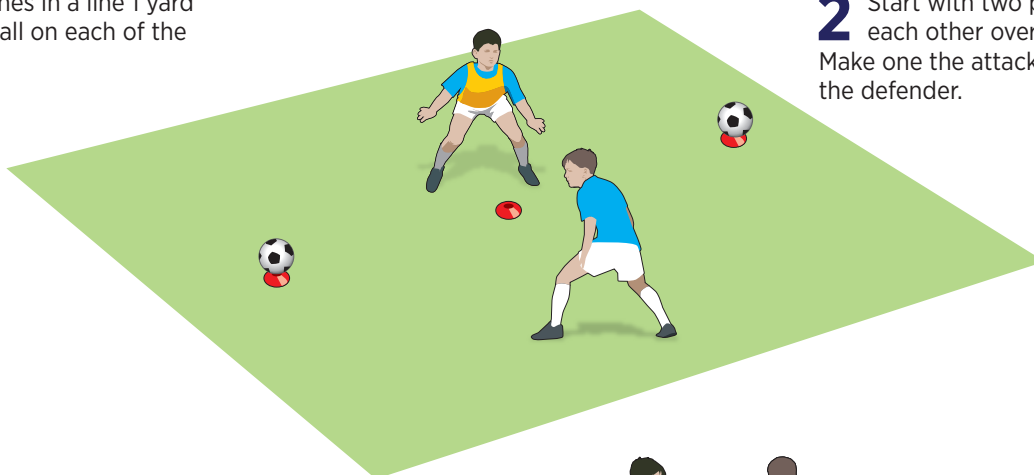
### ATTACKING

# Beat a player 1v1

**ACTIVITY: MIRROR MOVEMENTS TO CONE**

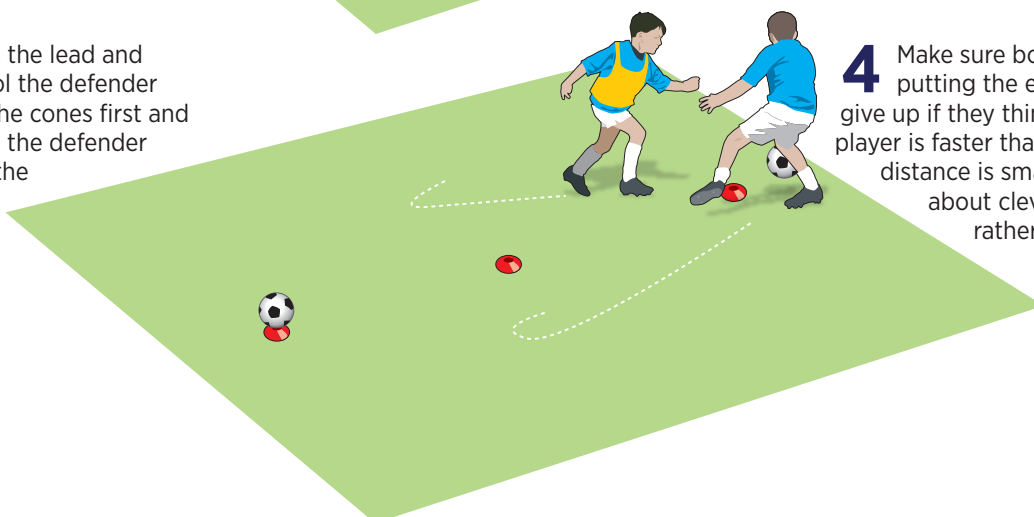
**CALL OUT** "Keep your balance" • "Trick your partner" • "Make a decision and go for the ball"

**1** Set up three cones in a line 1 yard apart. Place a ball on each of the two end cones.



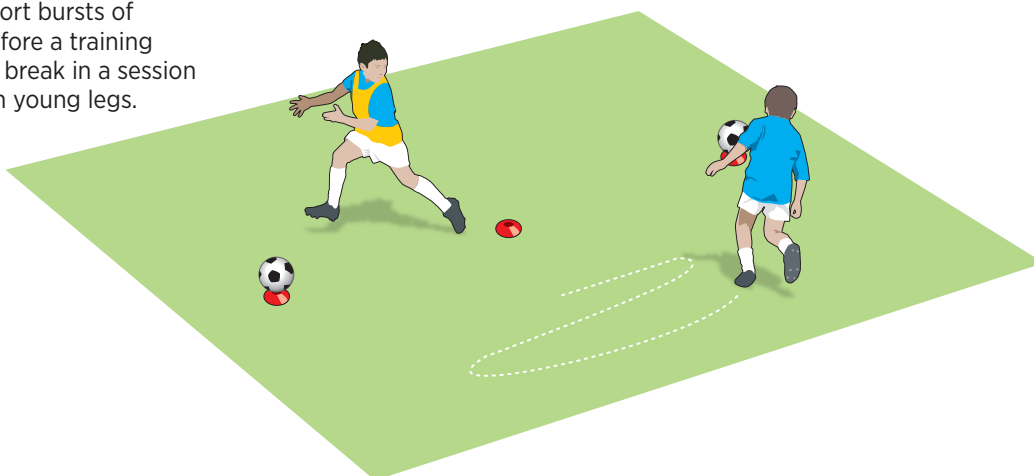
**2** Start with two players facing each other over the middle cone. Make one the attacker and the other the defender.

**3** The attacker is the lead and must try to fool the defender and get to one of the cones first and knock the ball off - the defender must try to mirror the movement and get there first.



**4** Make sure both players are putting the effort in and don't give up if they think the other player is faster than them - the distance is small and it is all about clever movement rather than speed.

**5** Run this for short bursts of 30 seconds before a training session or during a break in a session as it can be hard on young legs.



## How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	Run with the ball	Shot



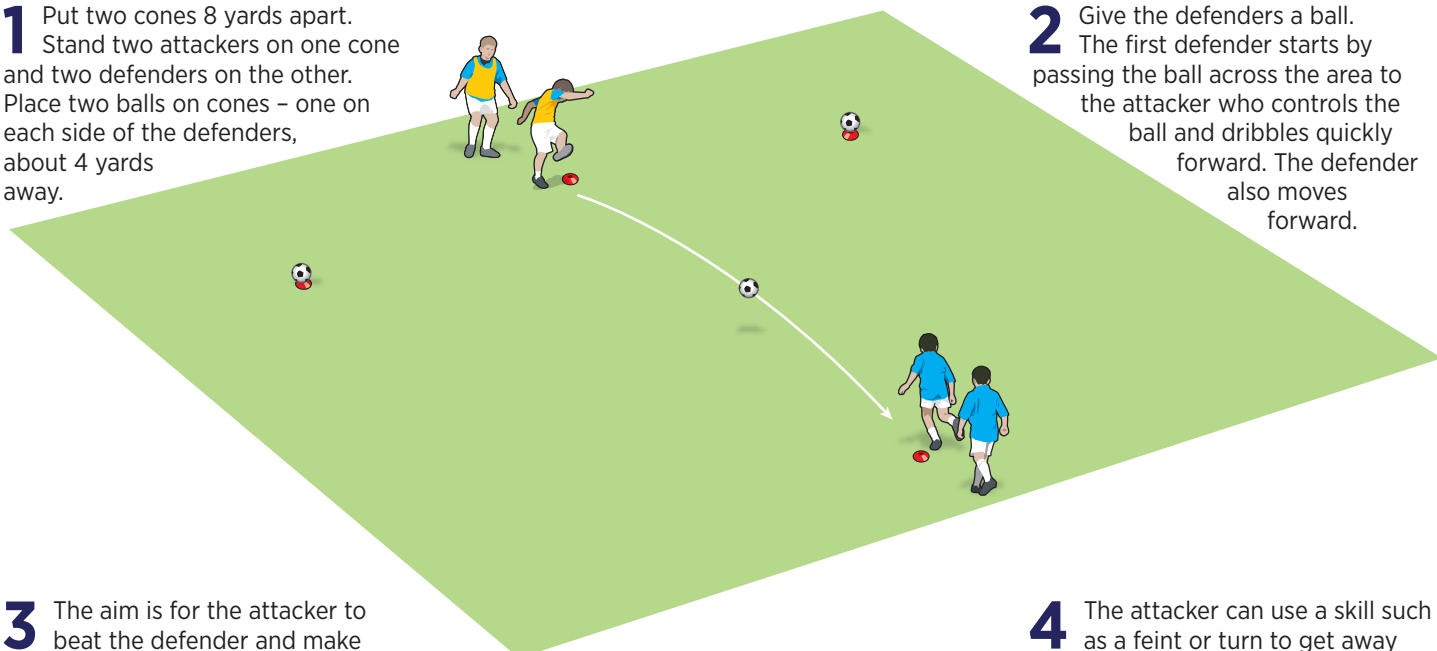
U9 | ATTACKING 1

# Beat a player 1v1

**GAME: CHOOSE YOUR TARGET**

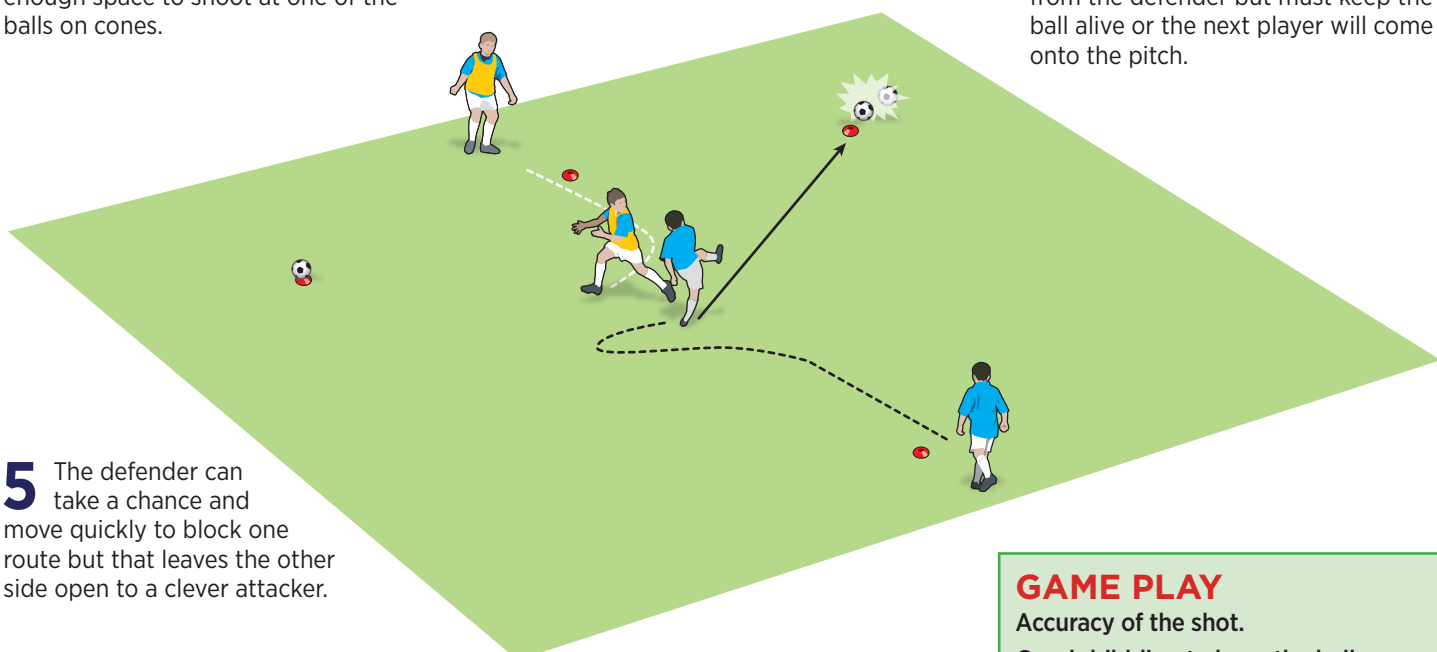
**CALL OUT** "Keep your balance" • "Trick your partner" • "Make a decision and go for the ball"

**1** Put two cones 8 yards apart. Stand two attackers on one cone and two defenders on the other. Place two balls on cones – one on each side of the defenders, about 4 yards away.



**2** Give the defenders a ball. The first defender starts by passing the ball across the area to the attacker who controls the ball and dribbles quickly forward. The defender also moves forward.

**3** The aim is for the attacker to beat the defender and make enough space to shoot at one of the balls on cones.



**4** The attacker can use a skill such as a feint or turn to get away from the defender but must keep the ball alive or the next player will come onto the pitch.

**5** The defender can take a chance and move quickly to block one route but that leaves the other side open to a clever attacker.

**6** When a move comes to an end, the next players come on. Give each player five goes in each position and count how many balls each one hits to see who wins.

**GAME PLAY**  
Accuracy of the shot.  
Good dribbling to keep the ball active.  
Defenders can read the body language of the attacker.

## How many players do I need?

Players work in fours – there will be a lot of ball retrieving so you may need a helper to gather up the loose ones.

Key	Player movement	Ball movement
	Run with the ball	Shot

# Dribble forward and shoot

## ACTIVITY: DRIBBLE AND SHOOT CIRCUIT

### CALL OUT

“Look at the ball then look up when dribbling” • “Work quickly but don’t go too fast and miscontrol the ball” • “Accuracy is more important than power”

**1** Set up a 10 x 10 yards area with target goals at each end. Use cones to mark out a shooting gate at each end of the pitch, as shown.

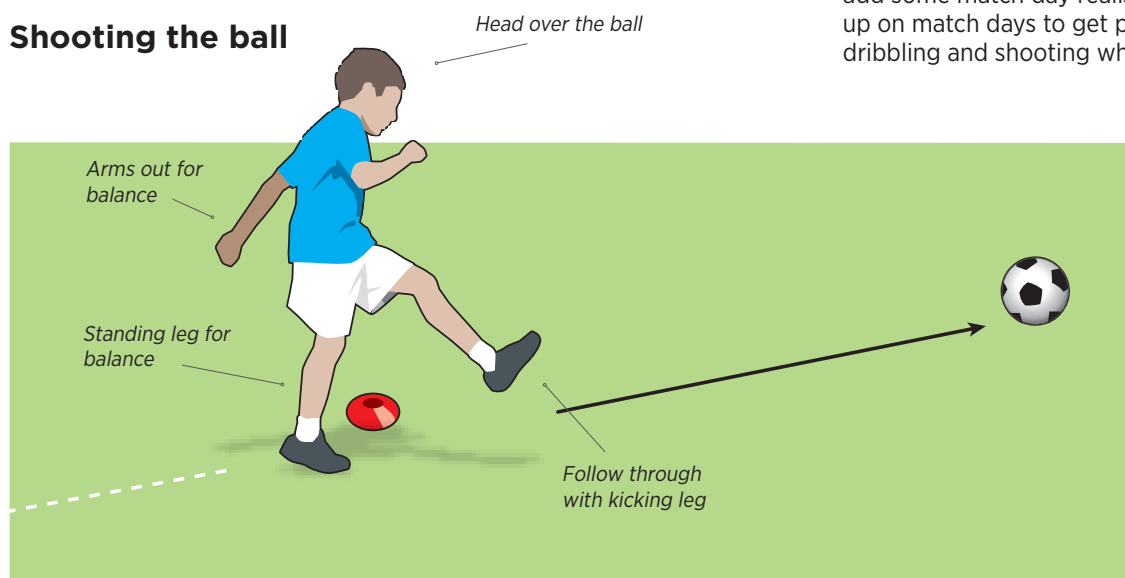
**2** Start with three players, each with a ball, lined up alongside each of the goals. The players take turns to dribble up the pitch and shoot at the goal through the gate. After shooting they run round behind the goal and join the back of the opposite line.

**3** You can change the size and position of the shooting gate to reflect how well your team can keep the activity going – if your players are having trouble, make the gates larger and move the gates to change the angle of shot.

**4** This is unopposed so the technique for this age group should be good – you want players to be aware of the shooting gate and to have the ball in the right position to shoot through the gate easily.

**5** Once the players have done the activity a few times you can change it so that the shooter then turns and defends against the player on the opposite side to add some match day realism. This makes a good warm up on match days to get players into the groove for dribbling and shooting when the game goes live.

### Shooting the ball



### How many players do I need?

Use up to six players.

Key	Player movement	Ball movement
	Run with the ball	Shot

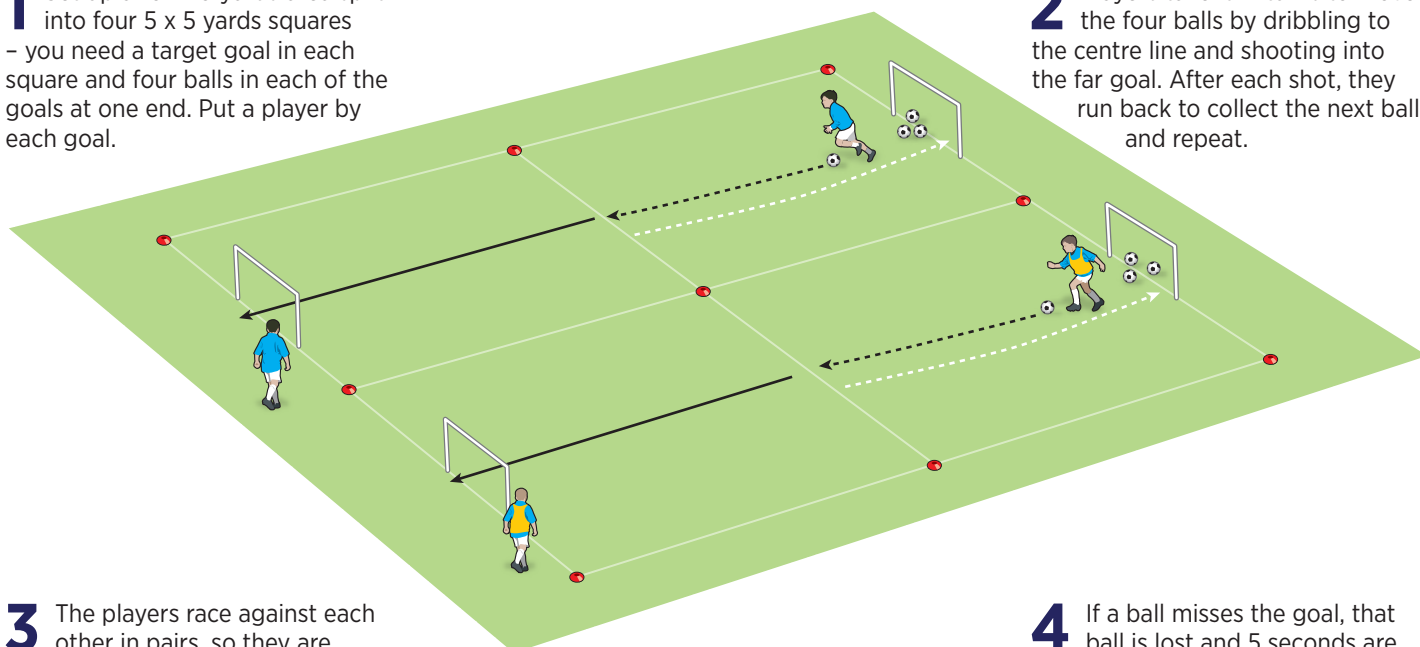
U9 | ATTACKING 2

# Dribble forward and shoot

**GAME: HIT THE TARGET**

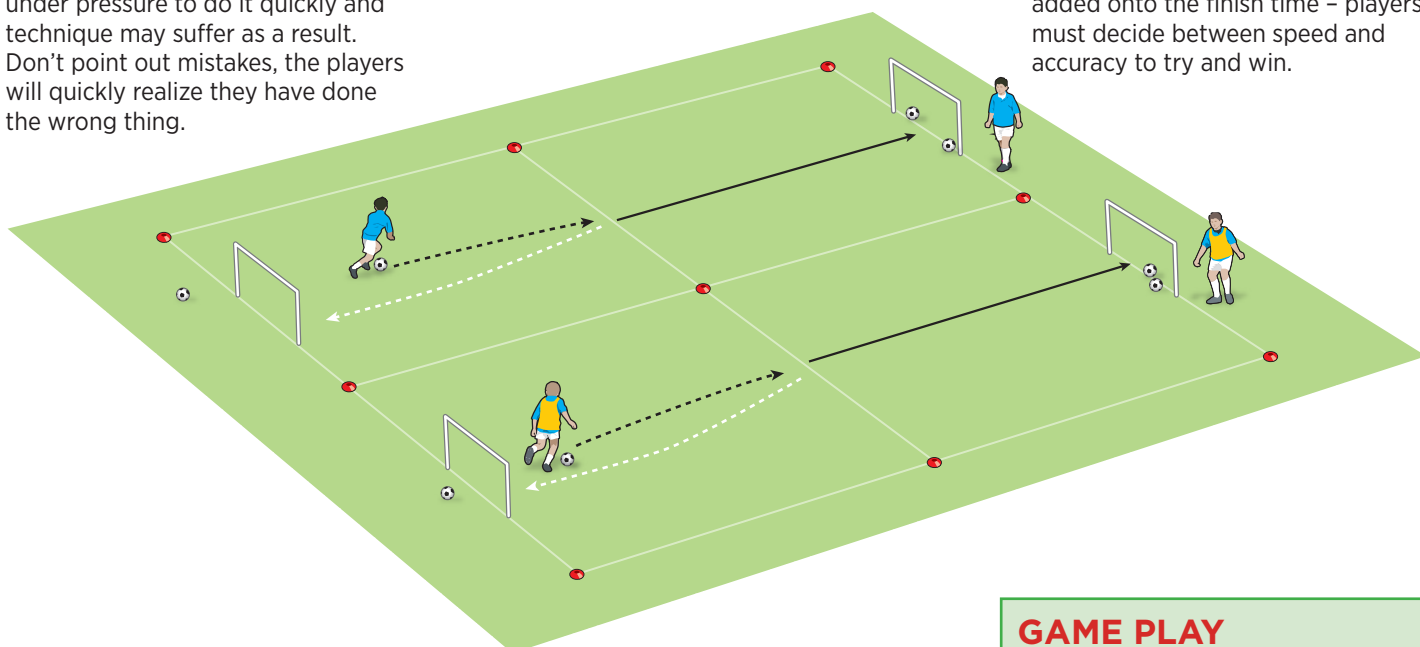
**CALL OUT** "Look at the ball then look up when dribbling" • "Work quickly but don't go too fast and miscontrol the ball" • "Accuracy is more important than power"

**1** Set up a 10 x 10 yards area split into four 5 x 5 yards squares – you need a target goal in each square and four balls in each of the goals at one end. Put a player by each goal.



**2** Players take it in turns to move the four balls by dribbling to the centre line and shooting into the far goal. After each shot, they run back to collect the next ball and repeat.

**3** The players race against each other in pairs, so they are under pressure to do it quickly and technique may suffer as a result. Don't point out mistakes, the players will quickly realize they have done the wrong thing.



**4** If a ball misses the goal, that ball is lost and 5 seconds are added onto the finish time – players must decide between speed and accuracy to try and win.

**GAME PLAY**  
Accuracy of the shot.  
Good dribbling for speed.  
Can I keep all the balls in play?

## How many players do I need?

Players work against each other in pairs so you need at least four players.

Key	Player movement	Ball movement
	Run with the ball	Shot

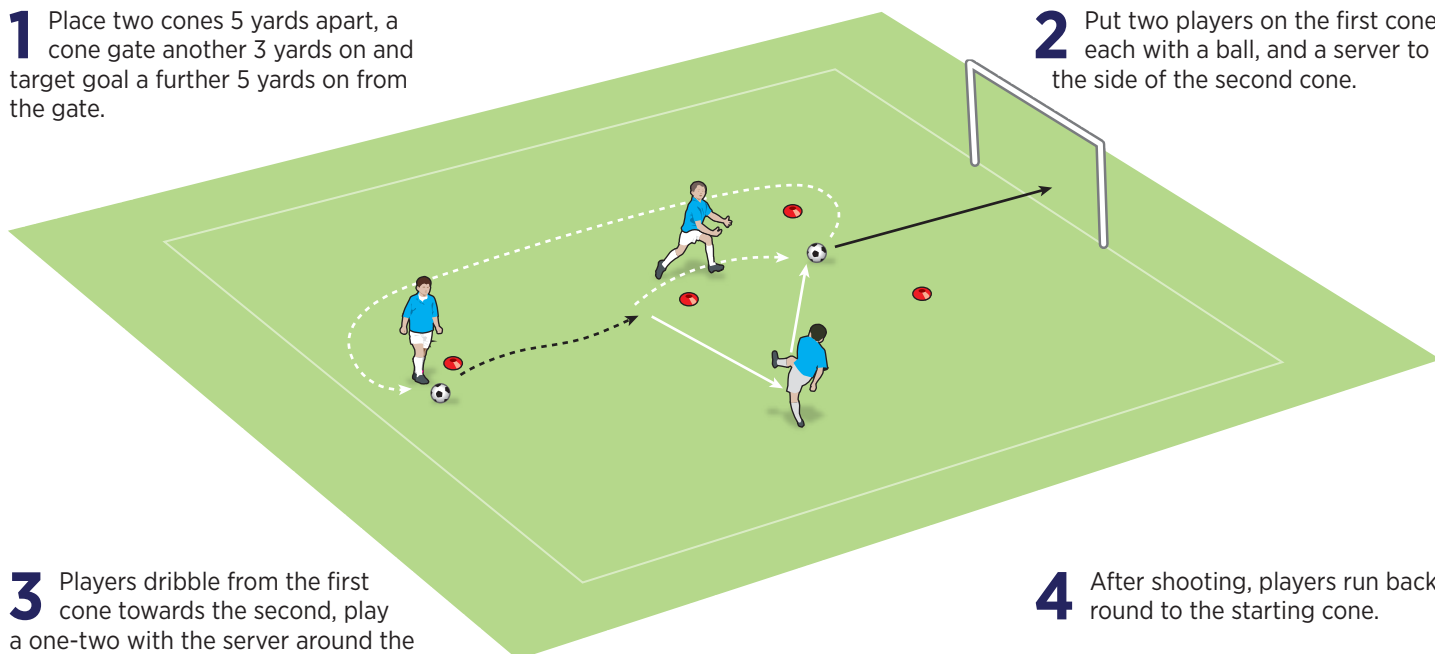
# One-two, pass and shoot

**ACTIVITY: COMBINE TO GOAL**

**CALL OUT** "Use good dribbling technique" • "Pass and move" • "Try to shoot first touch"

**1** Place two cones 5 yards apart, a cone gate another 3 yards on and target goal a further 5 yards on from the gate.

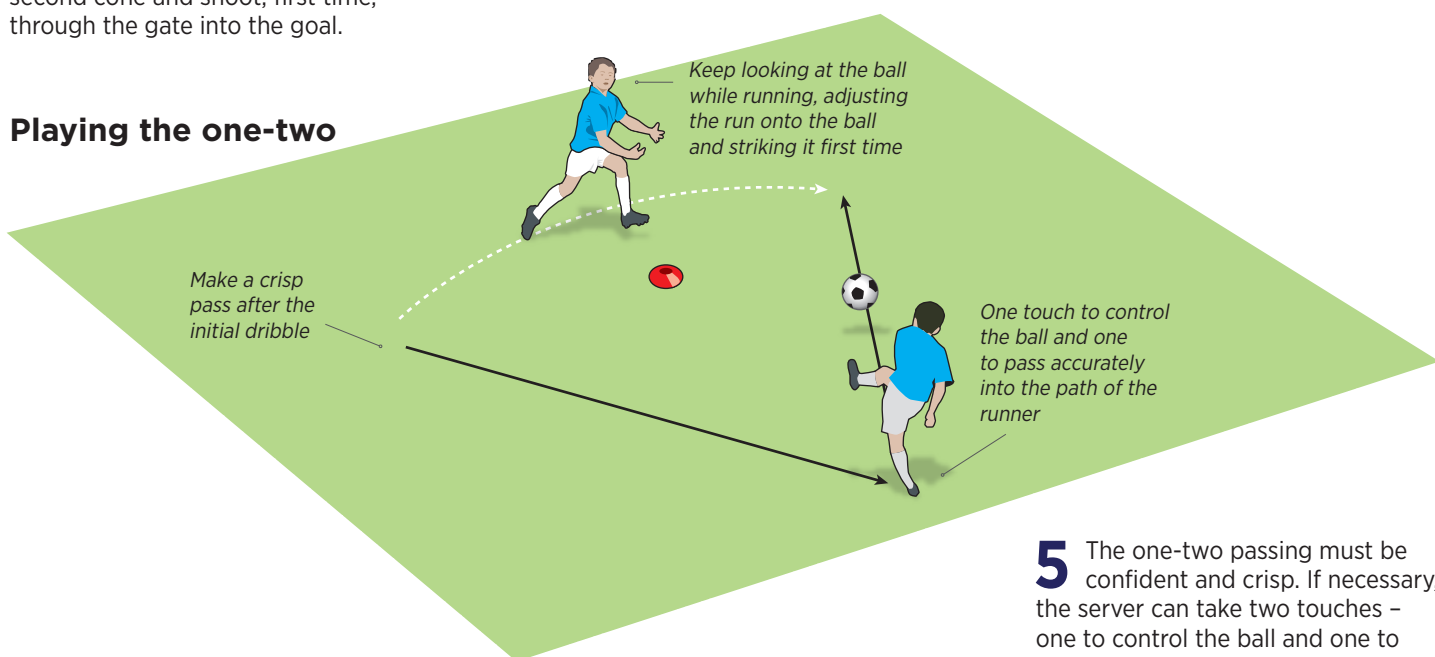
**2** Put two players on the first cone, each with a ball, and a server to the side of the second cone.



**3** Players dribble from the first cone towards the second, play a one-two with the server around the second cone and shoot, first time, through the gate into the goal.

**4** After shooting, players run back round to the starting cone.

## Playing the one-two



**5** The one-two passing must be confident and crisp. If necessary, the server can take two touches – one to control the ball and one to pass the ball back for the working player to run onto.

### How many players do I need?

Players work in threes.

Key	Player movement	Ball movement
	Run with the ball	Shot

U9 | ATTACKING 3

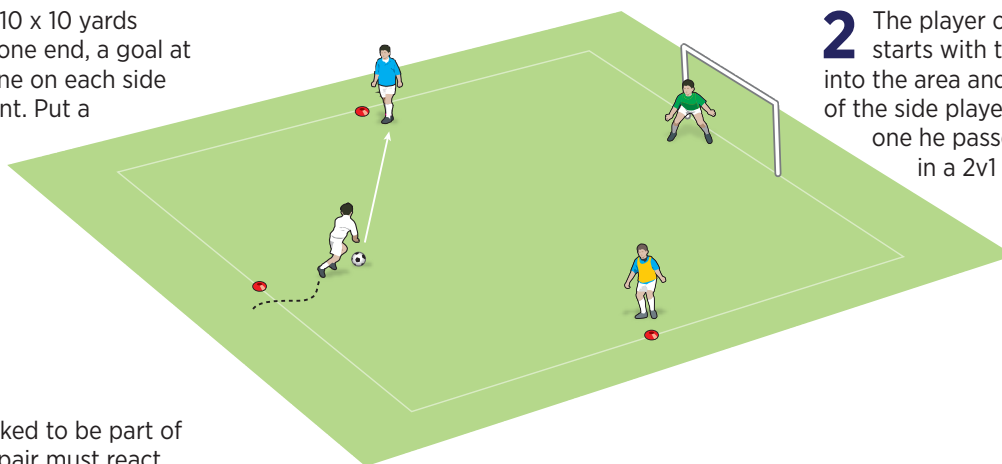
# One-two, pass and shoot

**GAME: CHOOSE YOUR PARTNER**

## CALL OUT

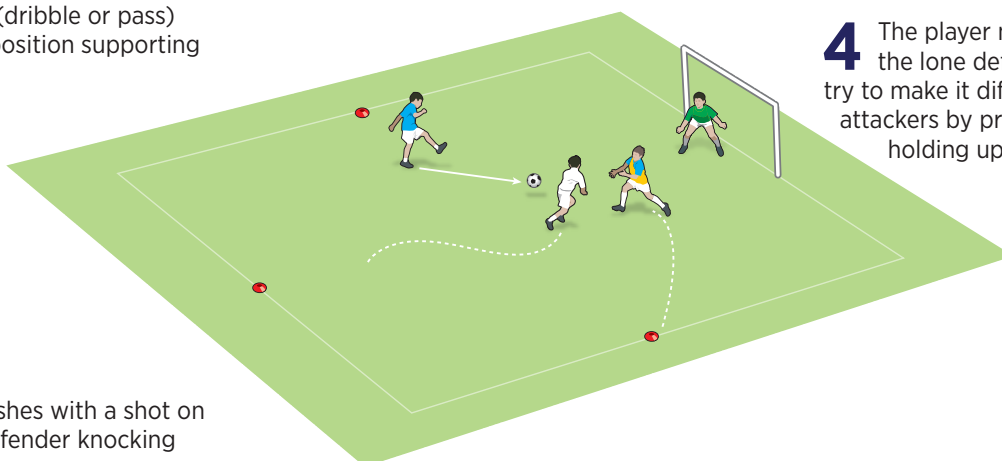
“Pass and move to support” • “Make the second pass easy” • “Watch the covering defender”

**1** Set up an area 10 x 10 yards with a cone at one end, a goal at the other and a cone on each side at the half way point. Put a player on each of the cones and a player in the goal.



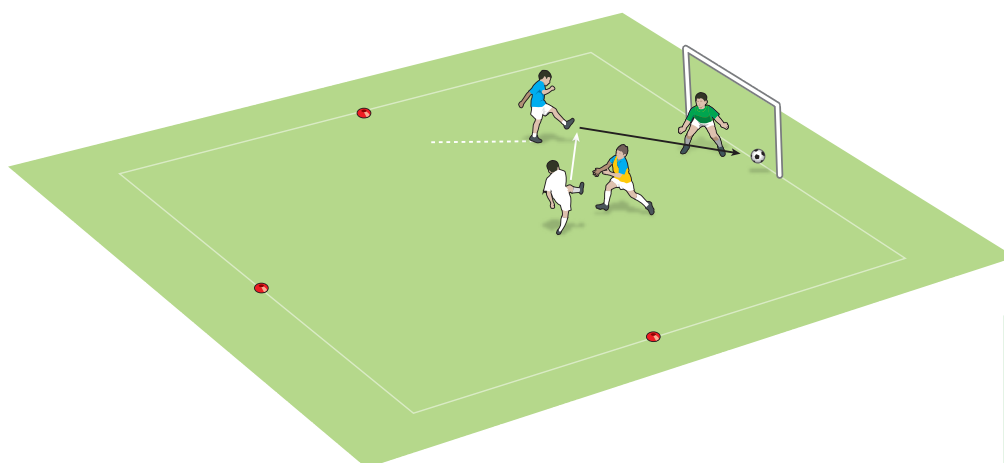
**2** The player on the first cone starts with the ball. He dribbles into the area and has to choose one of the side players to pass to – the one he passes to then helps him in a 2v1 situation to goal.

**3** The player picked to be part of the attacking pair must react quickly and move (dribble or pass) into an attacking position supporting his team mate.



**4** The player not picked becomes the lone defender and must try to make it difficult for the two attackers by pressing and generally holding up play.

**5** The game finishes with a shot on goal or the defender knocking the ball out of play.



### GAME PLAY

Movement to support the ball.  
Good passing and control.  
Shooting when possible.

### How many players do I need?

You need four players for this game.

Key	Player movement	Ball movement
	--->	—>
	--->	—>

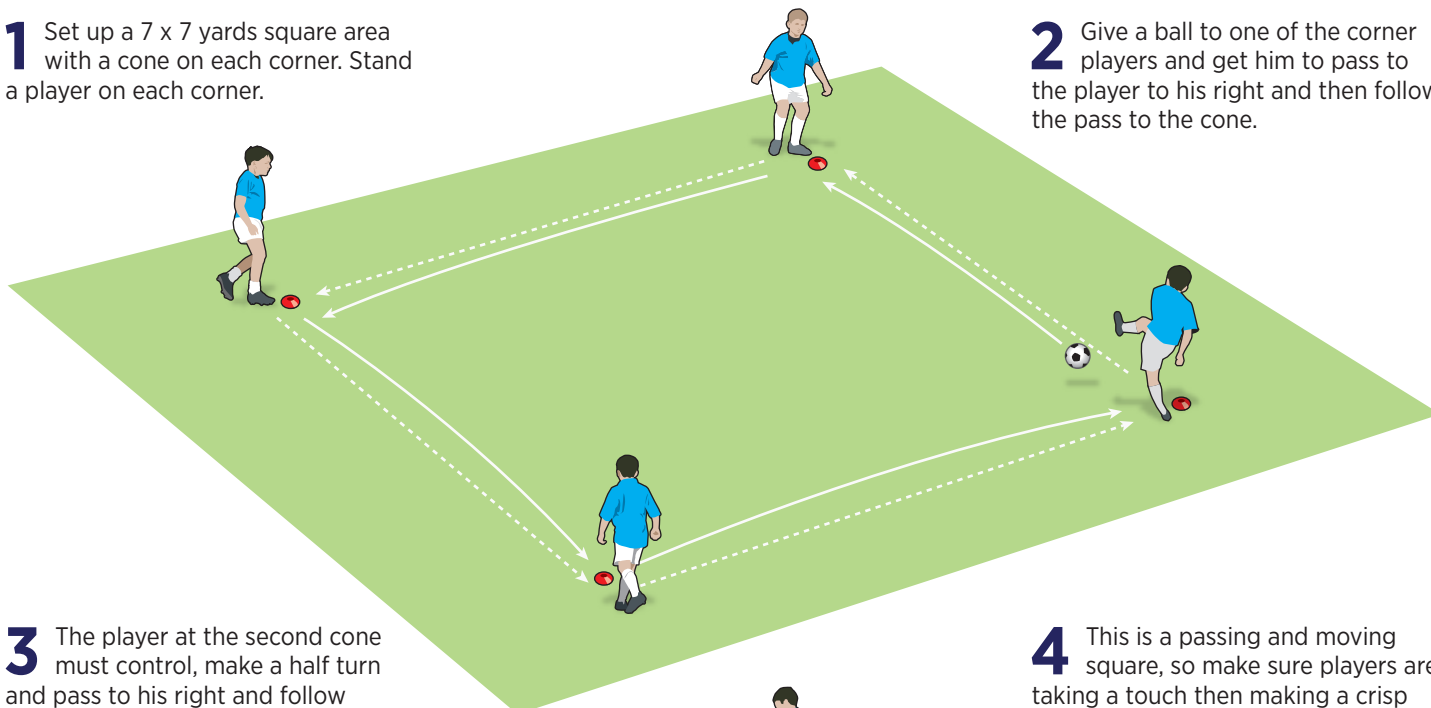


# Pass and react to the pass

## ACTIVITY: PASSING SQUARE

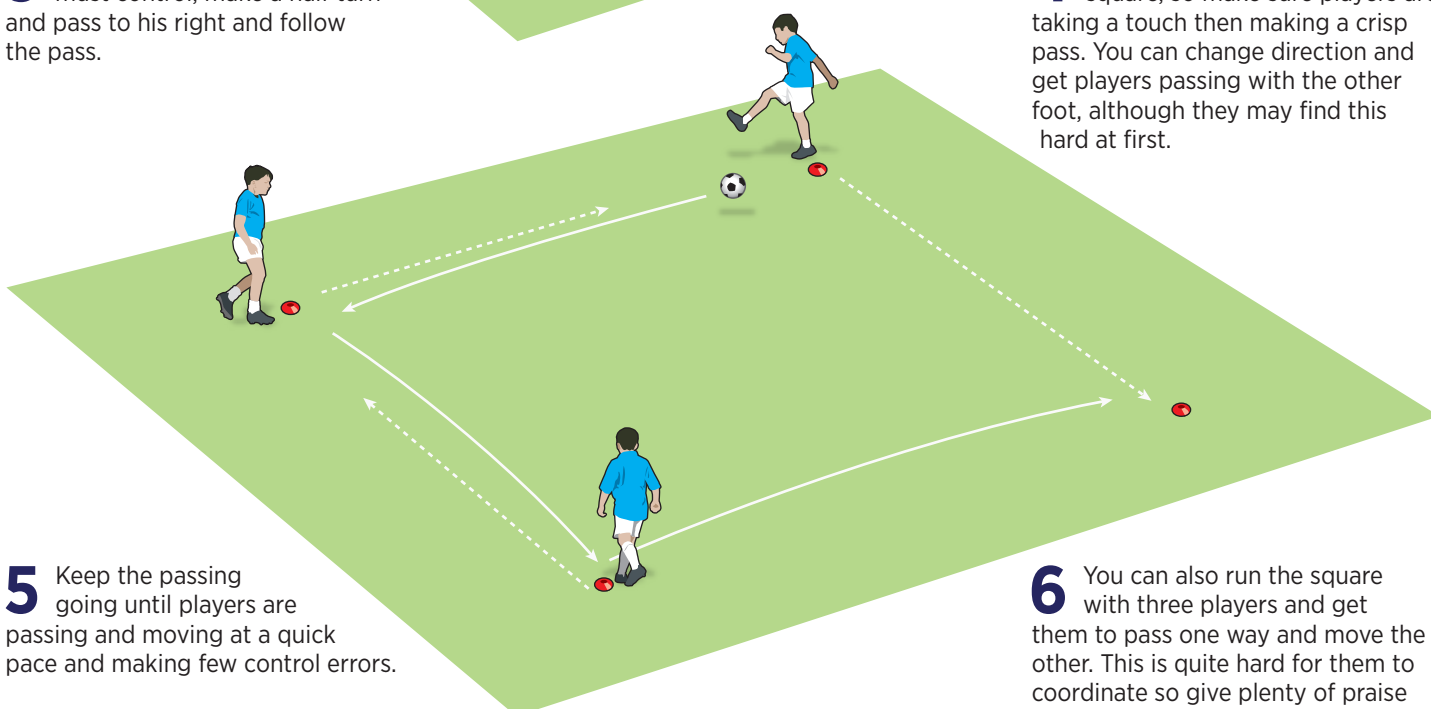
**CALL OUT** "Good first touch" • "Control the ball" • "Pass and move"

**1** Set up a 7 x 7 yards square area with a cone on each corner. Stand a player on each corner.



**2** Give a ball to one of the corner players and get him to pass to the player to his right and then follow the pass to the cone.

**3** The player at the second cone must control, make a half turn and pass to his right and follow the pass.



**4** This is a passing and moving square, so make sure players are taking a touch then making a crisp pass. You can change direction and get players passing with the other foot, although they may find this hard at first.

**5** Keep the passing going until players are passing and moving at a quick pace and making few control errors.

**6** You can also run the square with three players and get them to pass one way and move the other. This is quite hard for them to coordinate so give plenty of praise and time to get it right.

### How many players do I need?

Players work in threes or fours.

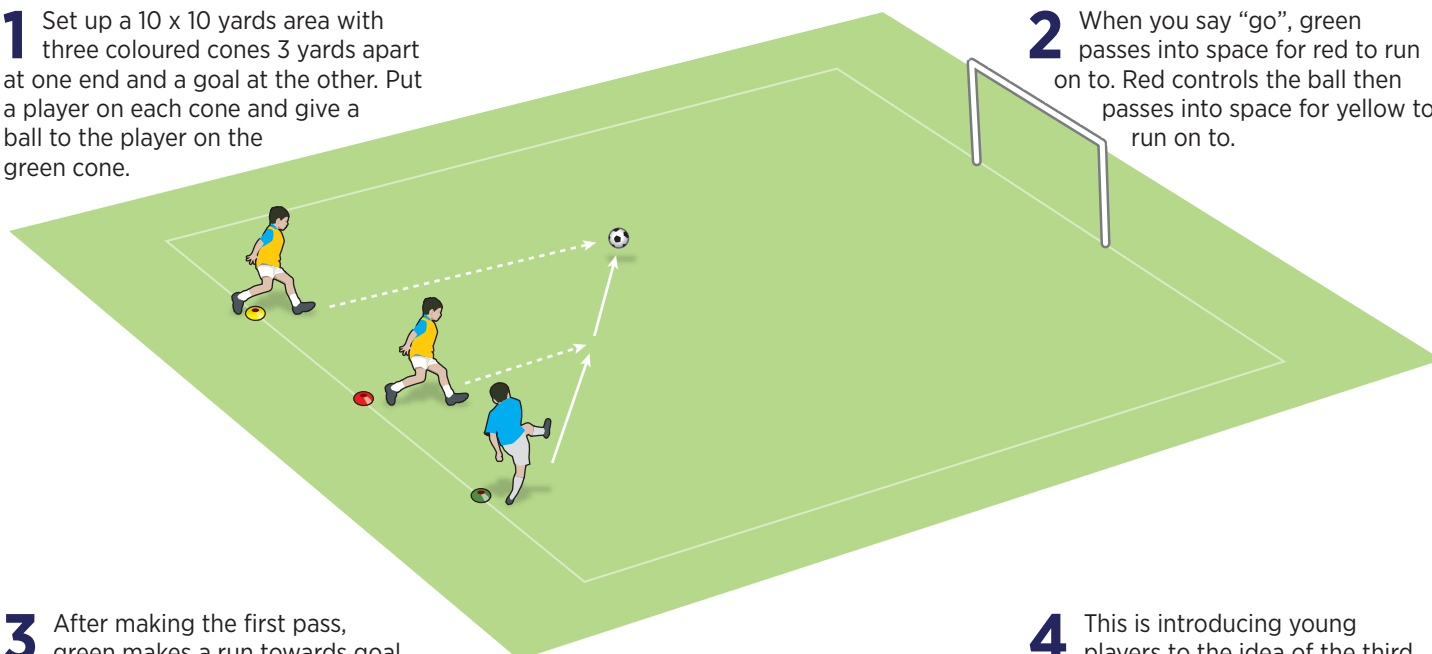
Key	Player movement	Ball movement

## Pass and react to the pass

**GAME: SIMPLE THIRD MAN RUNNING**

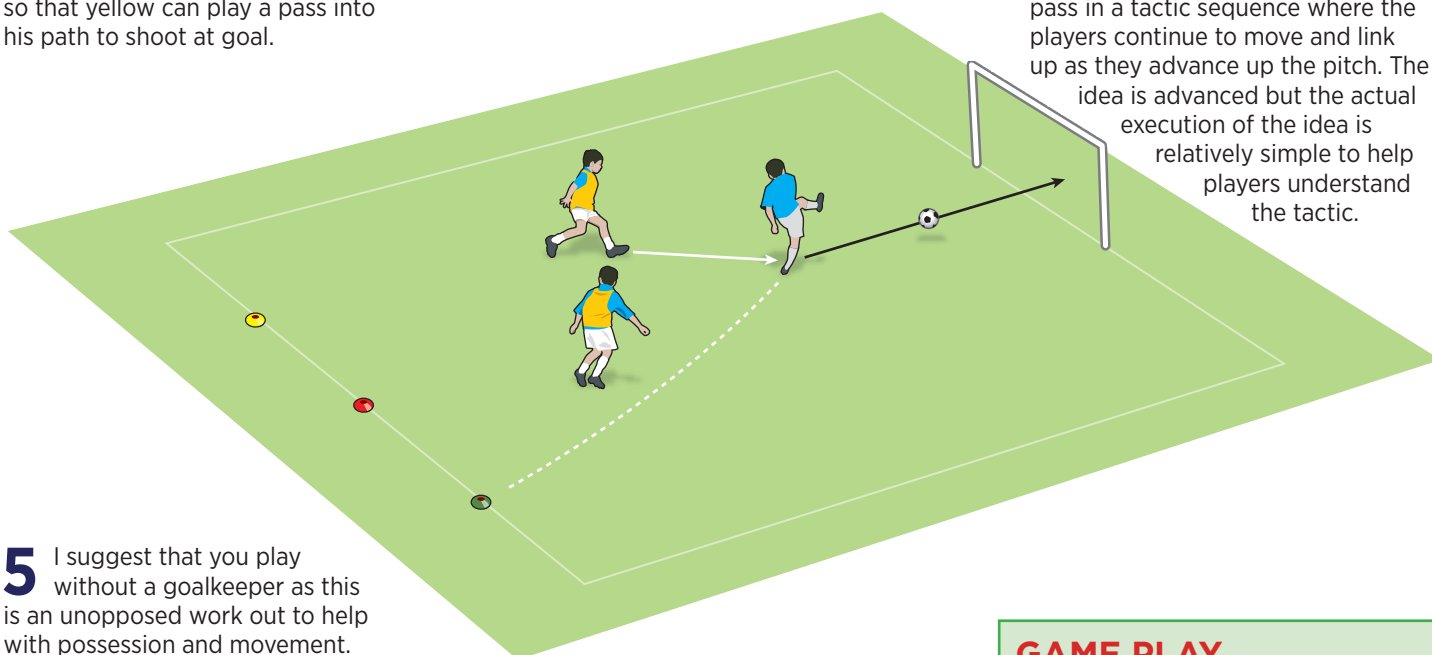
**CALL OUT** "Good first touch" • "Control the ball" • "Pass and move"

**1** Set up a 10 x 10 yards area with three coloured cones 3 yards apart at one end and a goal at the other. Put a player on each cone and give a ball to the player on the green cone.



**2** When you say "go", green passes into space for red to run on to. Red controls the ball then passes into space for yellow to run on to.

**3** After making the first pass, green makes a run towards goal so that yellow can play a pass into his path to shoot at goal.



**4** This is introducing young players to the idea of the third pass in a tactic sequence where the players continue to move and link up as they advance up the pitch. The idea is advanced but the actual execution of the idea is relatively simple to help players understand the tactic.

**5** I suggest that you play without a goalkeeper as this is an unopposed work out to help with possession and movement. However, you could make it more difficult by adding your keeper and getting him to work on some of the goalkeeping activities in this manual.

### GAME PLAY

Movement to support the ball.  
Good passing and control.  
An end product with a shot.

### How many players do I need?

You need three players for this game.

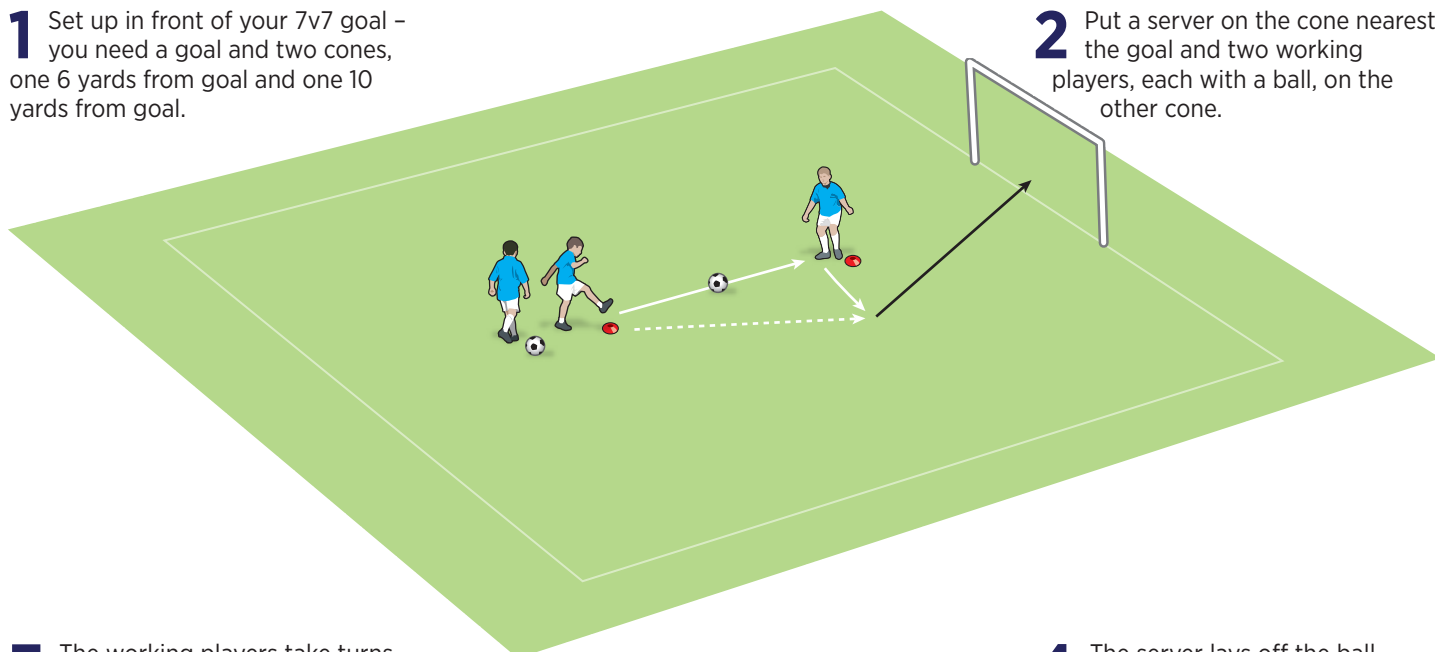
Key	Player movement	Ball movement
	Run with the ball	Shot

## Score a goal

**ACTIVITY: SHOOT AND SCORE**

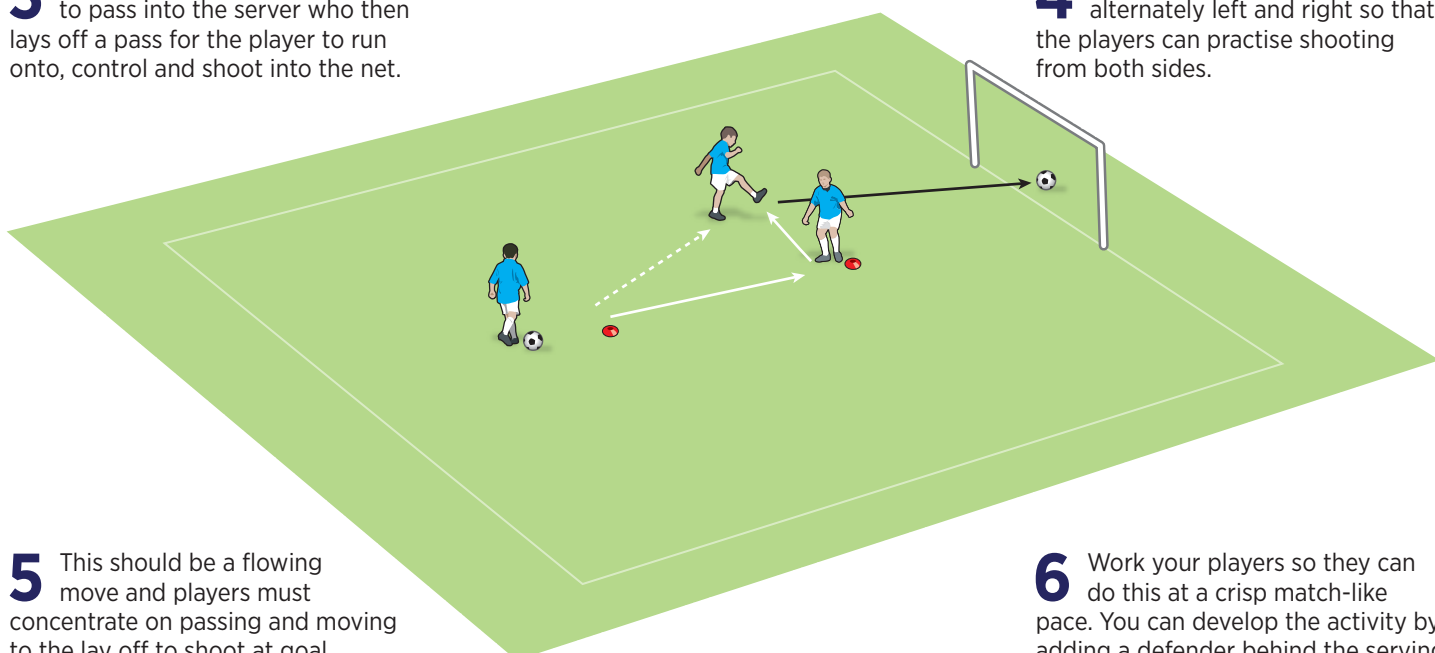
**CALL OUT** “Good first touch” • “Control the ball” • “Shoot with the laces”

**1** Set up in front of your 7v7 goal – you need a goal and two cones, one 6 yards from goal and one 10 yards from goal.



**2** Put a server on the cone nearest the goal and two working players, each with a ball, on the other cone.

**3** The working players take turns to pass into the server who then lays off a pass for the player to run onto, control and shoot into the net.



**4** The server lays off the ball alternately left and right so that the players can practise shooting from both sides.

**5** This should be a flowing move and players must concentrate on passing and moving to the lay off to shoot at goal.

**6** Work your players so they can do this at a crisp match-like pace. You can develop the activity by adding a defender behind the serving player and a goalkeeper.

### How many players do I need?

Players work in threes.

Key	Player movement	Ball movement
	--->	—>
	--->	—>

U9 | ATTACKING 5

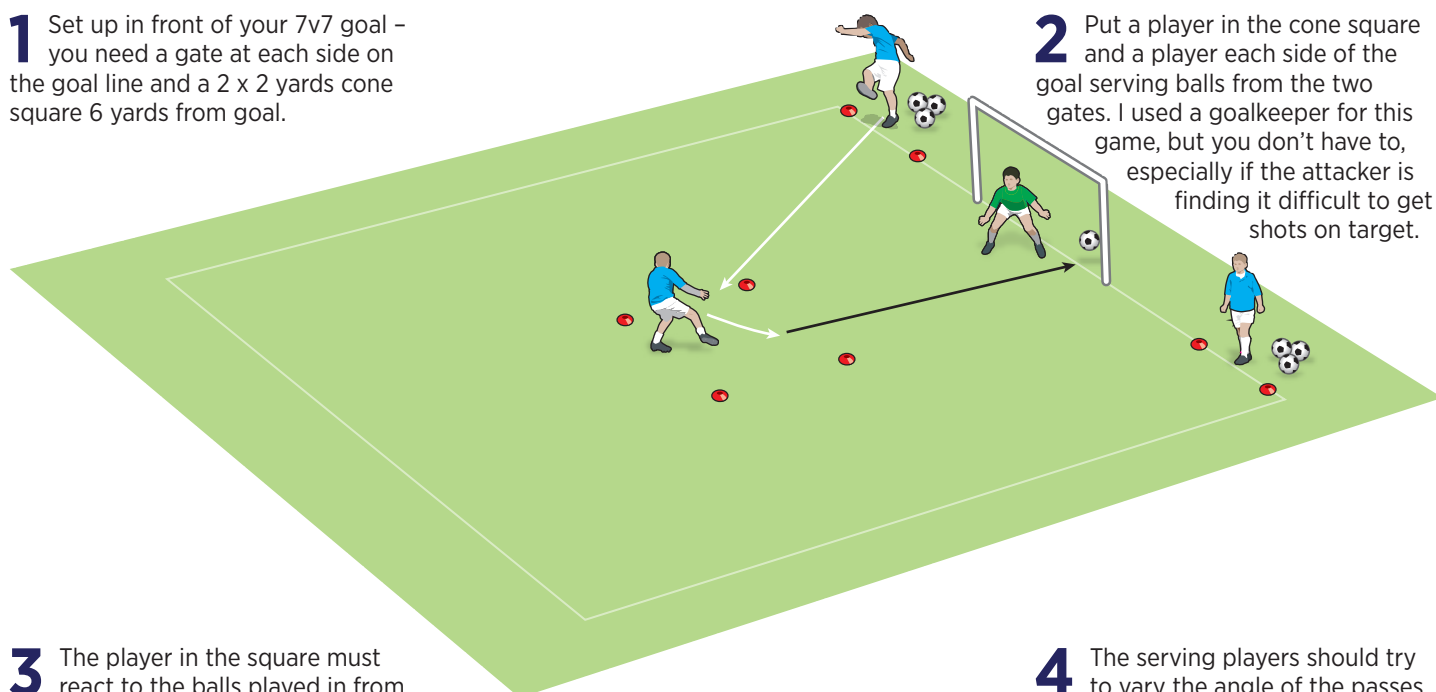
## Score a goal

**GAME: ONE TOUCH AND SHOOT**

### CALL OUT

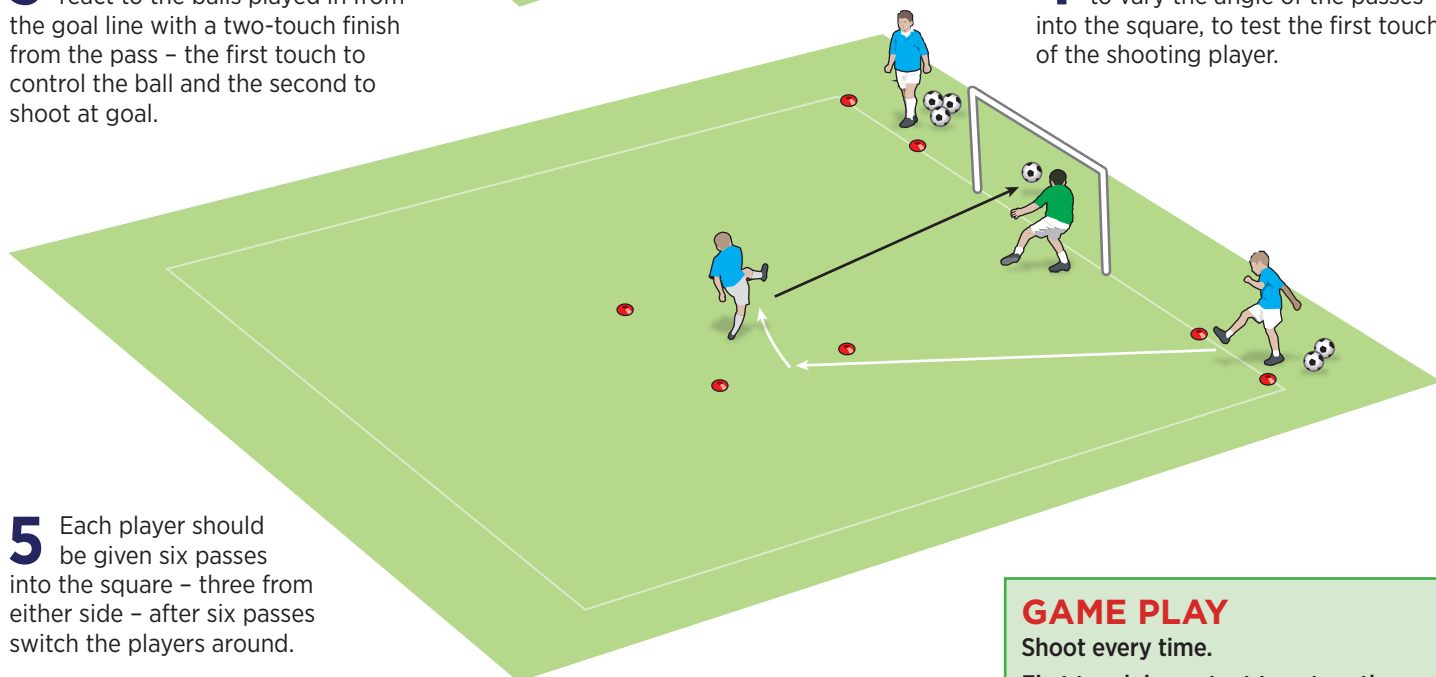
“The offside line is through the centre of the ball across the pitch” • “Defenders must go back behind the offside line when a player is tagged”

**1** Set up in front of your 7v7 goal – you need a gate at each side on the goal line and a 2 x 2 yards cone square 6 yards from goal.



**2** Put a player in the cone square and a player each side of the goal serving balls from the two gates. I used a goalkeeper for this game, but you don't have to, especially if the attacker is finding it difficult to get shots on target.

**3** The player in the square must react to the balls played in from the goal line with a two-touch finish from the pass – the first touch to control the ball and the second to shoot at goal.



**4** The serving players should try to vary the angle of the passes into the square, to test the first touch of the shooting player.

**5** Each player should be given six passes into the square – three from either side – after six passes switch the players around.

### GAME PLAY

Shoot every time.  
First touch important to set up the shot.  
Try to hit the corners of the goal.

### How many players do I need?

You need four players for this game.

Key	Player movement	Ball movement
	Run with the ball	Shot



# EasiCoach

SOCCER SKILLS ACTIVITIES

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## U9

### DEFENDING



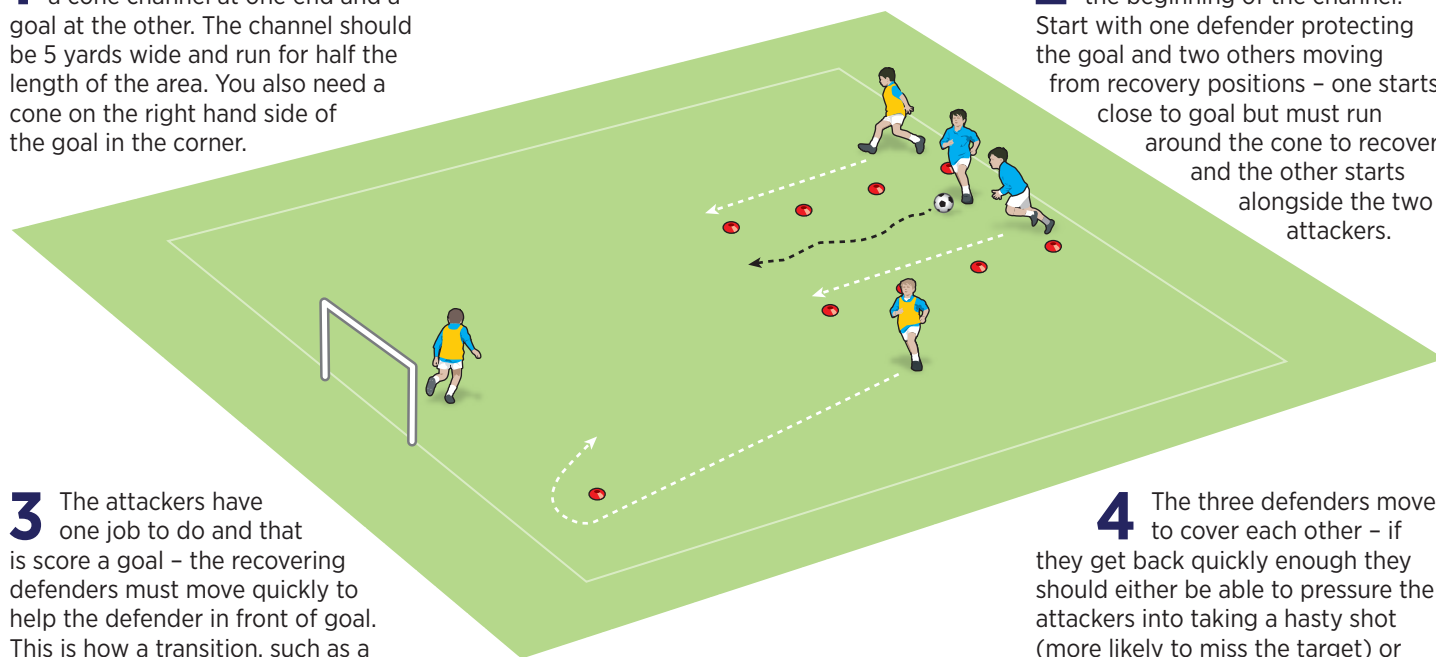
# Retreat behind the ball

## ACTIVITY: RECOVER PRACTISE

### CALL OUT

“Focus on getting your position” • “Nearest to ball presses” •  
“Cover the player and the goal”

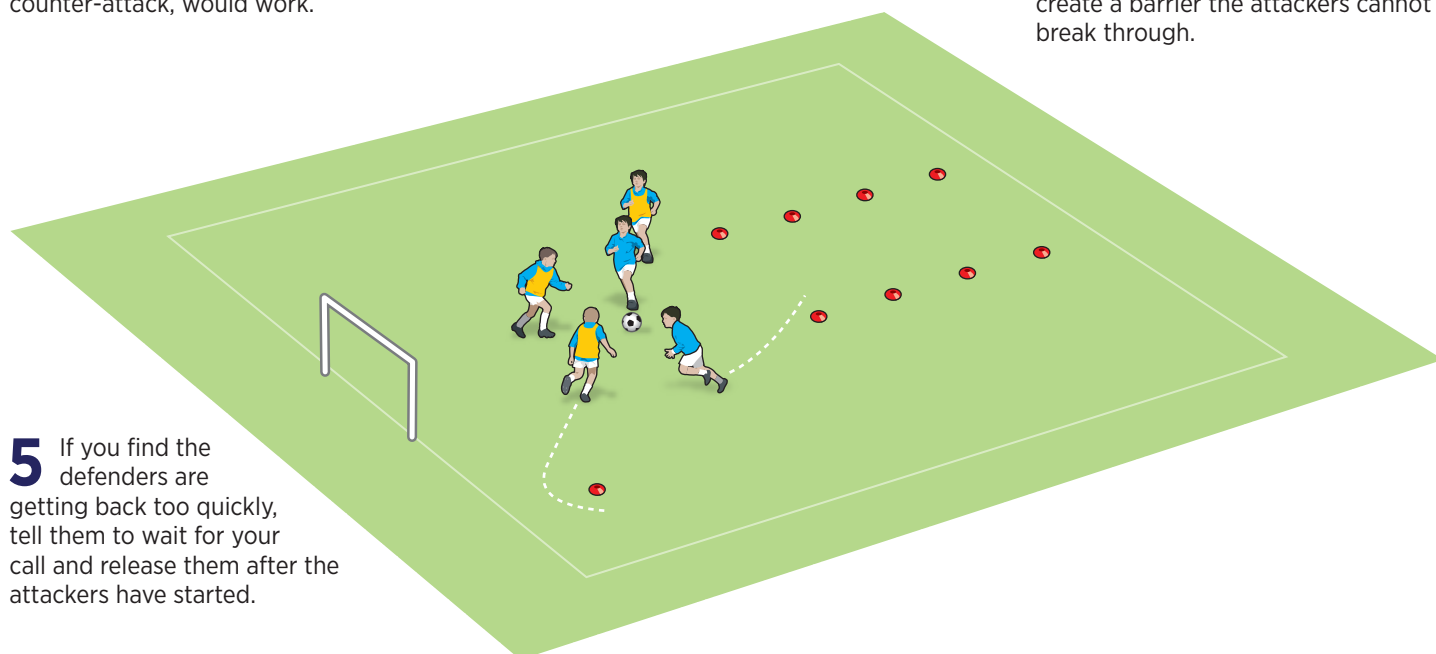
**1** Set up a 15 x 10 yards area with a cone channel at one end and a goal at the other. The channel should be 5 yards wide and run for half the length of the area. You also need a cone on the right hand side of the goal in the corner.



**2** Put two attackers and a ball at the beginning of the channel. Start with one defender protecting the goal and two others moving from recovery positions – one starts close to goal but must run around the cone to recover and the other starts alongside the two attackers.

**3** The attackers have one job to do and that is score a goal – the recovering defenders must move quickly to help the defender in front of goal. This is how a transition, such as a counter-attack, would work.

**4** The three defenders move to cover each other – if they get back quickly enough they should either be able to pressure the attackers into taking a hasty shot (more likely to miss the target) or create a barrier the attackers cannot break through.



**5** If you find the defenders are getting back too quickly, tell them to wait for your call and release them after the attackers have started.

### How many players do I need?

You need three defenders and two attackers for the activity to work.

Key	Player movement	Ball movement
	→	→
	→	→
	→	→

U9 | DEFENDING 1

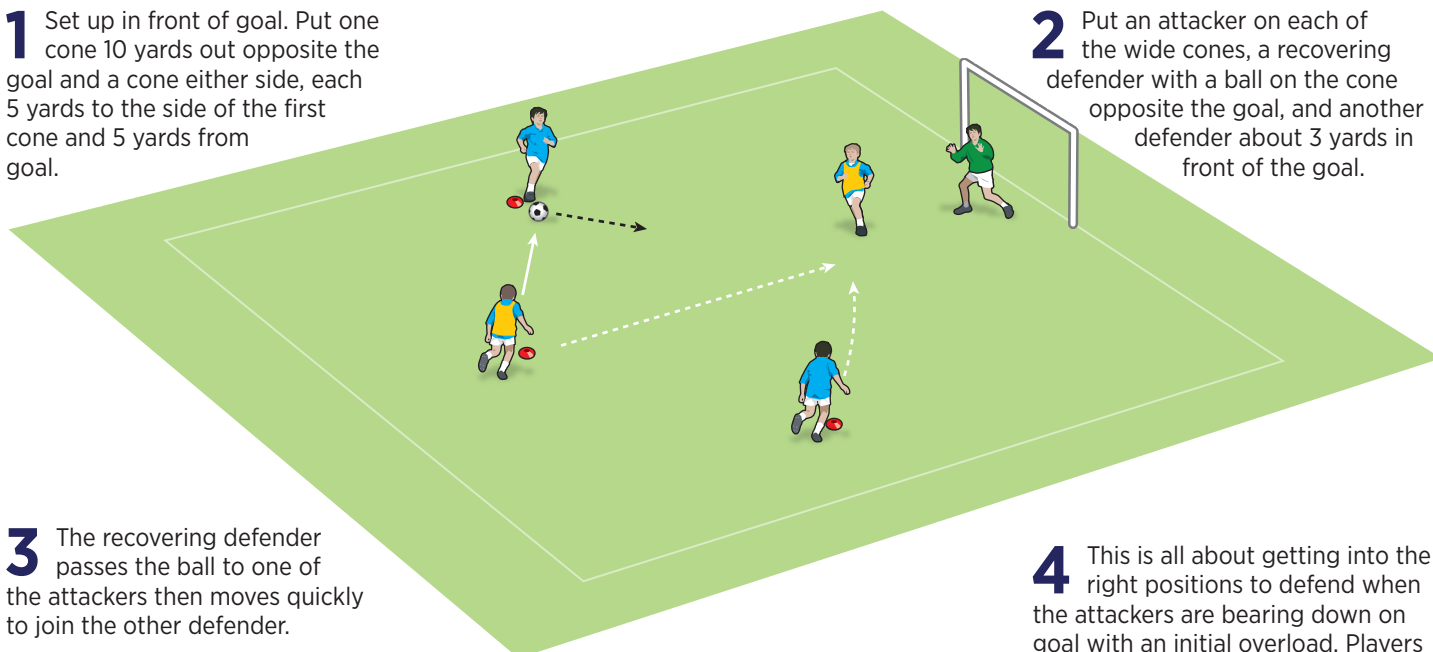
## Retreat behind the ball

**GAME: GET BACK!**

### CALL OUT

“Focus on getting your position” • “Nearest to ball presses” •  
“Cover the player and the goal”

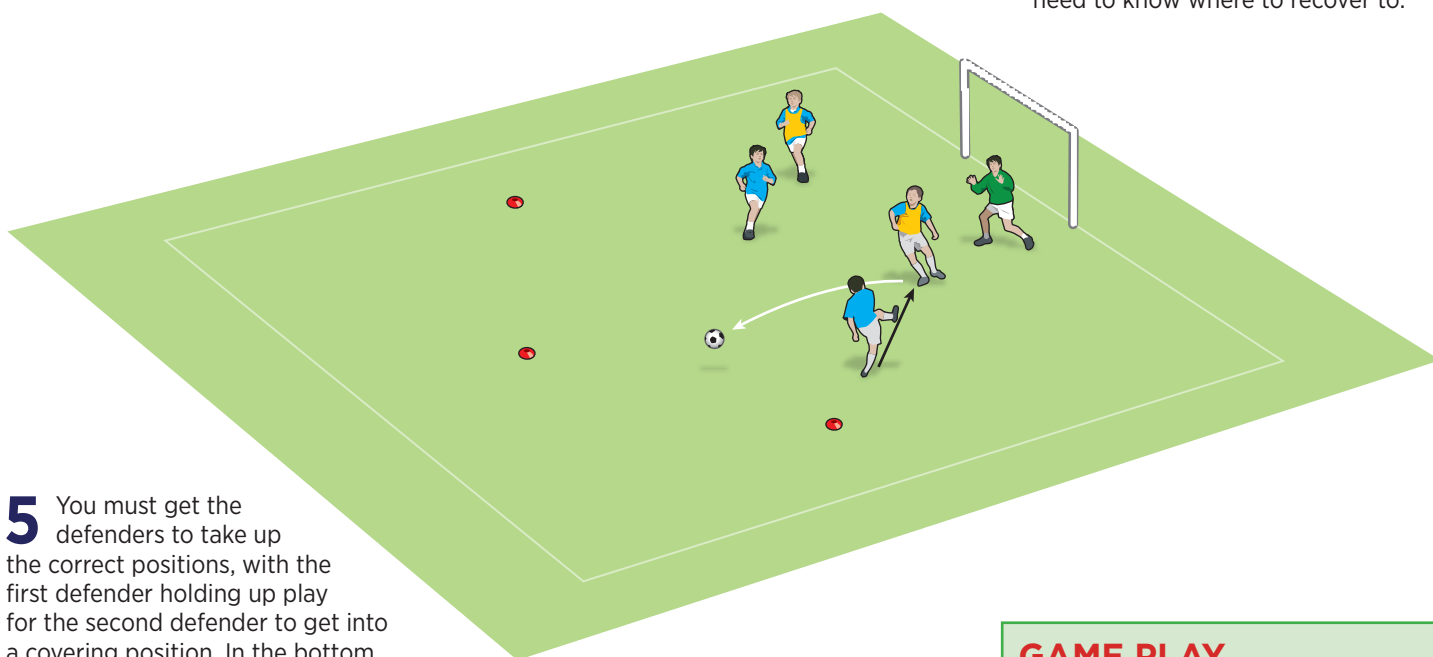
**1** Set up in front of goal. Put one cone 10 yards out opposite the goal and a cone either side, each 5 yards to the side of the first cone and 5 yards from goal.



**2** Put an attacker on each of the wide cones, a recovering defender with a ball on the cone opposite the goal, and another defender about 3 yards in front of the goal.

**3** The recovering defender passes the ball to one of the attackers then moves quickly to join the other defender.

**4** This is all about getting into the right positions to defend when the attackers are bearing down on goal with an initial overload. Players need to know where to recover to.



**5** You must get the defenders to take up the correct positions, with the first defender holding up play for the second defender to get into a covering position. In the bottom diagram the defenders get into a position that forces the attacker to shoot early and lose the ball through their tight pressing on him.

### GAME PLAY

Position of the defensive pair.  
Good blocks or tackles.  
Force play away.

### How many players do I need?

You need four outfield players and a goalkeeper.

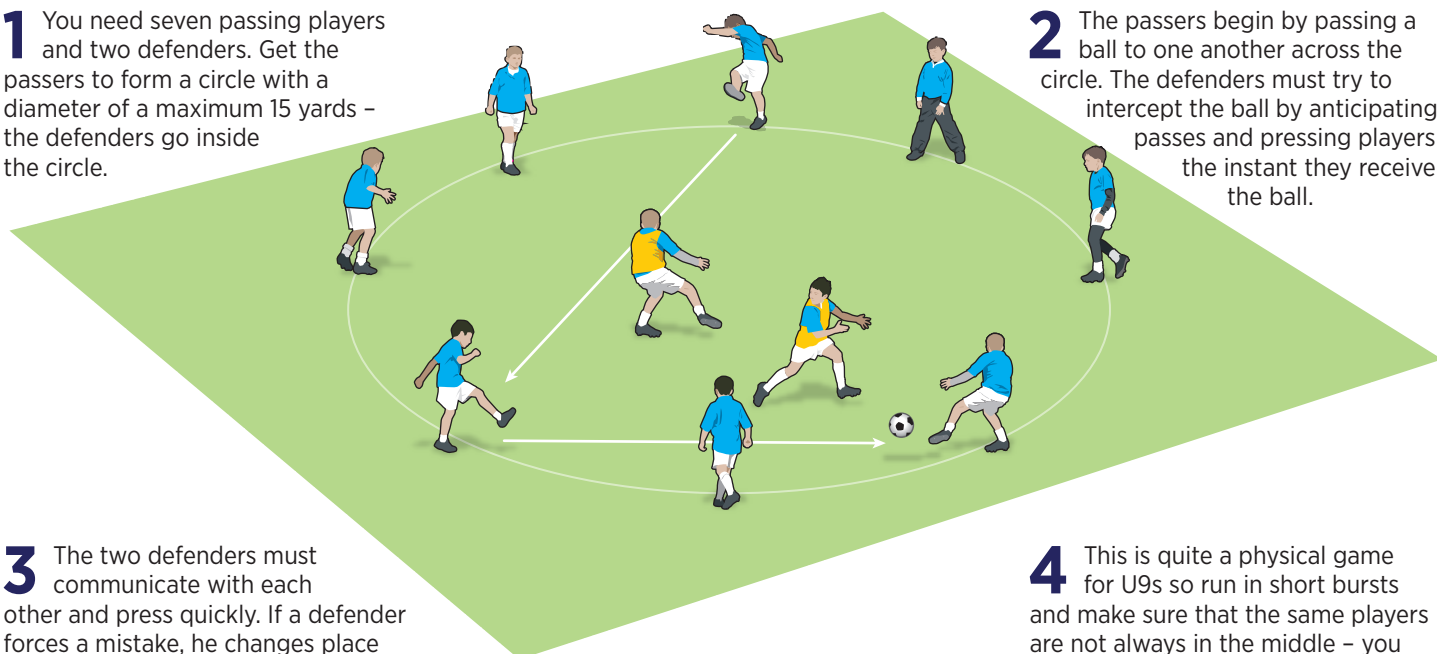
Key	Player movement	Ball movement
	--->	--->
	Run with the ball	Shot
	--->	--->

# Press the ball

**ACTIVITY: SIMPLE RONDO**

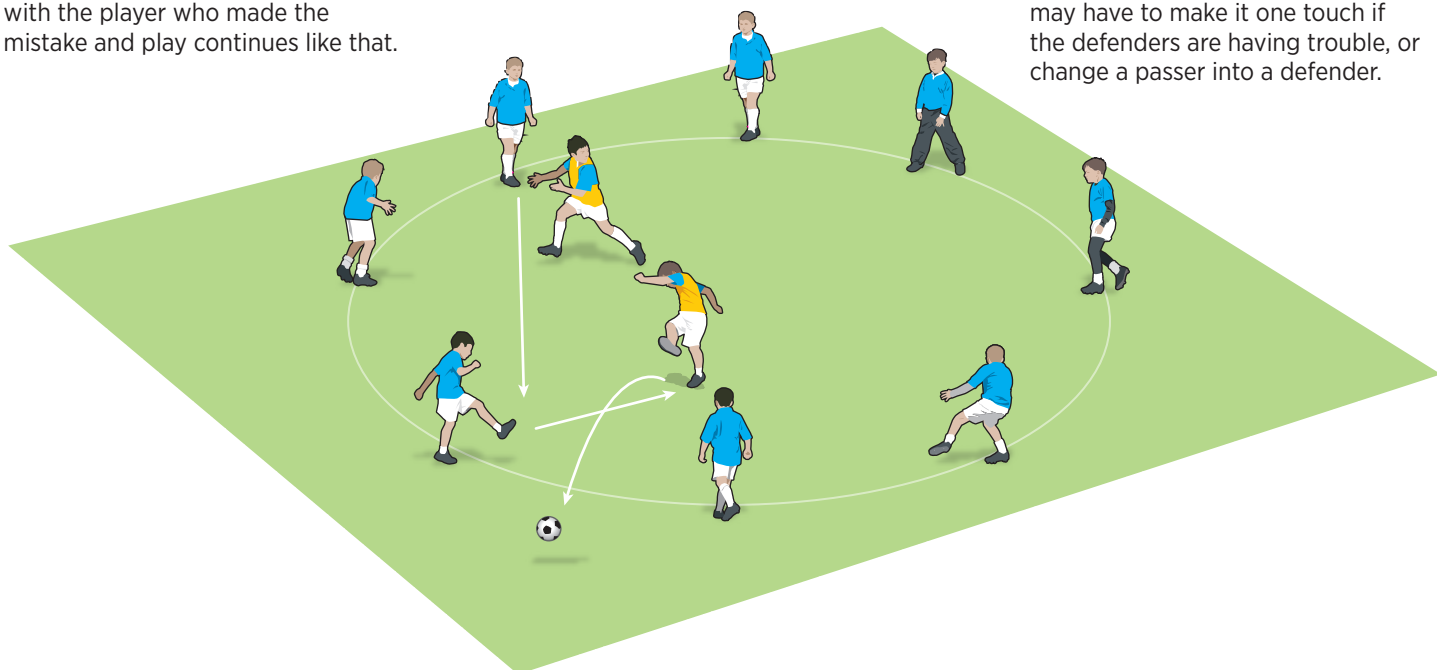
**CALL OUT** "Press the player on the ball" • "Second defender cover" • "Anticipate the pass"

**1** You need seven passing players and two defenders. Get the passers to form a circle with a diameter of a maximum 15 yards – the defenders go inside the circle.



**2** The passers begin by passing a ball to one another across the circle. The defenders must try to intercept the ball by anticipating passes and pressing players the instant they receive the ball.

**3** The two defenders must communicate with each other and press quickly. If a defender forces a mistake, he changes place with the player who made the mistake and play continues like that.



**4** This is quite a physical game for U9s so run in short bursts and make sure that the same players are not always in the middle – you may have to make it one touch if the defenders are having trouble, or change a passer into a defender.

## How many players do I need?

You need seven passers and two defenders (you can experiment with numbers).

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>

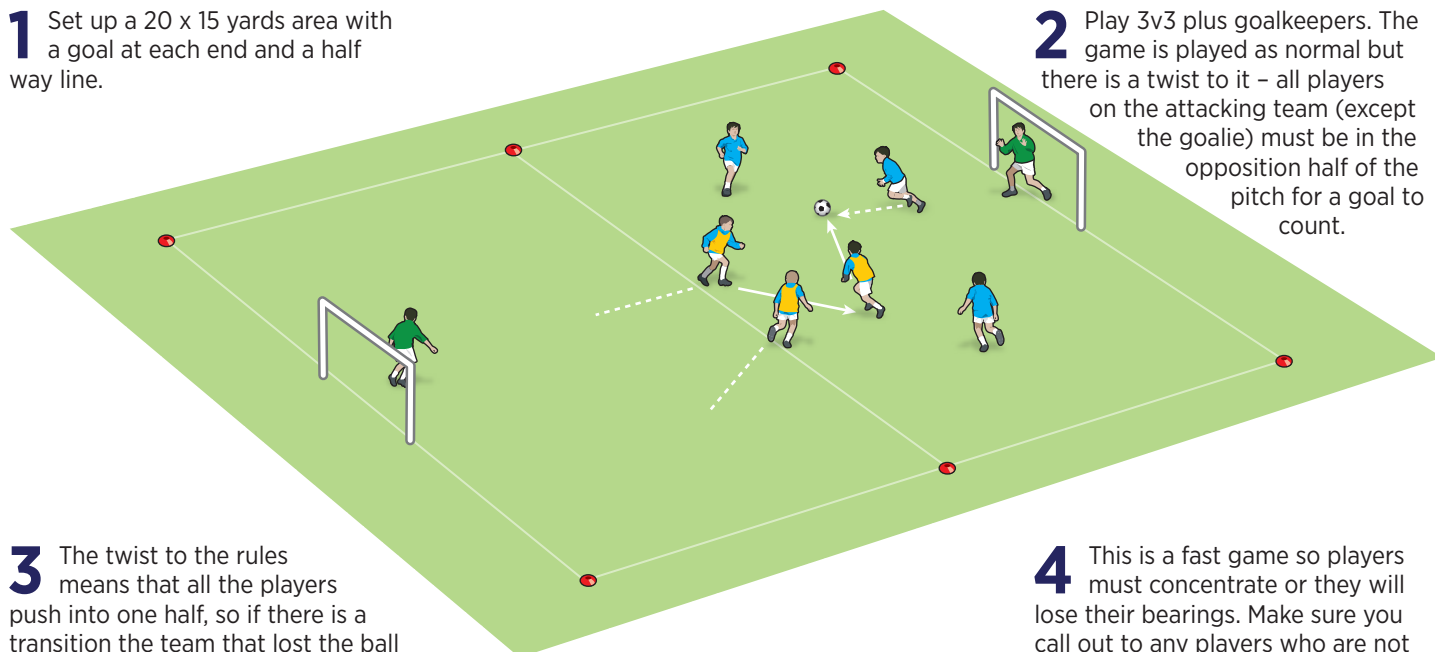
U9 | DEFENDING 2

# Press the ball

**GAME: PRESS IN A 3V3**

**CALL OUT** "Press the player on the ball" • "Cover passing options" • "Anticipate the pass"

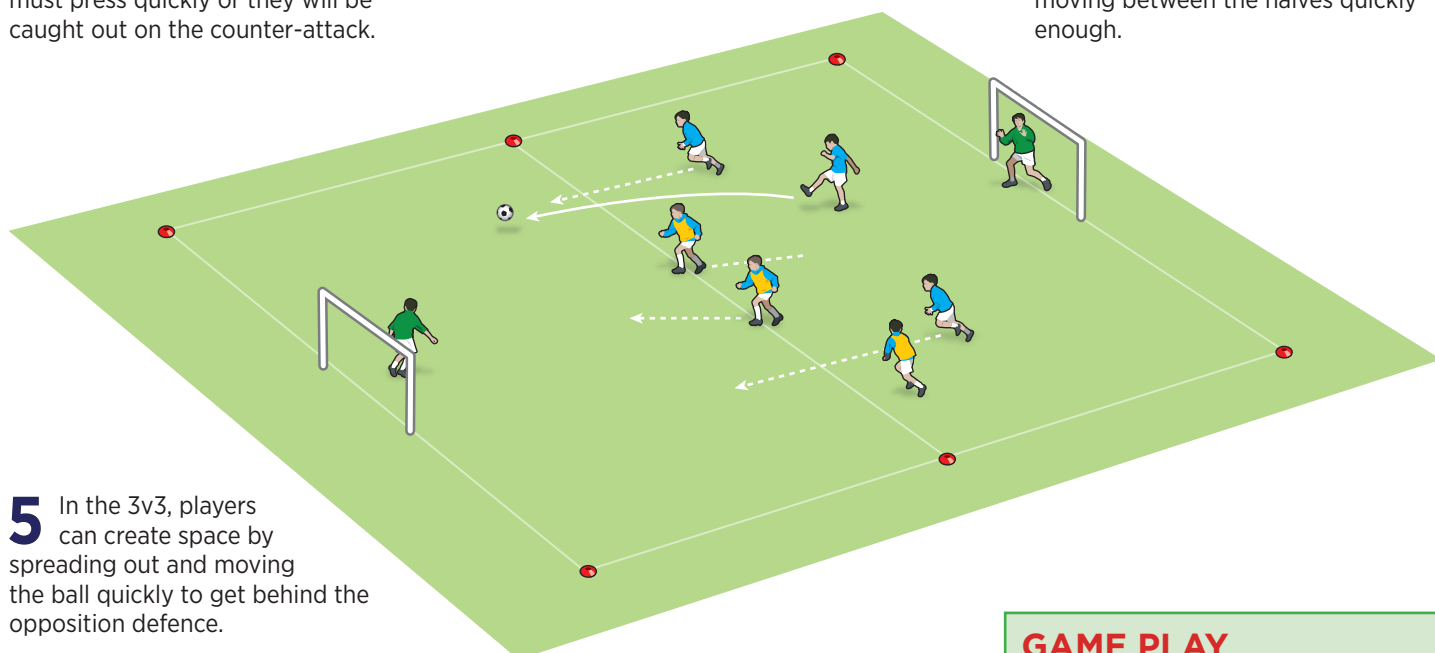
**1** Set up a 20 x 15 yards area with a goal at each end and a half way line.



**2** Play 3v3 plus goalkeepers. The game is played as normal but there is a twist to it – all players on the attacking team (except the goalie) must be in the opposition half of the pitch for a goal to count.

**3** The twist to the rules means that all the players push into one half, so if there is a transition the team that lost the ball must press quickly or they will be caught out on the counter-attack.

**4** This is a fast game so players must concentrate or they will lose their bearings. Make sure you call out to any players who are not moving between the halves quickly enough.



**5** In the 3v3, players can create space by spreading out and moving the ball quickly to get behind the opposition defence.

**GAME PLAY**  
Quick reactions to transition.  
Press high up the pitch.  
Support the pressing player.

## How many players do I need?

This game uses eight players.

Key	Player movement	Ball movement
	Run with the ball	Shot

U9 | DEFENDING 3

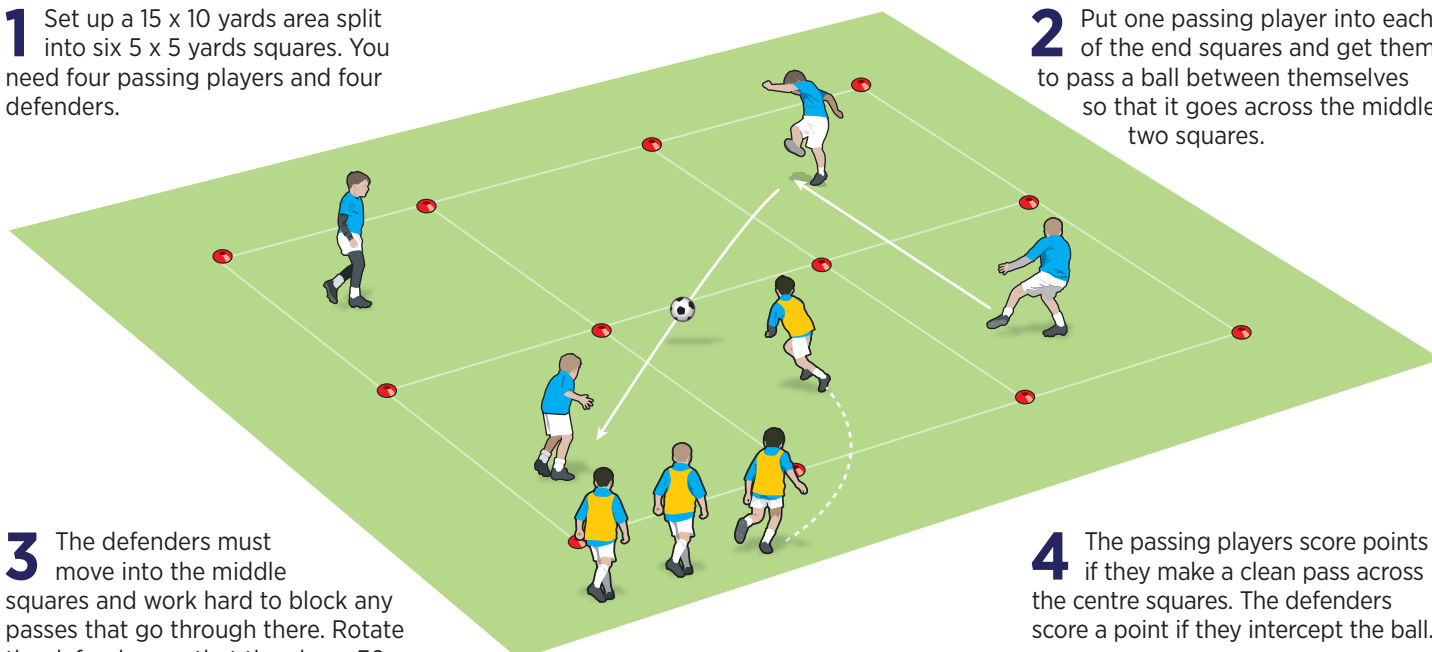
## Block passes

**ACTIVITY: SQUARE BALL**

### CALL OUT

“Watch the pass and block” • “Cover the square” • “Steal a space and block the pass”

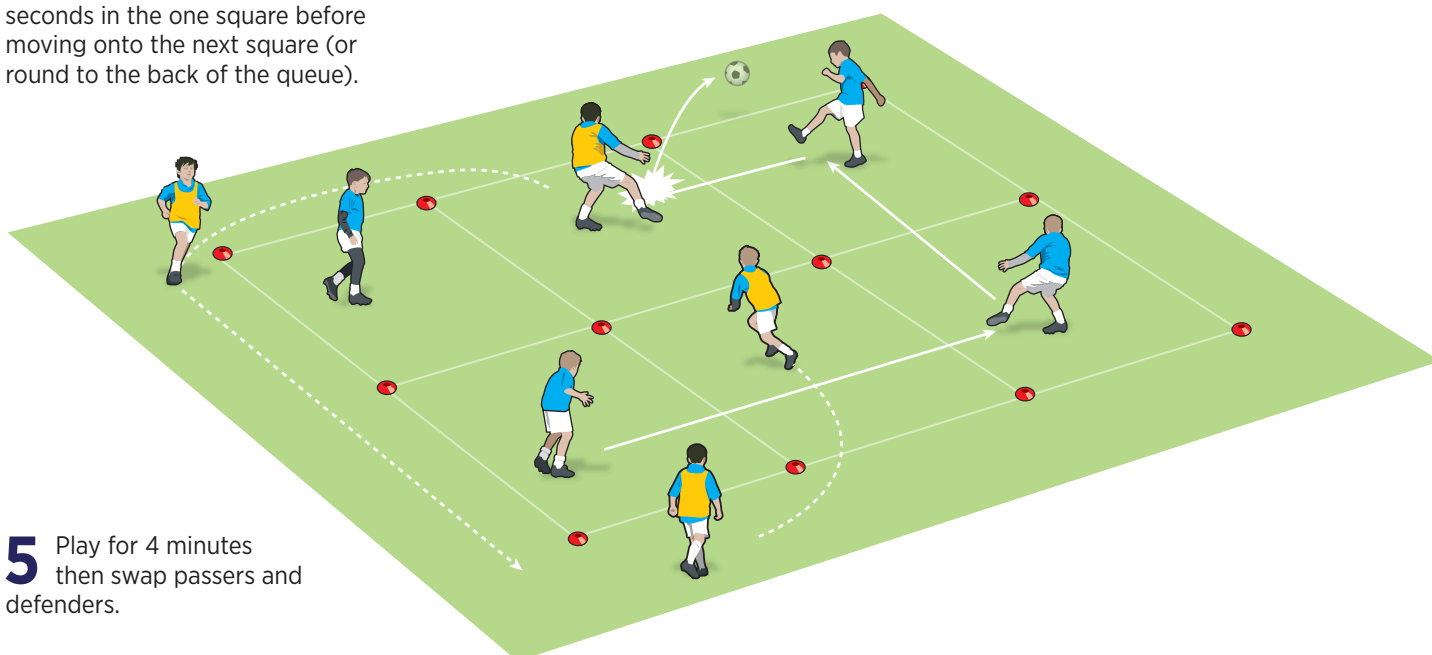
**1** Set up a 15 x 10 yards area split into six 5 x 5 yards squares. You need four passing players and four defenders.



**2** Put one passing player into each of the end squares and get them to pass a ball between themselves so that it goes across the middle two squares.

**3** The defenders must move into the middle squares and work hard to block any passes that go through there. Rotate the defenders so that they have 30 seconds in the one square before moving onto the next square (or round to the back of the queue).

**4** The passing players score points if they make a clean pass across the centre squares. The defenders score a point if they intercept the ball.



**5** Play for 4 minutes then swap passers and defenders.

### How many players do I need?

We used eight players in this activity.

Key	Player movement	Ball movement
	Run with the ball	Shot

U9 | DEFENDING 3

## Block passes

**GAME: PENALTY AREA GAME**

### CALL OUT

“Watch the pass and block” • “Cover the shot” • “Block the pass from the outside players”

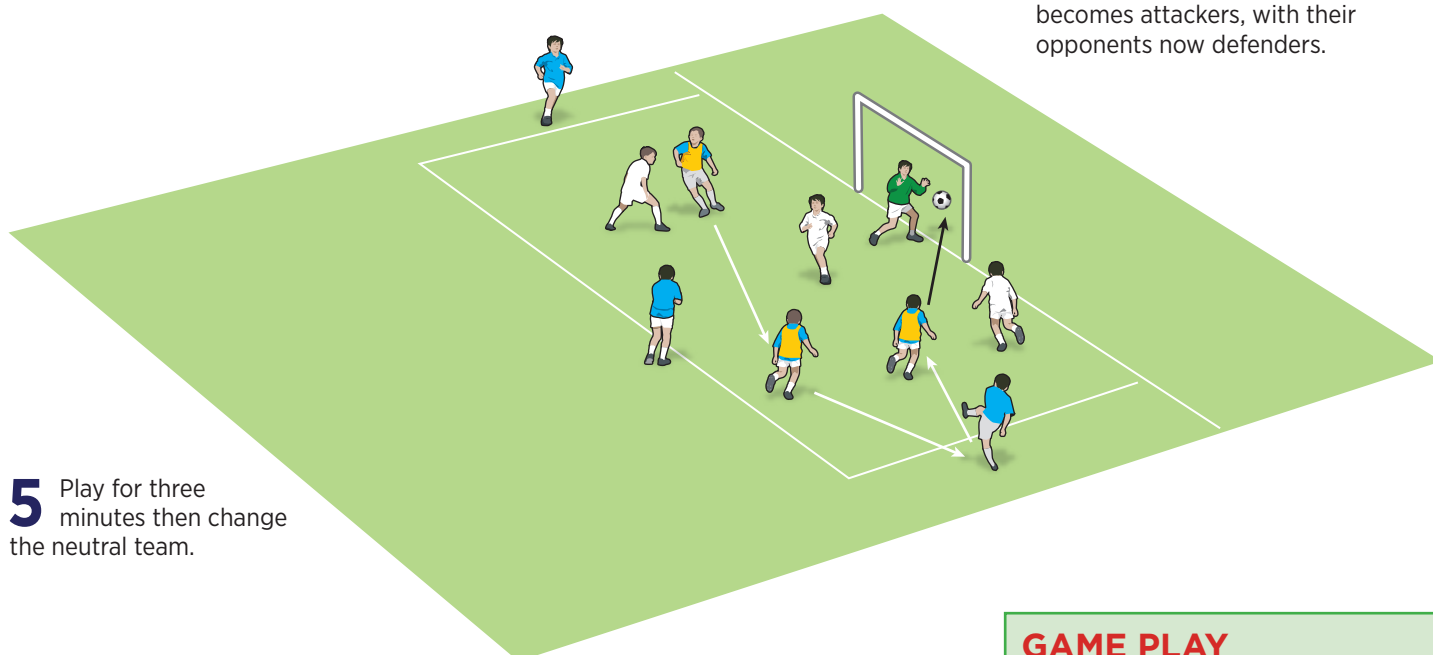
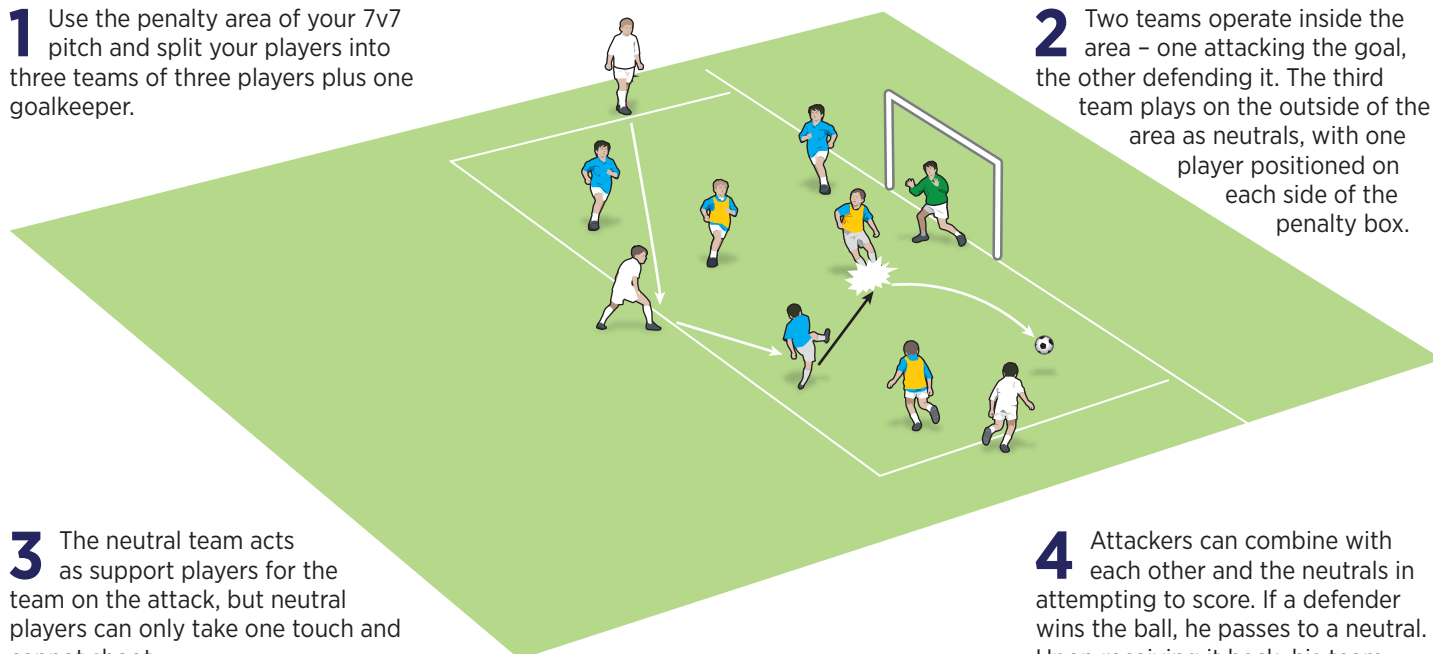
**1** Use the penalty area of your 7v7 pitch and split your players into three teams of three players plus one goalkeeper.

**3** The neutral team acts as support players for the team on the attack, but neutral players can only take one touch and cannot shoot.

**5** Play for three minutes then change the neutral team.

**2** Two teams operate inside the area – one attacking the goal, the other defending it. The third team plays on the outside of the area as neutrals, with one player positioned on each side of the penalty box.

**4** Attackers can combine with each other and the neutrals in attempting to score. If a defender wins the ball, he passes to a neutral. Upon receiving it back, his team becomes attackers, with their opponents now defenders.



### GAME PLAY

Quick reactions to transition.  
Press high up the pitch.  
Support the pressing player.

### How many players do I need?

This game uses 10 players.

Key	Player movement	Ball movement
	→	→
	→	→
	→	→

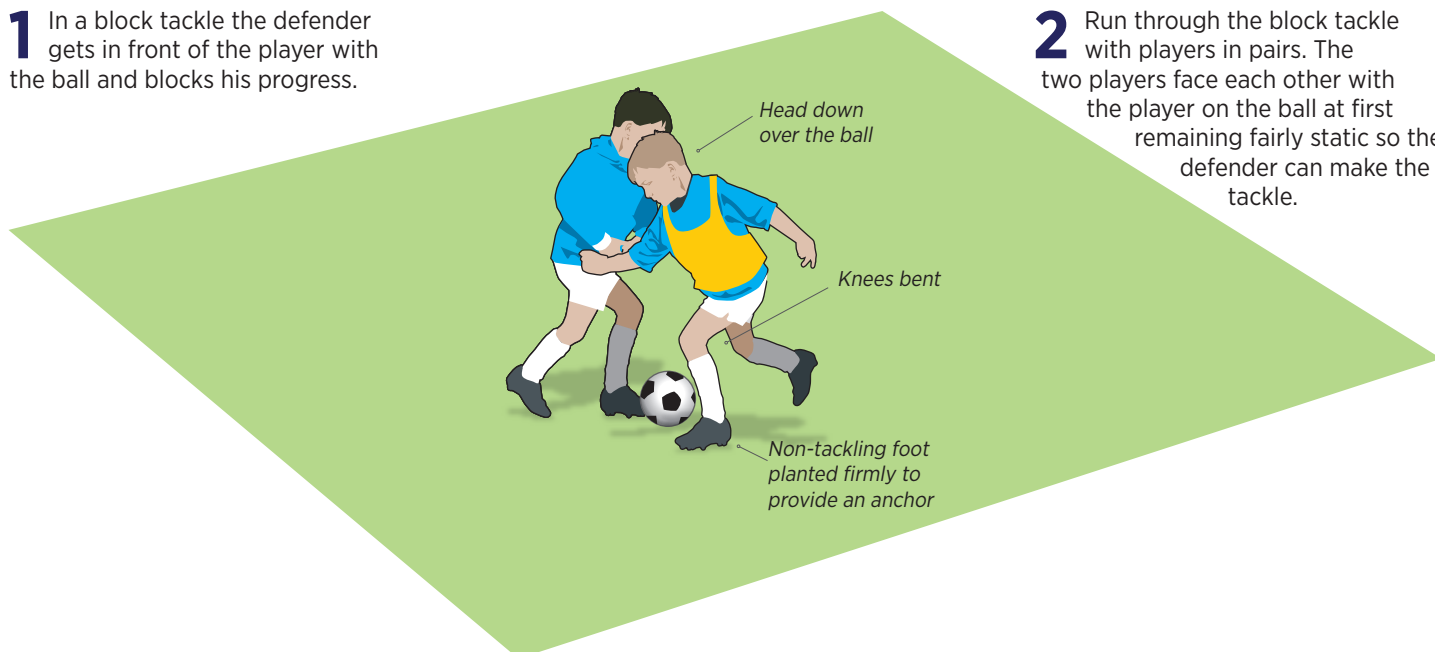


# Make a block tackle

## ACTIVITY: THE BLOCK TACKLE

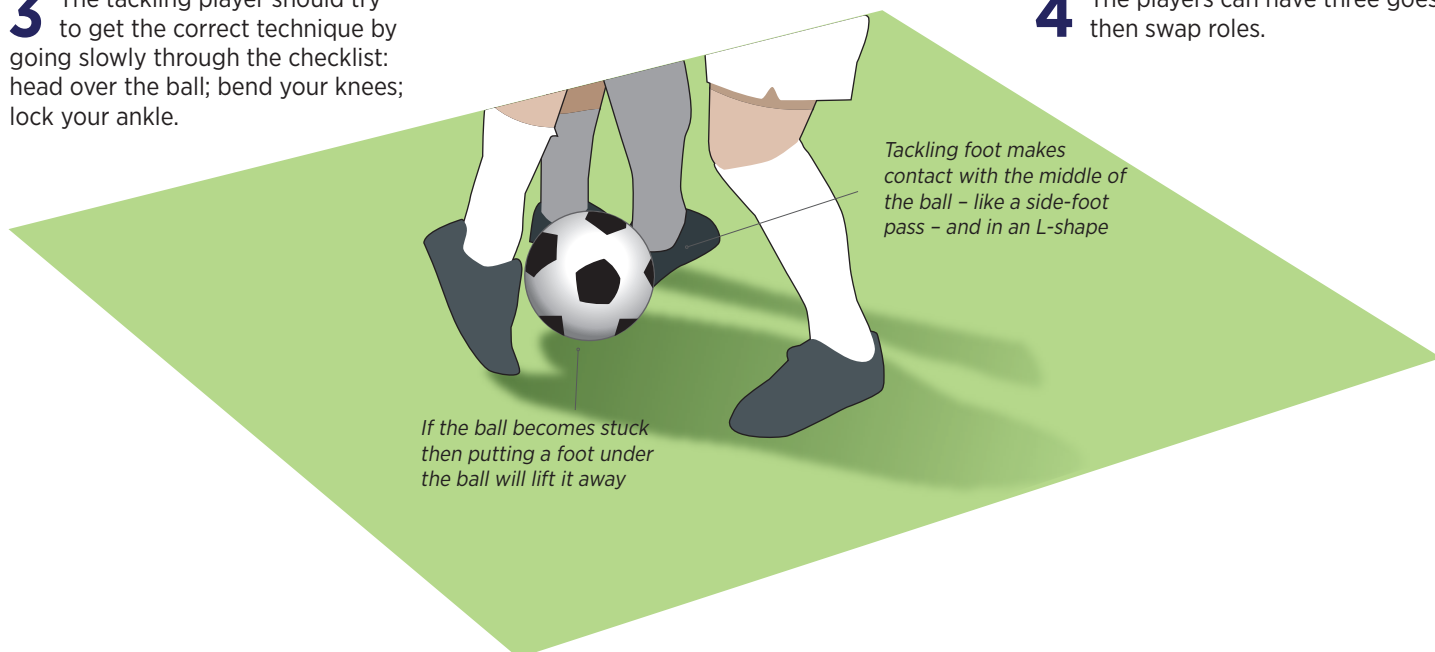
**CALL OUT** "Head over the ball" • "Bend your knees" • "Lock your ankle"

**1** In a block tackle the defender gets in front of the player with the ball and blocks his progress.



**2** Run through the block tackle with players in pairs. The two players face each other with the player on the ball at first remaining fairly static so the defender can make the tackle.

**3** The tackling player should try to get the correct technique by going slowly through the checklist: head over the ball; bend your knees; lock your ankle.



**4** The players can have three goes then swap roles.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	----->	----->
	Run with the ball	Shot
	----->	----->

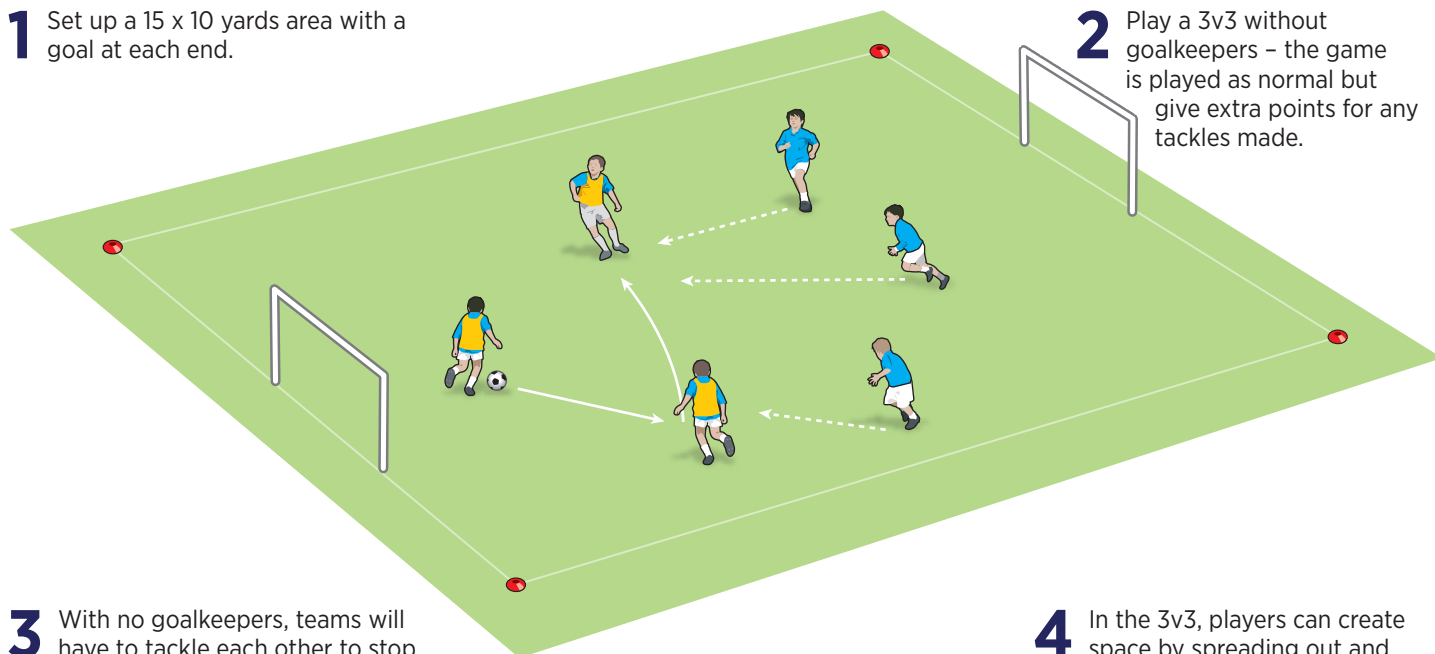
U9 | DEFENDING 4

# Make a block tackle

GAME: TACKLE IN A 3V3

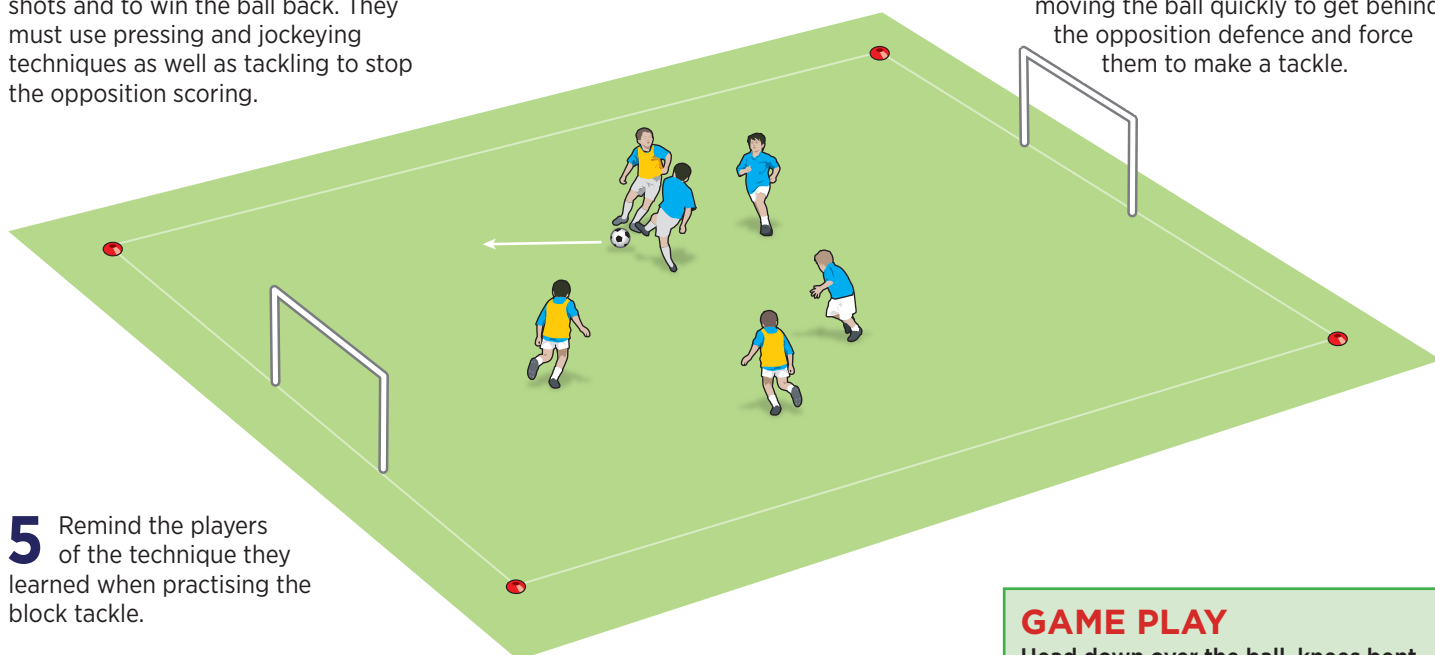
**CALL OUT** "Head over the ball" • "Bend your knees" • "Lock your ankle"

**1** Set up a 15 x 10 yards area with a goal at each end.



**2** Play a 3v3 without goalkeepers – the game is played as normal but give extra points for any tackles made.

**3** With no goalkeepers, teams will have to tackle each other to stop shots and to win the ball back. They must use pressing and jockeying techniques as well as tackling to stop the opposition scoring.



**4** In the 3v3, players can create space by spreading out and moving the ball quickly to get behind the opposition defence and force them to make a tackle.

**5** Remind the players of the technique they learned when practising the block tackle.

## GAME PLAY

Head down over the ball, knees bent.  
Firm standing leg.  
The knee and ankle locked so the leg is strong.

## How many players do I need?

This game uses six players.

Key	Player movement	Ball movement
	Run with the ball	Shot



# **EasiCoach**

**SOCCER SKILLS ACTIVITIES**

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## **U9-U10**

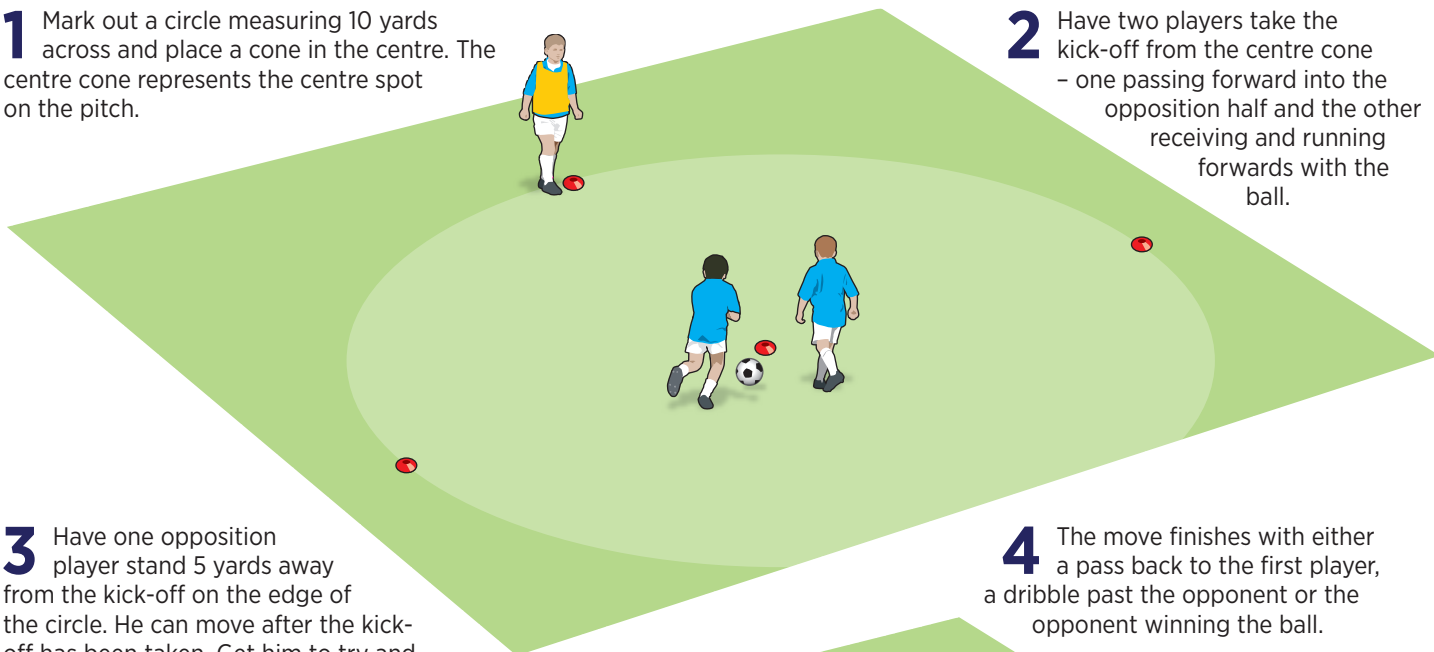
### **RESTARTS**

# Kick-off

**ACTIVITY: THE LAW**

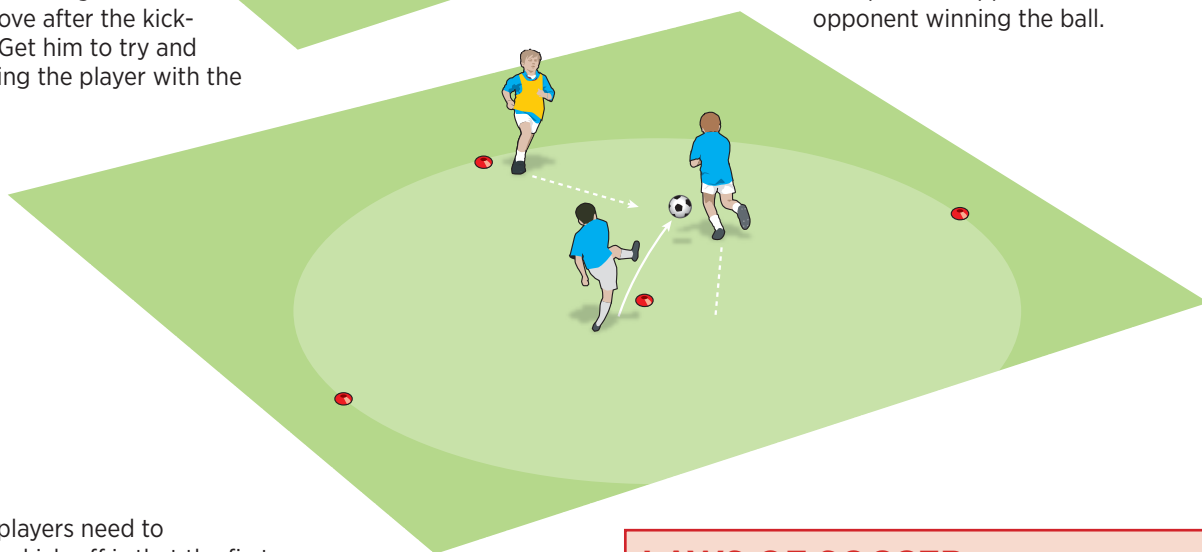
**CALL OUT** "Pass the ball forward to a team mate" • "Now dribble the ball" • "Support the player with the ball"

**1** Mark out a circle measuring 10 yards across and place a cone in the centre. The centre cone represents the centre spot on the pitch.



**2** Have two players take the kick-off from the centre cone – one passing forward into the opposition half and the other receiving and running forwards with the ball.

**3** Have one opposition player stand 5 yards away from the kick-off on the edge of the circle. He can move after the kick-off has been taken. Get him to try and block any runs, forcing the player with the ball to pass.



**4** The move finishes with either a pass back to the first player, a dribble past the opponent or the opponent winning the ball.

**5** The only thing players need to remember at the kick-off is that the first movement of the ball must be forward.

## LAWS OF SOCCER

### Start and restart of play

Procedure: A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored.

Opponents must be 5 yards away from the ball and in their own half of the field. The ball must be played forward. In Mini Soccer a goal cannot be scored directly from a start or restart of play.

### How many players do I need?

Work with players in threes with different players taking the kick-off.

Key	Player movement	Ball movement
	----->	----->
	----->	----->

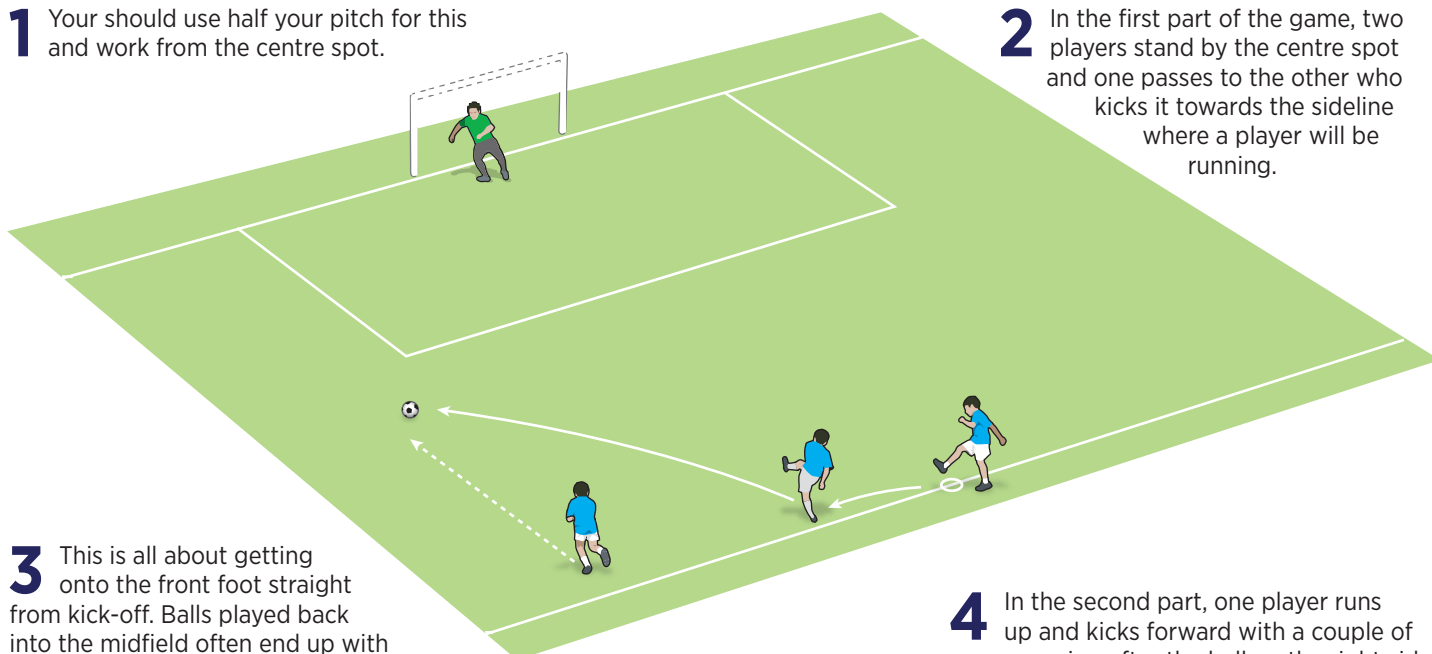
U9-U10 | RESTARTS 1

# Kick-off

**GAME: FORWARD MARCH!**

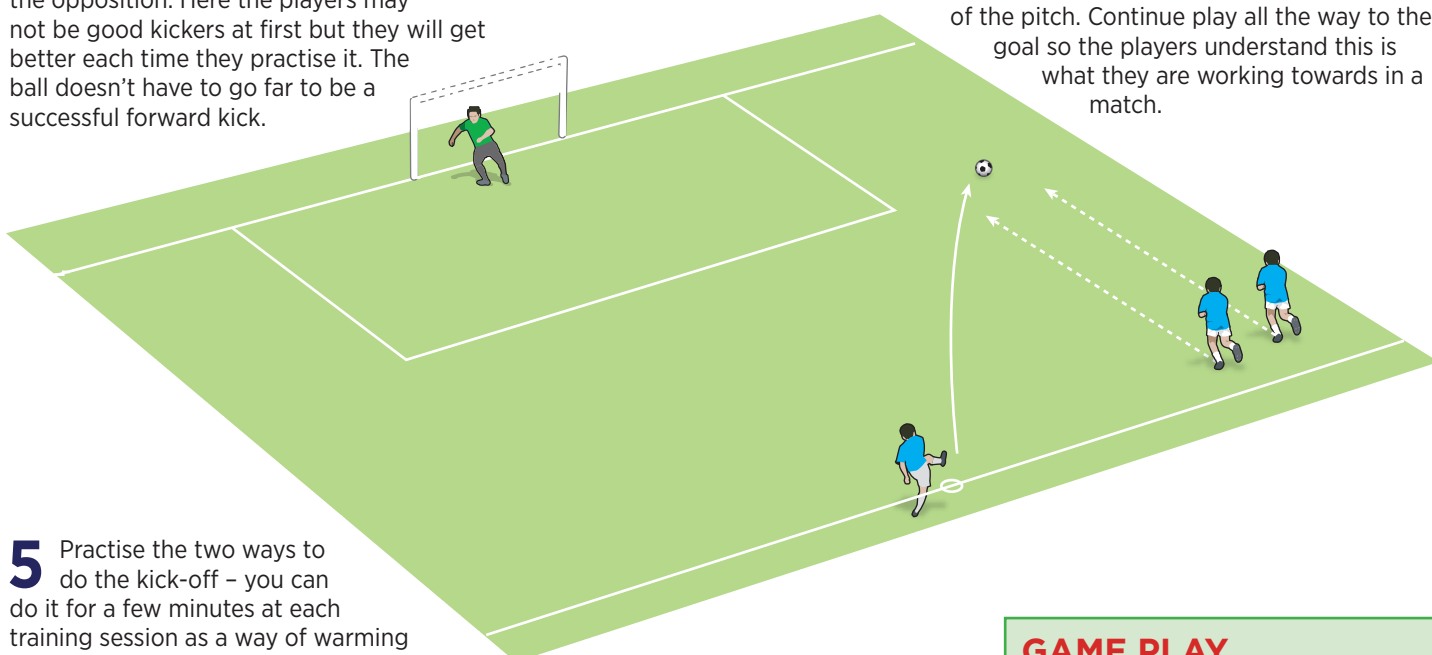
**CALL OUT** "Pass the ball forward to a team mate" • "Now dribble the ball" • "Support the player with the ball"

**1** You should use half your pitch for this and work from the centre spot.



**2** In the first part of the game, two players stand by the centre spot and one passes to the other who kicks it towards the sideline where a player will be running.

**3** This is all about getting onto the front foot straight from kick-off. Balls played back into the midfield often end up with the opposition. Here the players may not be good kickers at first but they will get better each time they practise it. The ball doesn't have to go far to be a successful forward kick.



**4** In the second part, one player runs up and kicks forward with a couple of runners going after the ball on the right side of the pitch. Continue play all the way to the goal so the players understand this is what they are working towards in a match.

**5** Practise the two ways to do the kick-off - you can do it for a few minutes at each training session as a way of warming the players up.

**GAME PLAY**  
Timing is key to the kick-offs.  
Be positive.  
Praise players for good attempts.

## How many players do I need?

This is a three man kick-off but you can add defenders if you have odd numbers of players.

Key	Player movement	Ball movement
	- - - - ->	—————>
	Run with the ball	Shot
	- - - - ->	—————>

U9-U10 | RESTARTS 2

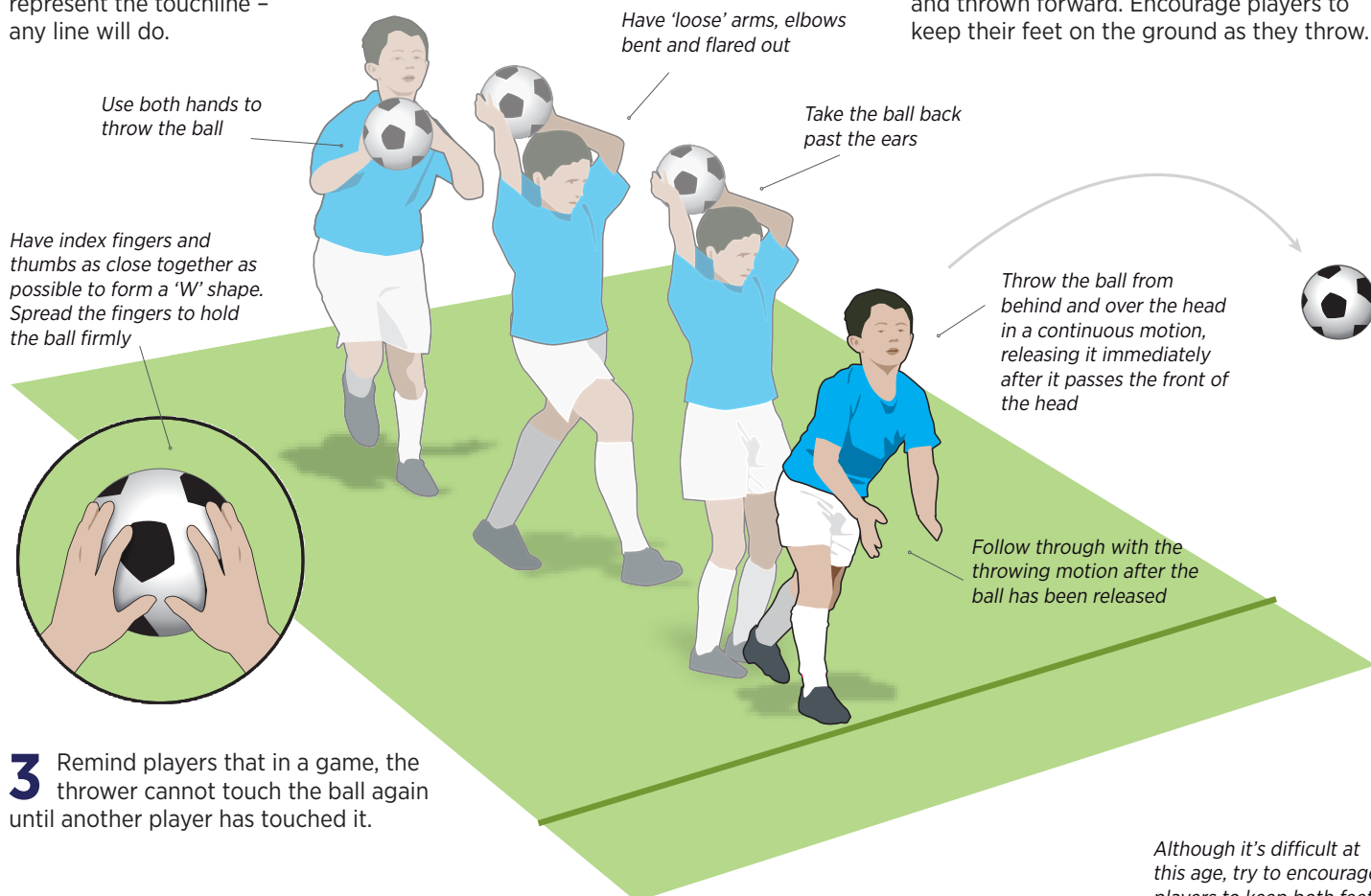
# Throw-in

ACTIVITY: THE LAW

**CALL OUT** "Ball behind your head" • "Feet on the ground"

**1** Line your players up on what would represent the touchline – any line will do.

**2** Get each player to practise throw-ins. You want to see the ball behind the head and thrown forward. Encourage players to keep their feet on the ground as they throw.



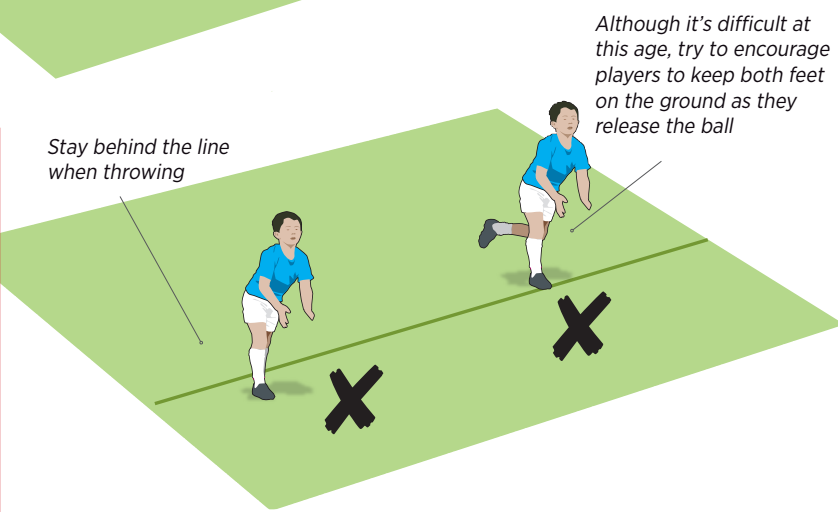
**3** Remind players that in a game, the thrower cannot touch the ball again until another player has touched it.

**LAWS OF SOCCER**

**Throw-ins**

At the moment of delivering the ball, the thrower:

- Faces the field of play.
- Has part of each foot either on the touch line or on the ground outside the touch line.
- Uses both hands.
- Delivers the ball from behind and over their head.
- The thrower may not touch the ball again until it has touched another player.



**How many players do I need?**  
Players work individually.

Key	Player movement	Ball movement
	- - - - - →	→
	Run with the ball	Shot
	- - - - - →	→



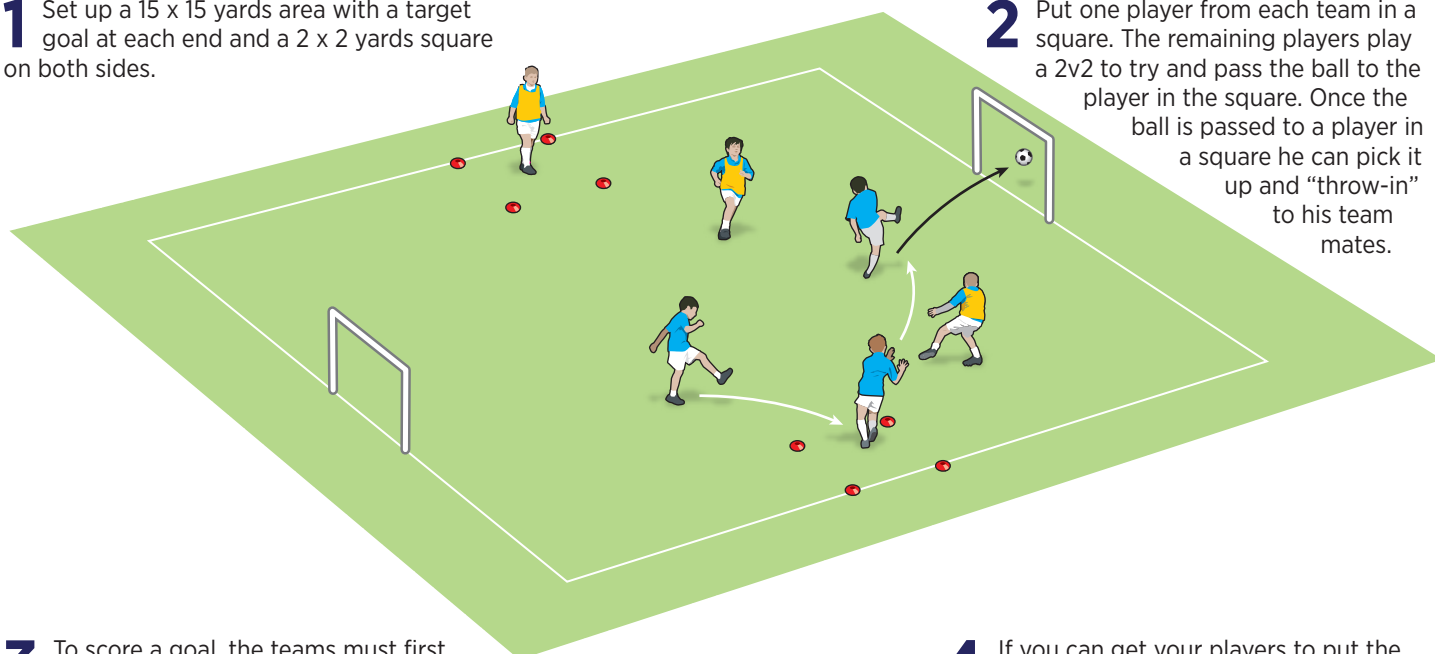
U9-U10 | RESTARTS 2

# Throw-in

**GAME: SCORE FROM THROW-INS**

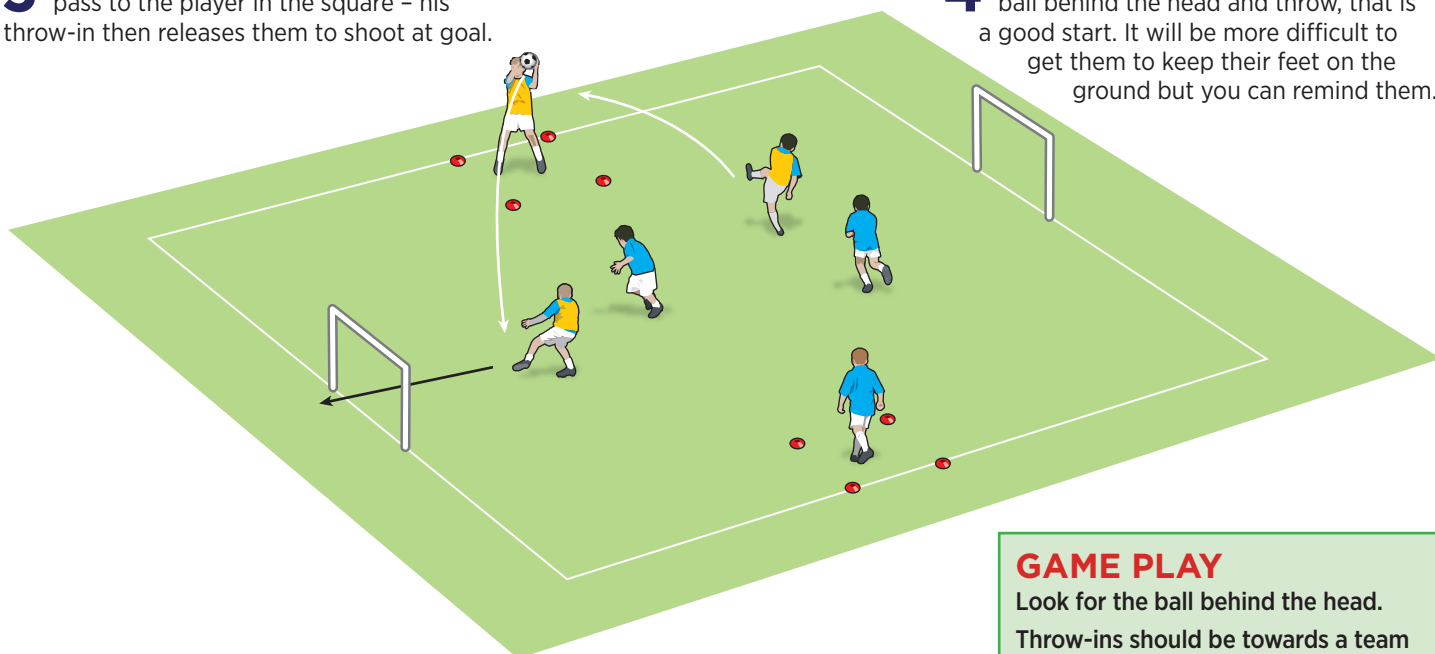
**CALL OUT** "Ball behind your head" • "Feet on the ground"

**1** Set up a 15 x 15 yards area with a target goal at each end and a 2 x 2 yards square on both sides.



**2** Put one player from each team in a square. The remaining players play a 2v2 to try and pass the ball to the player in the square. Once the ball is passed to a player in a square he can pick it up and "throw-in" to his team mates.

**3** To score a goal, the teams must first pass to the player in the square - his throw-in then releases them to shoot at goal.



**4** If you can get your players to put the ball behind the head and throw, that is a good start. It will be more difficult to get them to keep their feet on the ground but you can remind them.

## GAME PLAY

Look for the ball behind the head.  
Throw-ins should be towards a team mate.  
Remind players that their feet should be on the ground.

### How many players do I need?

You need six players in a 3v3.

Key	Player movement	Ball movement
	Run with the ball	Shot

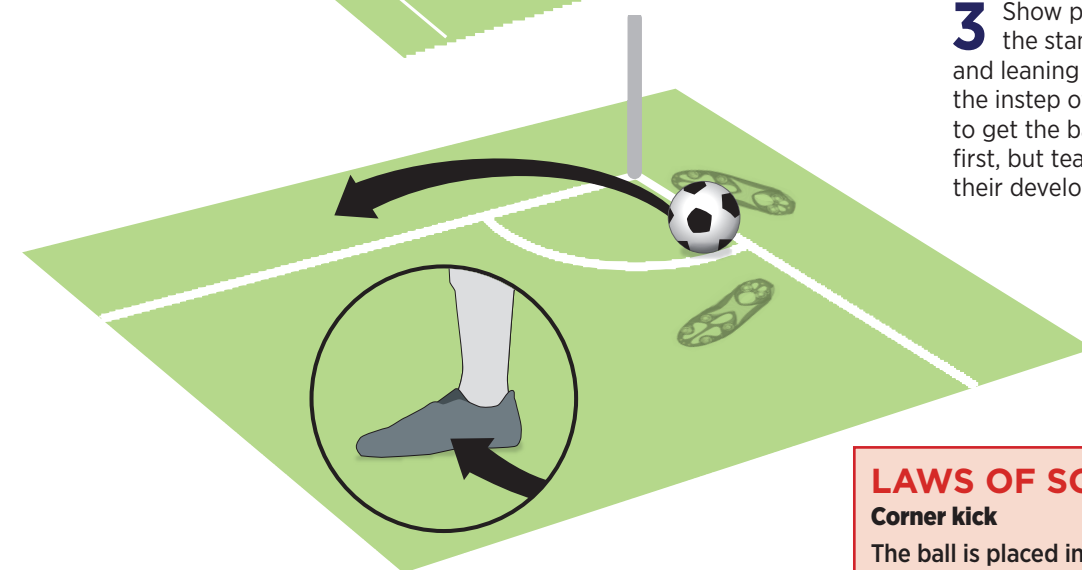
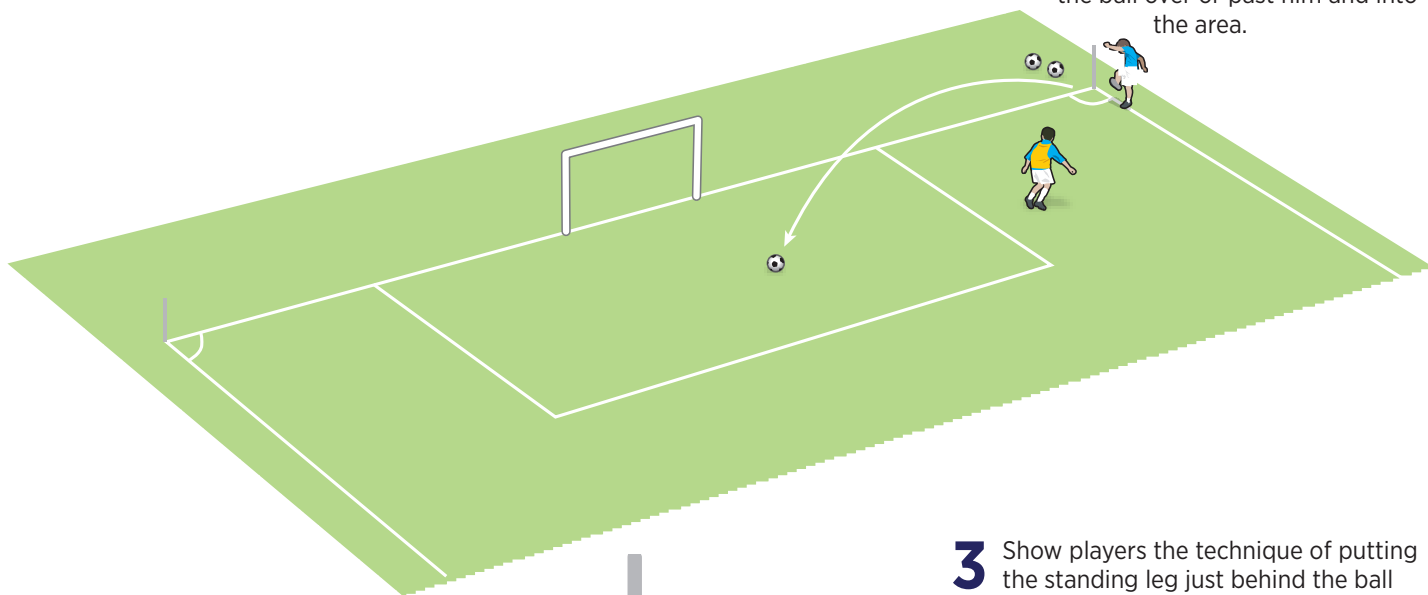
# Corner kick

**ACTIVITY: THE LAW**

**CALL OUT** "Place the ball near the corner" • "Kick towards the penalty area"

**1** Use one end of your usual pitch. This activity is purely to practise kicking the ball from the corner into the penalty area.

**2** Get your players to take turns crossing the ball in from the corner. Put an opposing player 5 yards from the corner so that the kicker has to think about getting the ball over or past him and into the area.



**3** Show players the technique of putting the standing leg just behind the ball and leaning back slightly as they kick with the instep of the foot. They may not be able to get the ball very high off the ground at first, but teaching the technique is vital to their development.

**4** Get all your players to practise taking corner kicks. Get them to try from either side of the goal.

**LAWS OF SOCCER**

**Corner kick**

The ball is placed inside the corner arc – or touching one of the lines – at the corner nearest to where the ball went out.

The corner flag post cannot be moved.

Opponents must be 5 yards from the corner flag until the ball is in play.

The ball is kicked by a player of the attacking team.

**How many players do I need?**

Get all your players to have a go.

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>

U9-U10 | RESTARTS 3

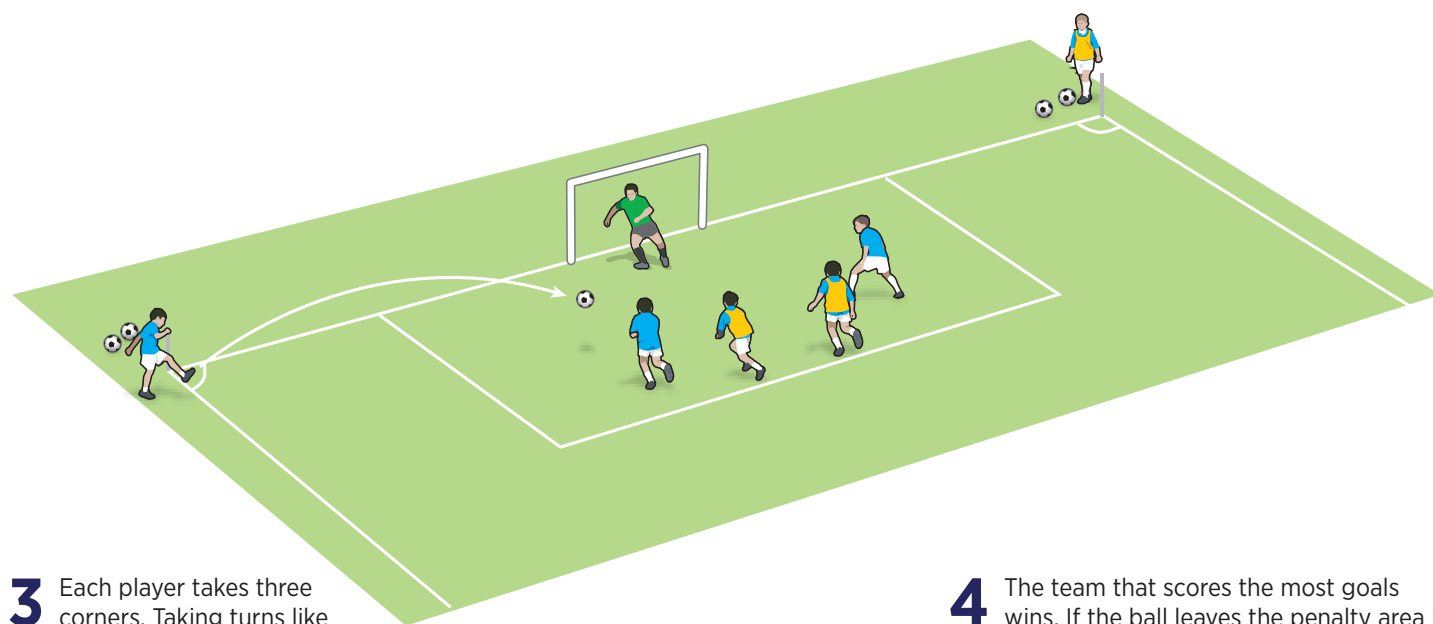
# Corner kick

**GAME: CORNER KICK BATTLE**

**CALL OUT** "Place the ball near the corner" • "Kick towards the penalty area"

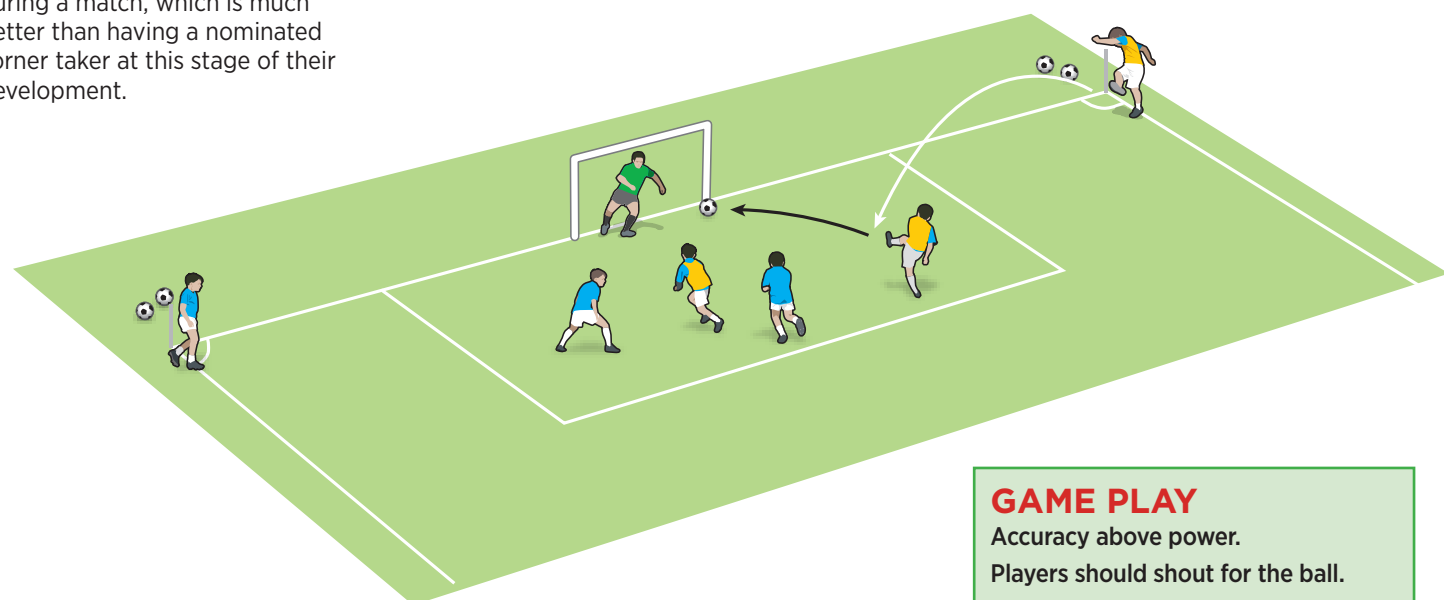
**1** Use one end of your usual pitch. Put a player from each team on the two corners and put the other players in the penalty area in a 2v2.

**2** The teams take turns to take three corners each. The players in the penalty area attack their own corner and defend their opponents' corner.



**3** Each player takes three corners. Taking turns like this means that any of your players will be able to take corners during a match, which is much better than having a nominated corner taker at this stage of their development.

**4** The team that scores the most goals wins. If the ball leaves the penalty area it is dead and the other team takes their turn.



**GAME PLAY**  
Accuracy above power.  
Players should shout for the ball.  
Movement to the ball.

## How many players do I need?

I used seven players with two teams of three players and a goalkeeper. Players take turns to take corners.

Key	Player movement	Ball movement
	- - - - ->	—————>
	Run with the ball	Shot
	- - - - ->	—————>

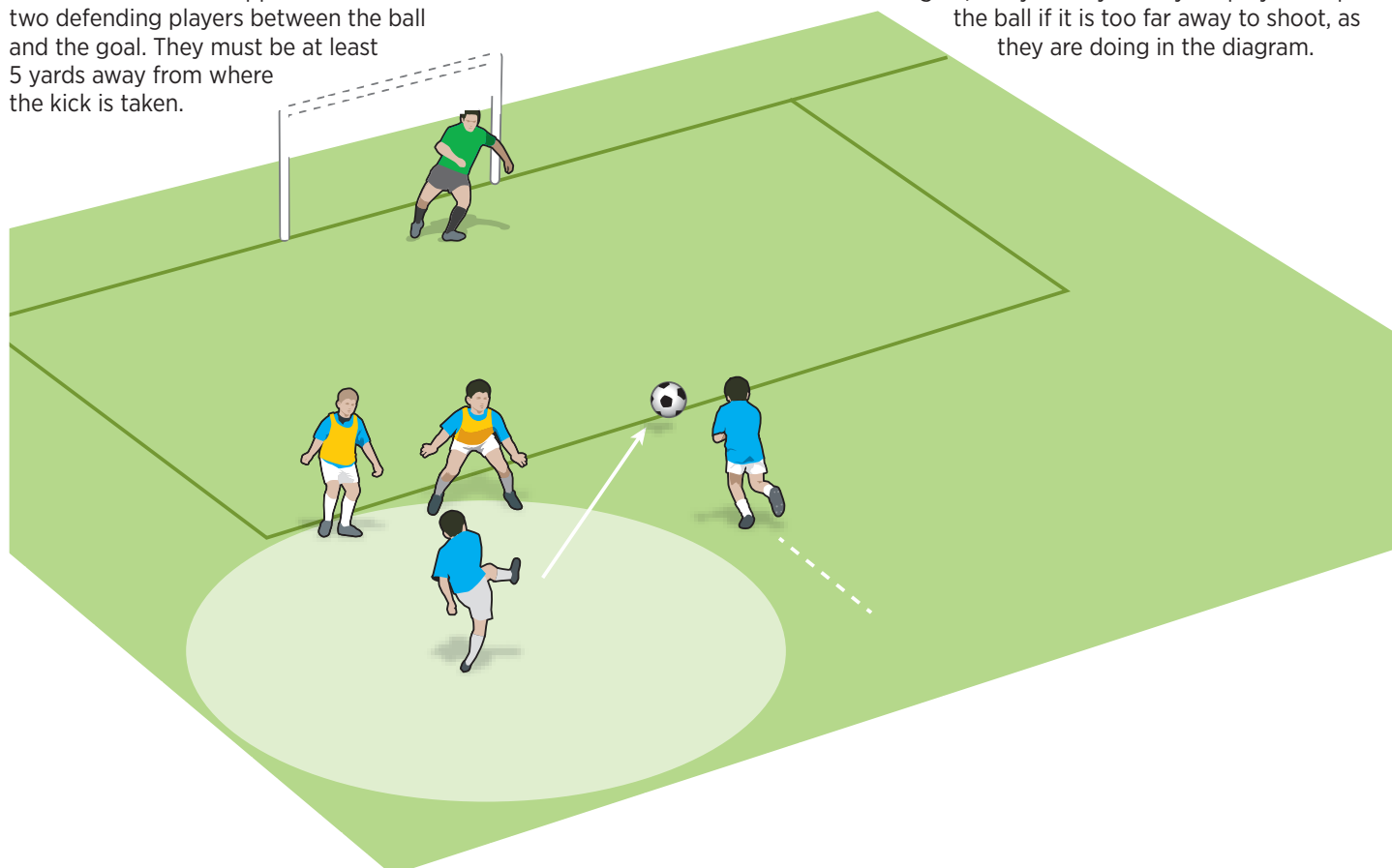
# Free kick

## ACTIVITY: THE LAW

### CALL OUT

“Understand the ball must be still when it is kicked” • “Understand one player takes the kick” • “Kick the ball forwards”

**1** Set up a free kick situation in front of goal, but not in the penalty area. You will need a player to take the kick and a team mate to support him. Put two defending players between the ball and the goal. They must be at least 5 yards away from where the kick is taken.



**2** When you say “go”, the player takes the kick. All free kicks are direct at this age group, so he is allowed to shoot straight at goal, but you may want your players to pass the ball if it is too far away to shoot, as they are doing in the diagram.

**3** Whether the free kick taker chooses to pass the ball or shoot at goal, the important thing is to avoid hitting the players directly in front of him, as this may prompt a counter-attack.

**4** Once the free kick has been taken, the kicker cannot touch the ball again until another player has touched it.

**5** In reality there are few free kicks in mini soccer, but players need to know what to do in the event of one being given to them.

### LAWS OF SOCCER

#### Free kick

All free kicks are direct and opponents must be 5 yards from the position the infringement took place.

The ball must be stationary when kicked.

### How many players do I need?

We’ve used five here, but get all your players to have a go. Remember to change round your attackers, defenders and goalkeeper.

Key	Player movement	Ball movement
	Run with the ball	Shot

U9-U10 | RESTARTS 4

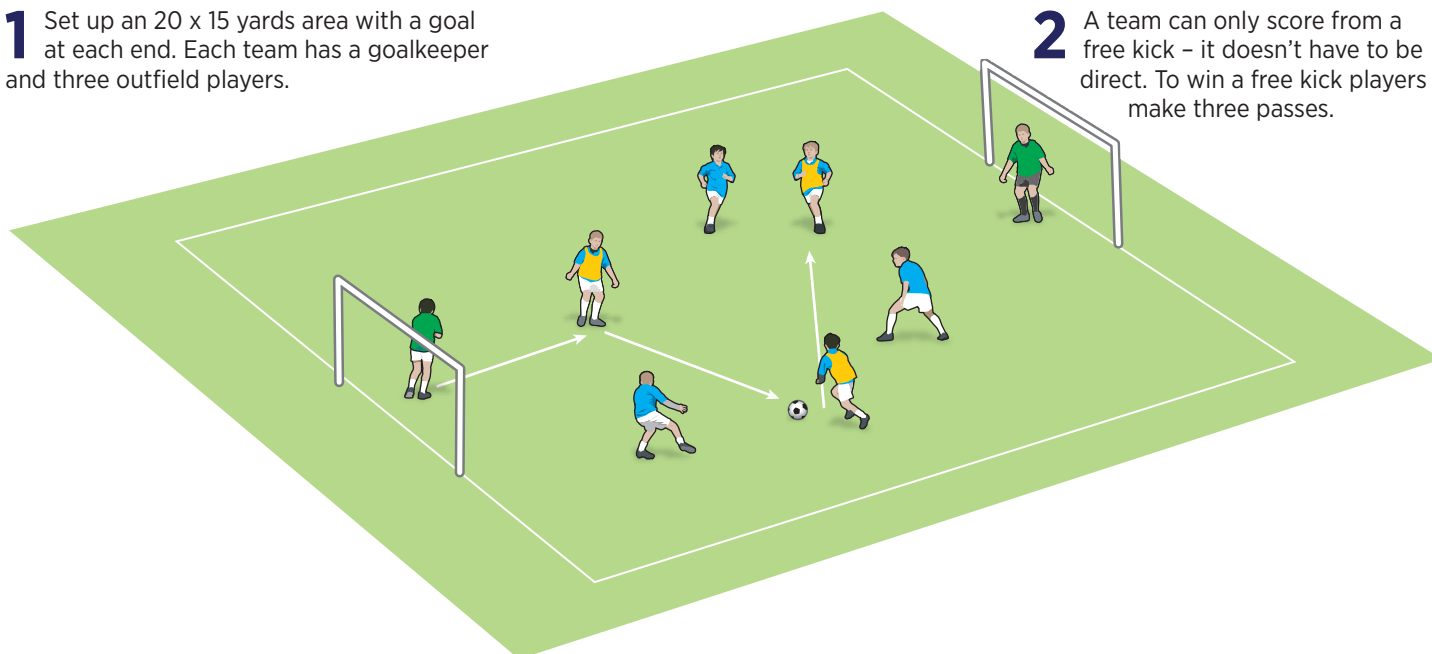
# Free kick

**GAME: FREE KICK GAME**

## CALL OUT

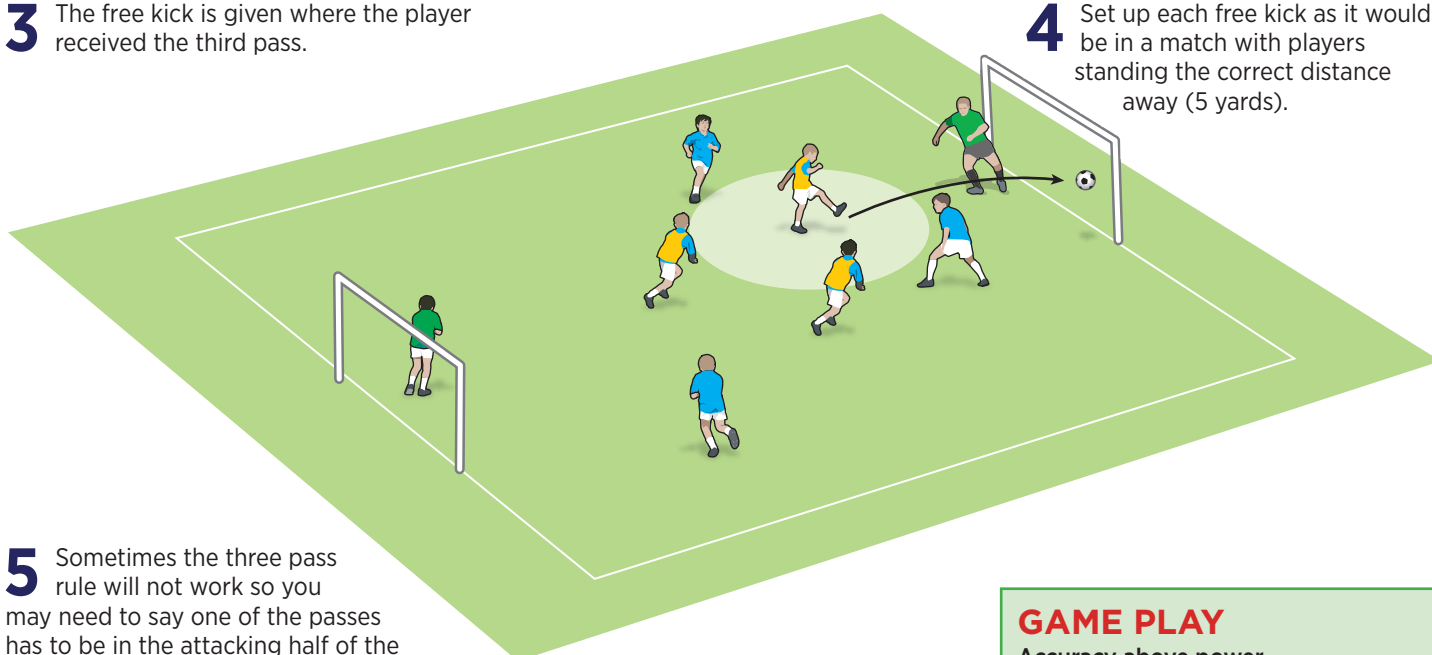
“Understand the ball must be still when it is kicked” • “Understand one player takes the kick” • “Kick the ball forwards”

**1** Set up an 20 x 15 yards area with a goal at each end. Each team has a goalkeeper and three outfield players.



**2** A team can only score from a free kick - it doesn't have to be direct. To win a free kick players make three passes.

**3** The free kick is given where the player received the third pass.



**4** Set up each free kick as it would be in a match with players standing the correct distance away (5 yards).

**5** Sometimes the three pass rule will not work so you may need to say one of the passes has to be in the attacking half of the pitch if the passing is too easy, and if it is too hard say they only need two passes.

### GAME PLAY

Accuracy above power.

Every player takes one.

Try passing moves and ask the players for free kick ideas.

### How many players do I need?

I played a 4v4 game for this practice.

Key	Player movement	Ball movement
	Run with the ball	Shot

U7-U8 | RESTARTS 5

# Penalty kick

**ACTIVITY: THE LAW**

## CALL OUT

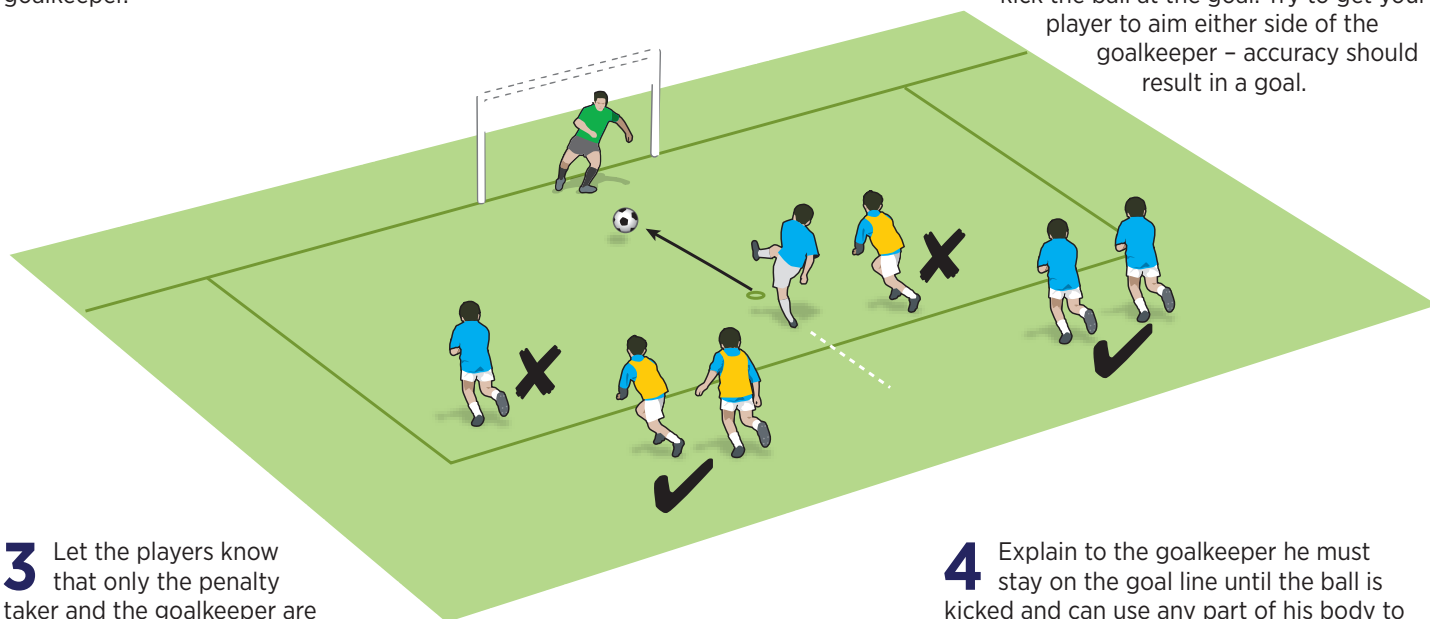
“Understand the ball is kicked from a static position” • “Understand one player takes the kick” • “Kick the ball forwards” • “Only kick the ball once”

**1** Set up using a penalty area, a penalty spot with a goal and a goalkeeper.

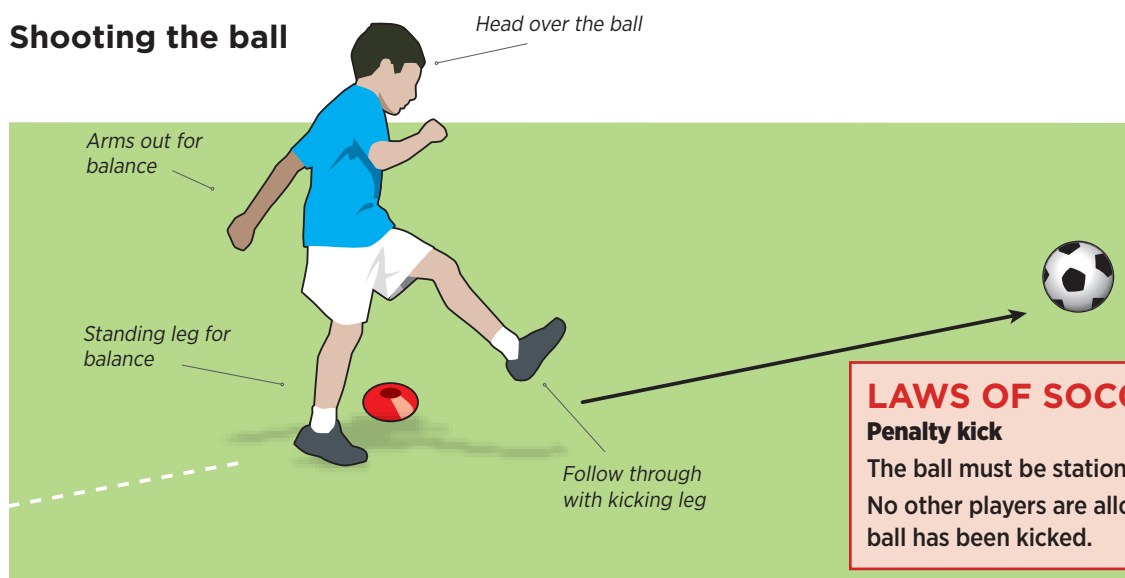
**2** The players should take turns to take penalties – take a four step run up and kick the ball at the goal. Try to get your player to aim either side of the goalkeeper – accuracy should result in a goal.

**3** Let the players know that only the penalty taker and the goalkeeper are allowed in the penalty area when the kick is taken.

**4** Explain to the goalkeeper he must stay on the goal line until the ball is kicked and can use any part of his body to stop the shot.



## Shooting the ball



### LAWS OF SOCCER

#### Penalty kick

The ball must be stationary when kicked.  
No other players are allowed in the area until the ball has been kicked.

## How many players do I need?

Get all your players to have a go.

Key	Player movement	Ball movement
	--->	→
	Run with the ball	Shot
	--->	→

U7-U8 | RESTARTS 5

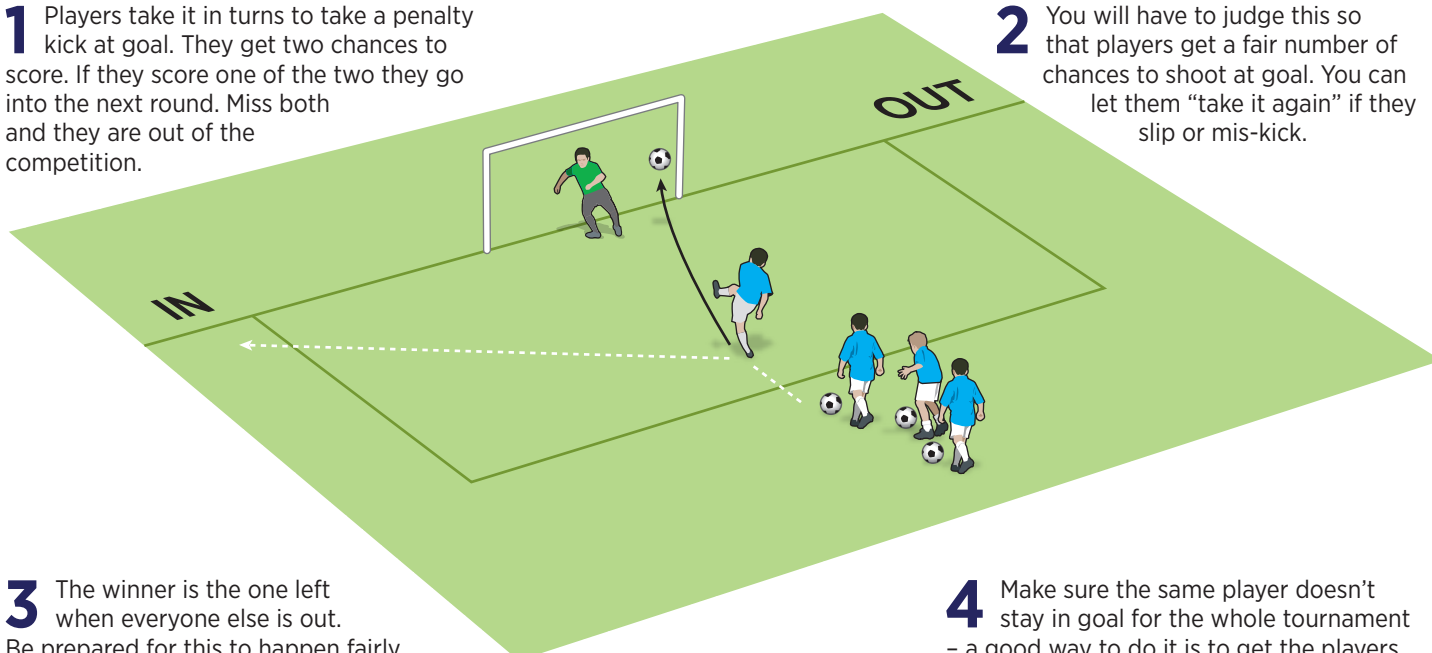
# Penalty kick

**GAME: IN OR OUT**

## CALL OUT

“Understand the ball is kicked from a static position” • “Understand one player takes the kick” • “Kick the ball forwards” • “Only kick the ball once”

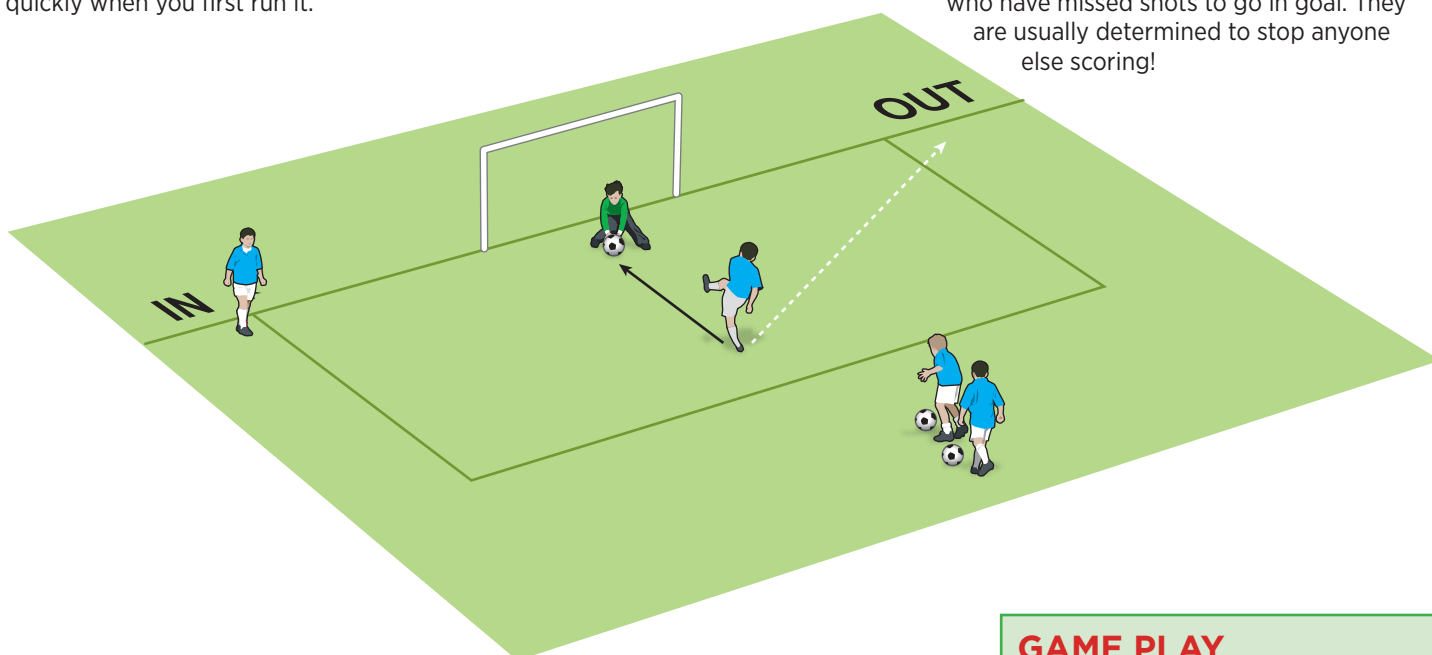
**1** Players take it in turns to take a penalty kick at goal. They get two chances to score. If they score one of the two they go into the next round. Miss both and they are out of the competition.



**2** You will have to judge this so that players get a fair number of chances to shoot at goal. You can let them “take it again” if they slip or mis-kick.

**3** The winner is the one left when everyone else is out. Be prepared for this to happen fairly quickly when you first run it.

**4** Make sure the same player doesn't stay in goal for the whole tournament – a good way to do it is to get the players who have missed shots to go in goal. They are usually determined to stop anyone else scoring!



### GAME PLAY

Accuracy above power.  
Every player takes one.  
React to a rebound.

### How many players do I need?

Get all your players to have a go.

Key	Player movement	Ball movement
	Run with the ball	Shot





# **EasiCoach**

**SOCCER SKILLS ACTIVITIES**

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## **U9-U10**

### **GOALKEEPING**

## Correct diving technique

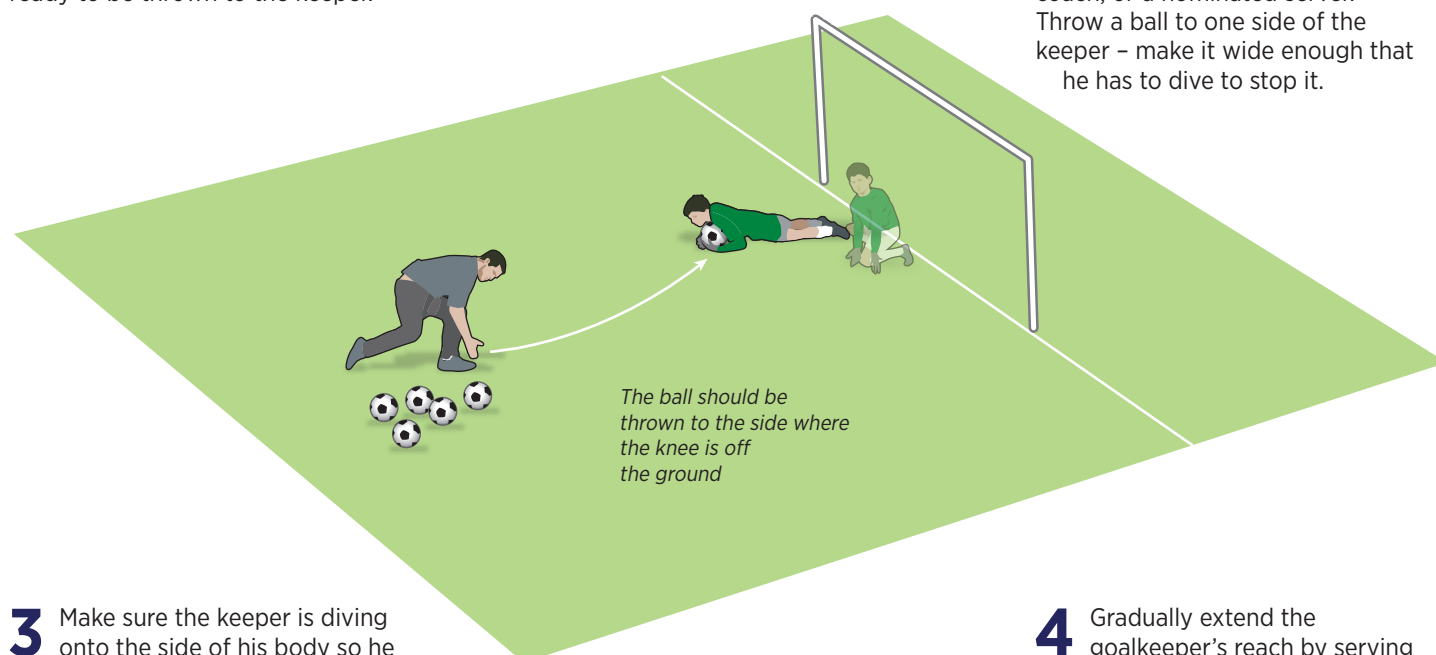
### ACTIVITY: CORRECT DIVING TECHNIQUE

#### CALL OUT

“Stretch for the ball” • “Time your dive” • “Arms in front of you” •  
“Land on your side”

**1** Use the penalty area of your pitch  
- have a good number of balls ready to be thrown to the keeper.

**2** The goalkeeper should kneel on one knee and face you, the coach, or a nominated server. Throw a ball to one side of the keeper - make it wide enough that he has to dive to stop it.



**3** Make sure the keeper is diving onto the side of his body so he can see the ball clearly.

**4** Gradually extend the goalkeeper's reach by serving the ball further away from his body so he has to react more quickly and improve his diving.

### How many players do I need?

Individual work with goalkeepers.

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>

U9-U10 | GOALKEEPING 2

## Punching the ball

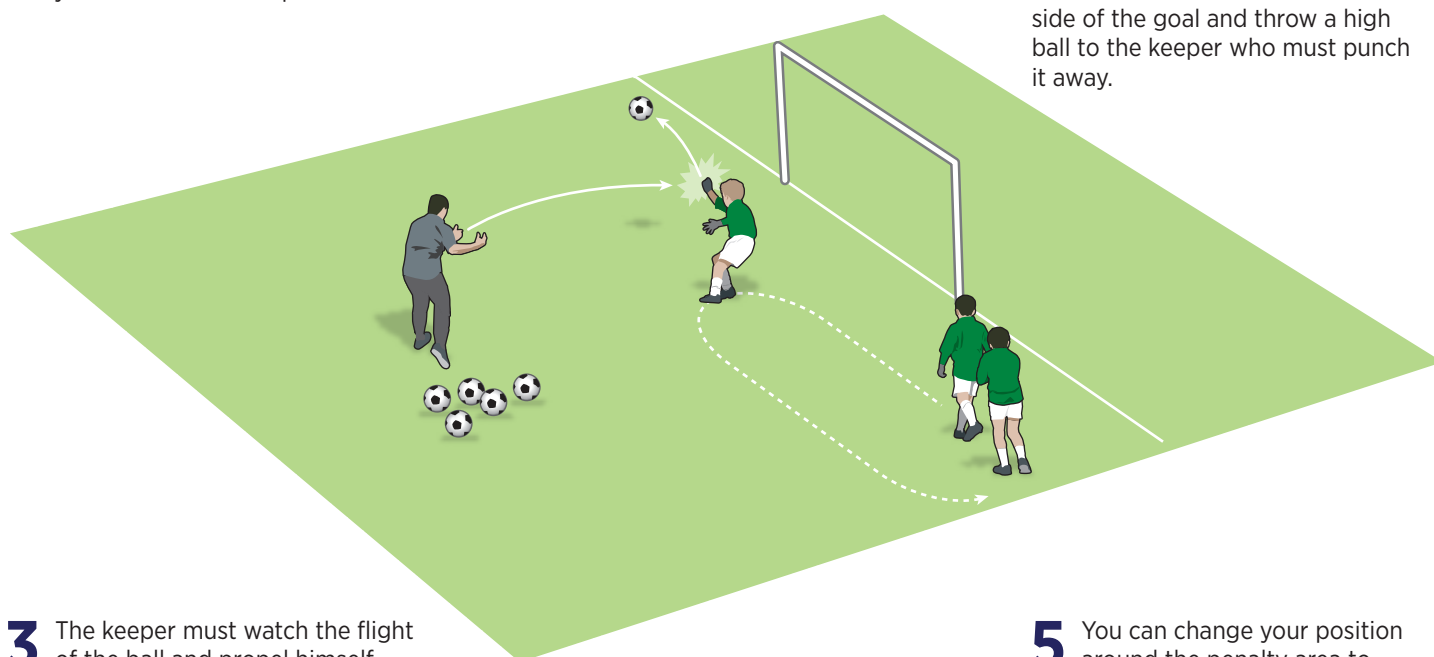
**ACTIVITY: PUNCHING THE BALL**

### CALL OUT

“Punch high and far” • “Watch the flight of the ball” •  
“Punch with one or two hands”

**1** Use the penalty area of your pitch  
- have a good number of balls  
ready to throw to the keepers.

**2** Line up your keepers to the side  
of the goal. Get them to come  
forward one at a time. Stand to one  
side of the goal and throw a high  
ball to the keeper who must punch  
it away.



**3** The keeper must watch the flight  
of the ball and propel himself  
towards it to punch right through the  
bottom part of the ball so it travels  
far and high out of the danger area.

**4** After making the punch, the  
keeper must get to his feet  
quickly and run round to the back of  
the line.

**5** You can change your position  
around the penalty area to  
deliver more difficult balls for the  
goalkeepers to deal with.

### How many players do I need?

Work with your goalkeepers.

Key	Player movement	Ball movement
	----->	----->
	----->	----->
	----->	----->

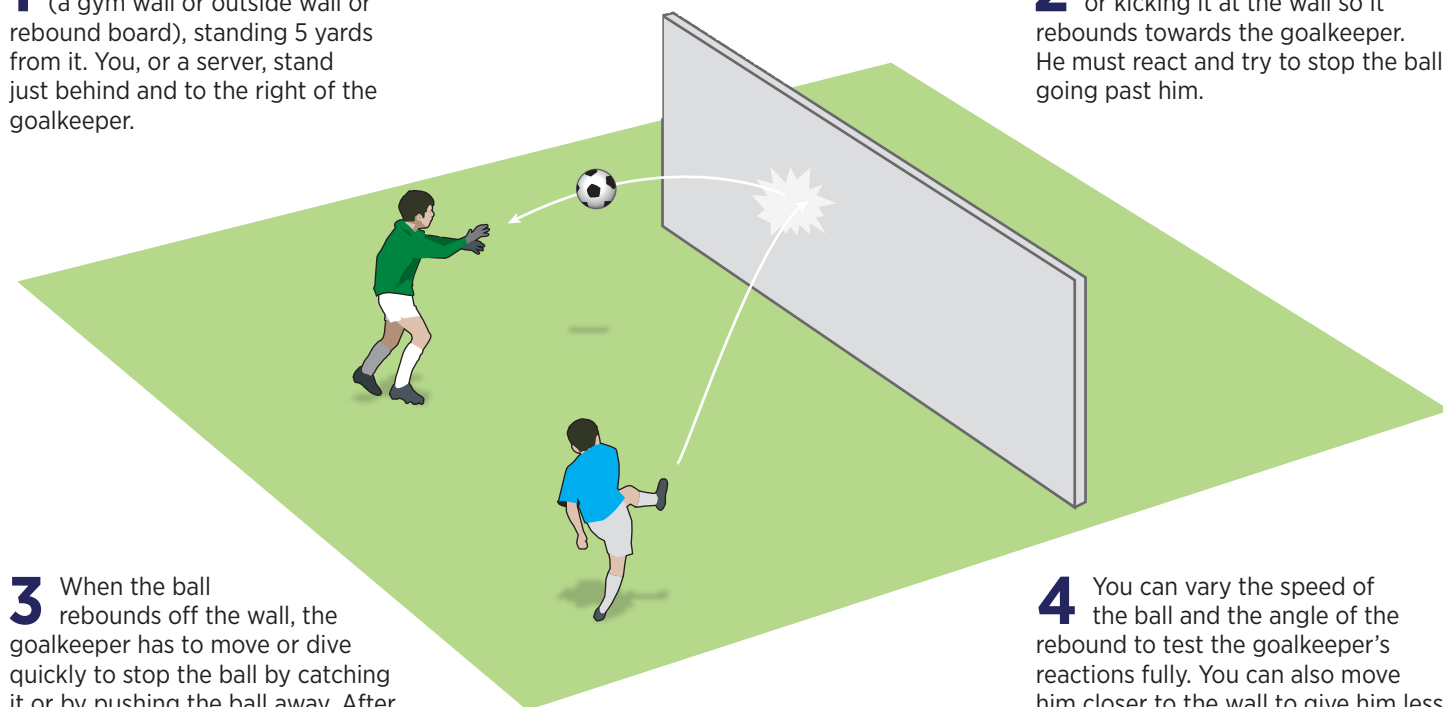
## Shot stopping reactions

### ACTIVITY: SHOT STOPPING REACTIONS

**CALL OUT** “Concentrate on the ball” • “React to the bounce” • “Don’t let the ball beat you”

**1** The goalkeeper faces a wall (a gym wall or outside wall or rebound board), standing 5 yards from it. You, or a server, stand just behind and to the right of the goalkeeper.

**2** You serve the ball by throwing or kicking it at the wall so it rebounds towards the goalkeeper. He must react and try to stop the ball going past him.



**3** When the ball rebounds off the wall, the goalkeeper has to move or dive quickly to stop the ball by catching it or by pushing the ball away. After each save, the keeper must return the ball to you and prepare for the next rebound.

**4** You can vary the speed of the ball and the angle of the rebound to test the goalkeeper’s reactions fully. You can also move him closer to the wall to give him less time to react.

### How many players do I need?

Individual work with goalkeepers – or goalkeepers can work in pairs and alternate roles of keeper and server.

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>

## Quick reactions and positioning

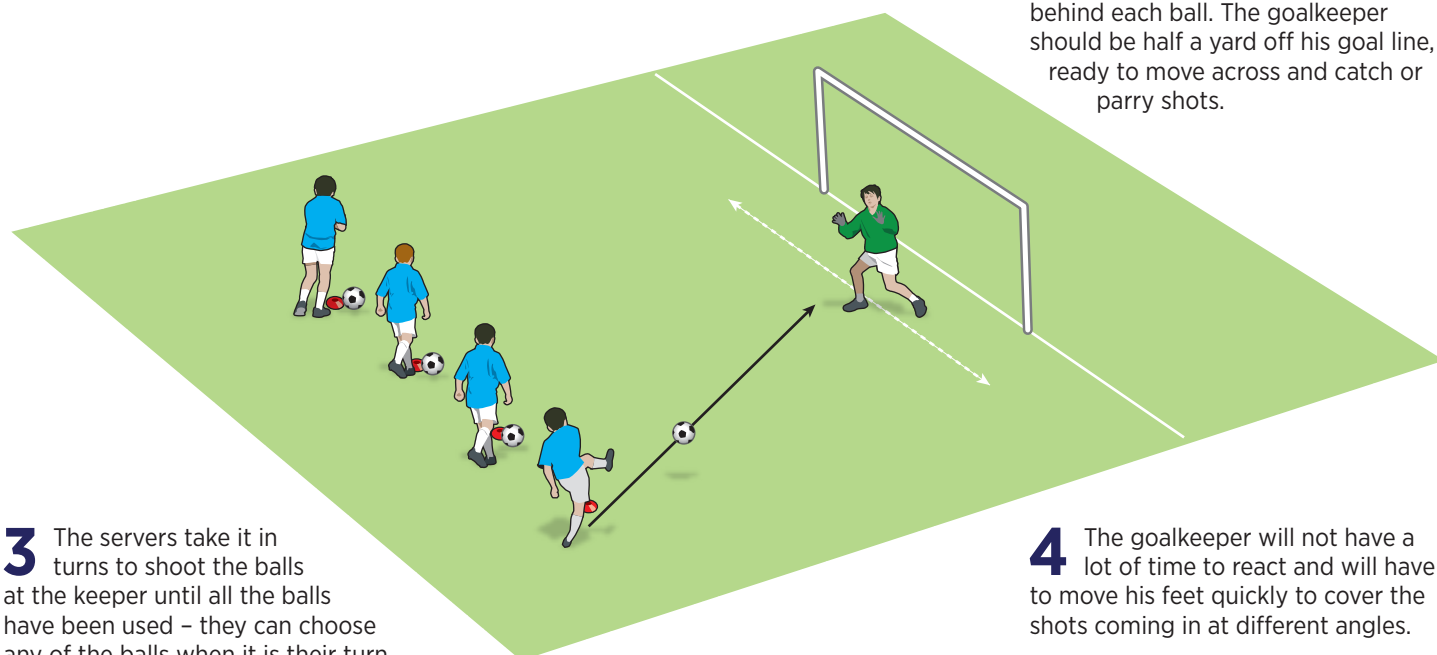
### ACTIVITY: QUICK REACTIONS AND POSITIONING

#### CALL OUT

“On the balls of your feet ready to pounce” • “Block the shot with hands or feet” • “Don’t let the ball beat you”

**1** Set up in the penalty area of your normal pitch. You need a goal and several balls.

**2** Line up the balls across the width of the penalty area, about 8 yards from the goal. Put a server behind each ball. The goalkeeper should be half a yard off his goal line, ready to move across and catch or parry shots.



**3** The servers take it in turns to shoot the balls at the keeper until all the balls have been used – they can choose any of the balls when it is their turn to shoot.

**4** The goalkeeper will not have a lot of time to react and will have to move his feet quickly to cover the shots coming in at different angles.

#### How many players do I need?

Individual work with goalkeepers plus servers – this is a good opportunity for your strikers to practise their shooting.

Key	Player movement	Ball movement
	----->	----->
	Run with the ball	Shot
	----->	----->

## Gather a rolling ball

### ACTIVITY: THE LONG BARRIER

#### CALL OUT

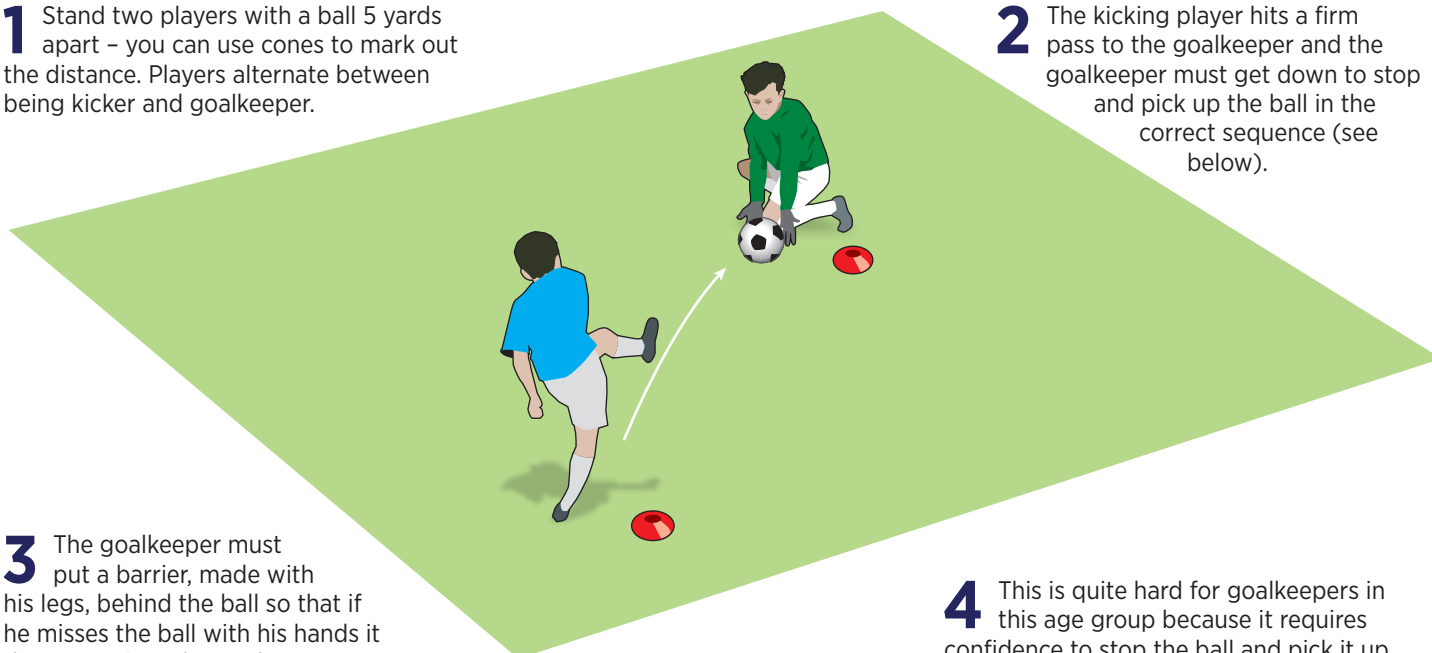
“Use a long leg as a barrier behind your hands” • “Pick the ball up” • “Clutch it to your chest”

**1** Stand two players with a ball 5 yards apart – you can use cones to mark out the distance. Players alternate between being kicker and goalkeeper.

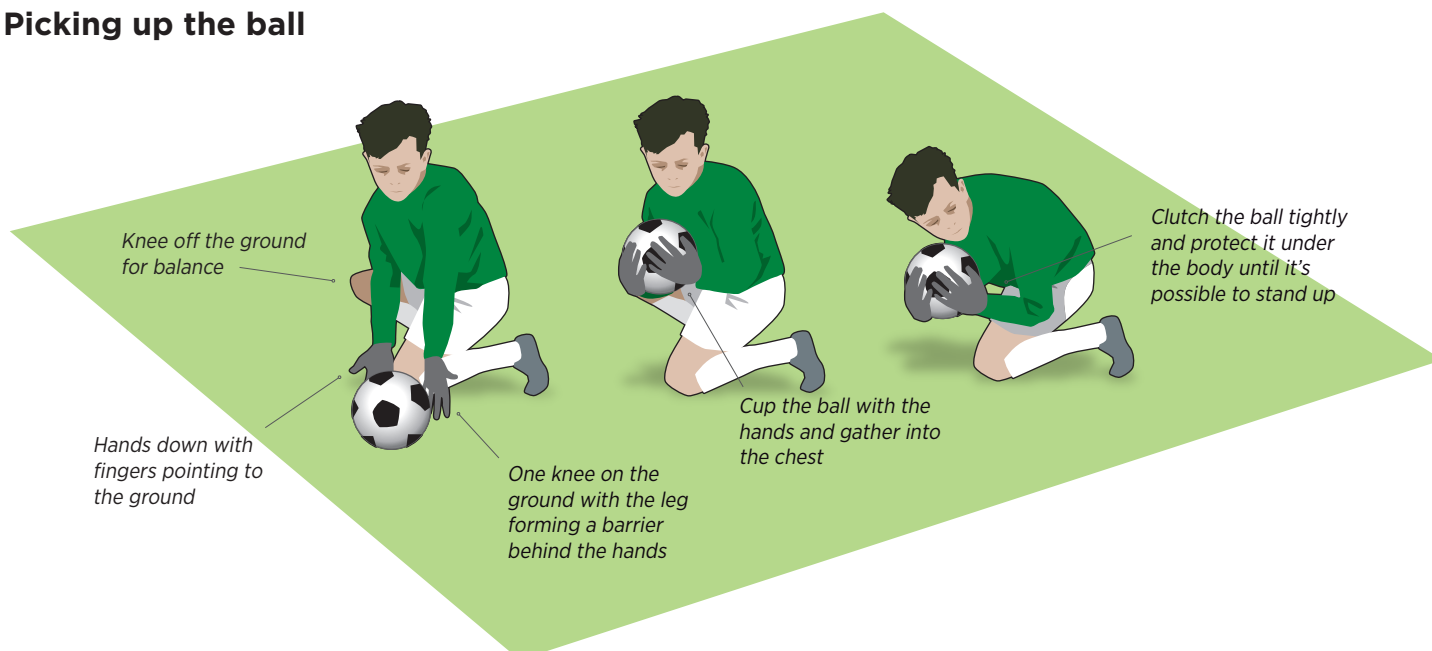
**2** The kicking player hits a firm pass to the goalkeeper and the goalkeeper must get down to stop and pick up the ball in the correct sequence (see below).

**3** The goalkeeper must put a barrier, made with his legs, behind the ball so that if he misses the ball with his hands it doesn't go into the goal.

**4** This is quite hard for goalkeepers in this age group because it requires confidence to stop the ball and pick it up. When in a crowd of players it is difficult to judge when to pick the ball up.



### Picking up the ball



### How many players do I need?

Individual work with a goalkeeper and a server.

Key	Player movement	Ball movement
	----->	----->
	----->	----->

Run with the ball      Shot



U9-U10 | GOALKEEPING 6

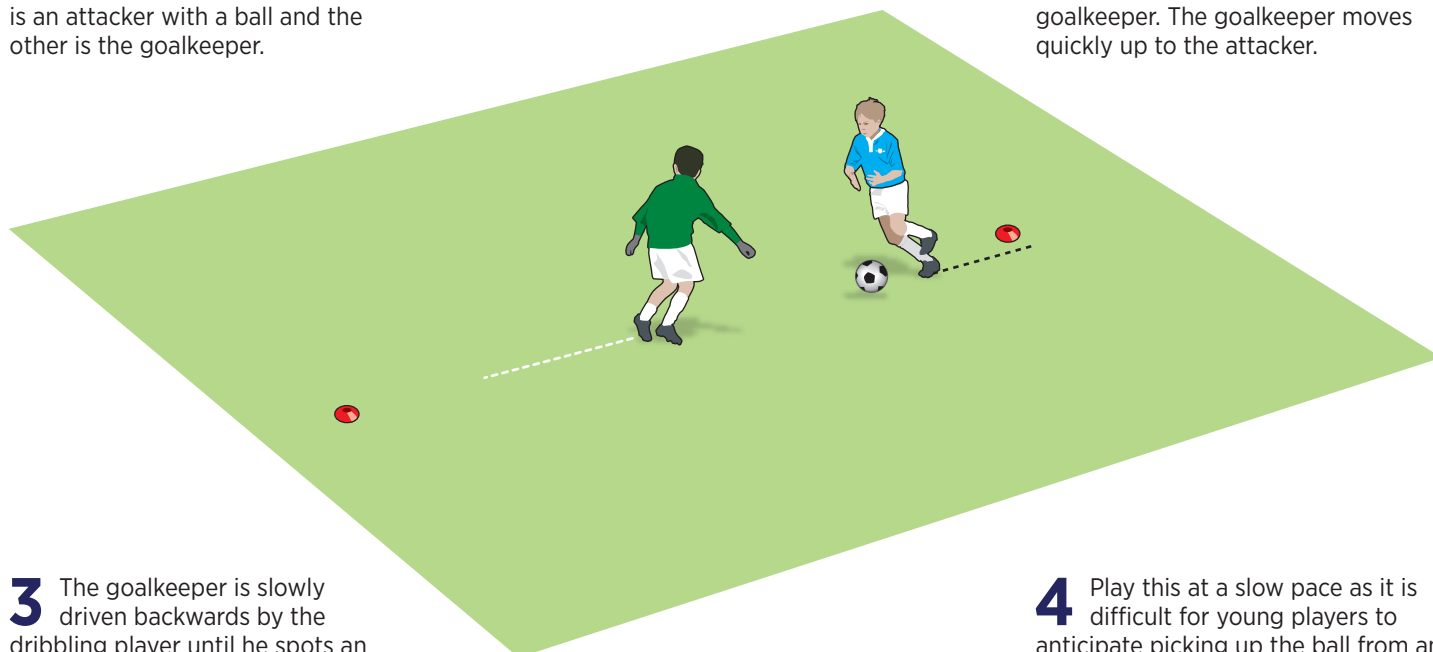
## Stopping a ball at striker's feet

**ACTIVITY: STOPPING A BALL AT STRIKER'S FEET**

### CALL OUT

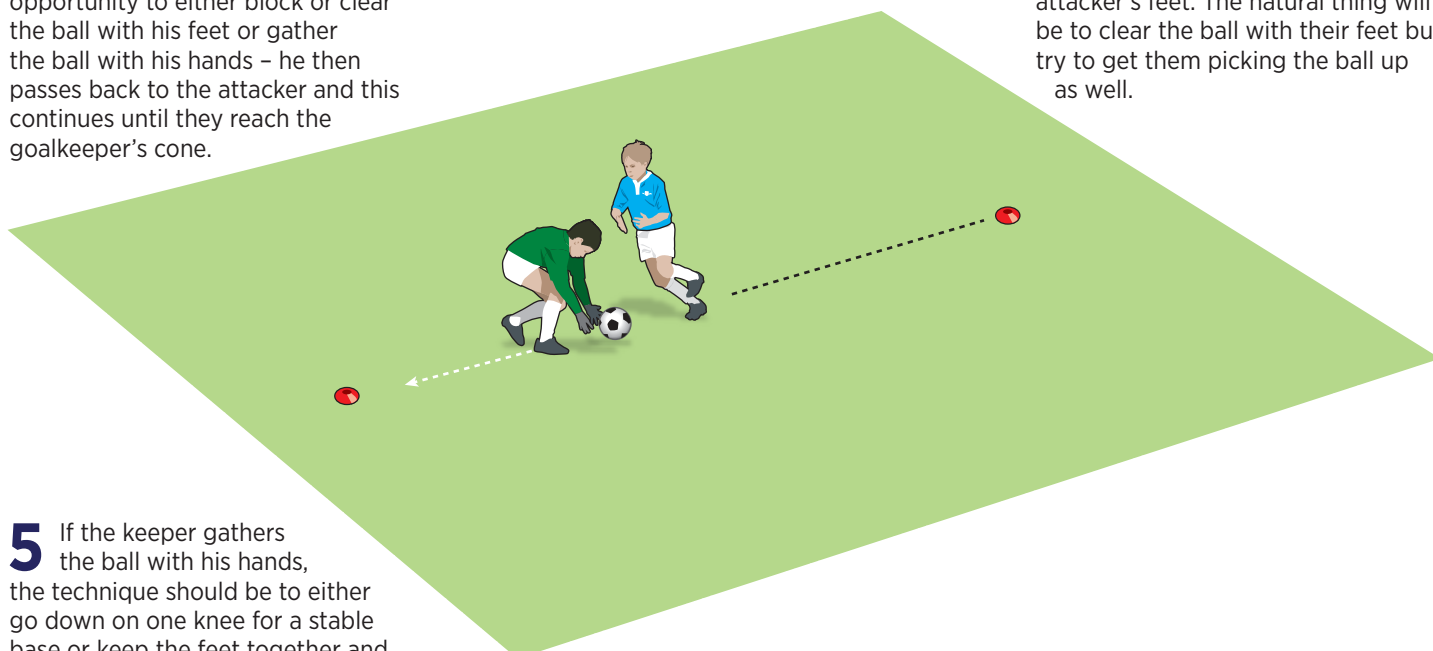
“Choose your moment to block the ball” • “Gather it with your hands” •  
“Clear it with your feet”

**1** Place two cones 8 yards apart with a player on each cone – one is an attacker with a ball and the other is the goalkeeper.



**2** The attacker starts with the ball, dribbling towards the goalkeeper. The goalkeeper moves quickly up to the attacker.

**3** The goalkeeper is slowly driven backwards by the dribbling player until he spots an opportunity to either block or clear the ball with his feet or gather the ball with his hands – he then passes back to the attacker and this continues until they reach the goalkeeper's cone.



**4** Play this at a slow pace as it is difficult for young players to anticipate picking up the ball from an attacker's feet. The natural thing will be to clear the ball with their feet but try to get them picking the ball up as well.

**5** If the keeper gathers the ball with his hands, the technique should be to either go down on one knee for a stable base or keep the feet together and bend to scoop the ball up.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	Run with the ball	Shot

# Goalie wars

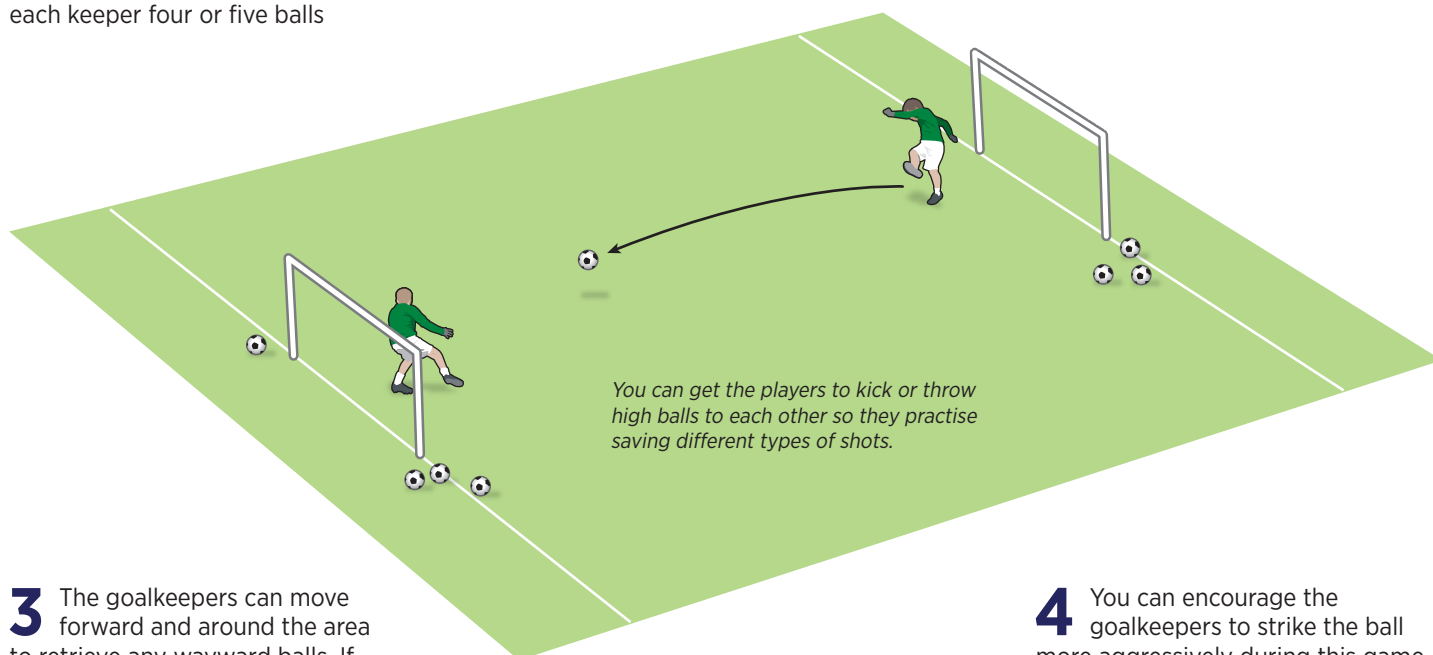
**GAME: SAVE AND DISTRIBUTE**

## CALL OUT

“Kick with accuracy” • “Try to score” • “Use good gathering technique” •  
“Remember the long barrier”

**1** Set up a 10 x 10 yards area with a portable goal at each end. Put a goalkeeper in each goal and give each keeper four or five balls

**2** The goalkeepers take turns to kick towards the opposite goal and try to score.



**3** The goalkeepers can move forward and around the area to retrieve any wayward balls. If they gather one close to the goal they can try and throw it into their opponent's net.

**4** You can encourage the goalkeepers to strike the ball more aggressively during this game, which not only gives them good shot stopping practice but also helps with goalkicking technique.

### GAME PLAY

Cover the goal.  
Try power shots.  
Use good technique.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>





# **EasiCoach**

**SOCCER SKILLS ACTIVITIES**

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## **U9-U10**

### **HEADING**

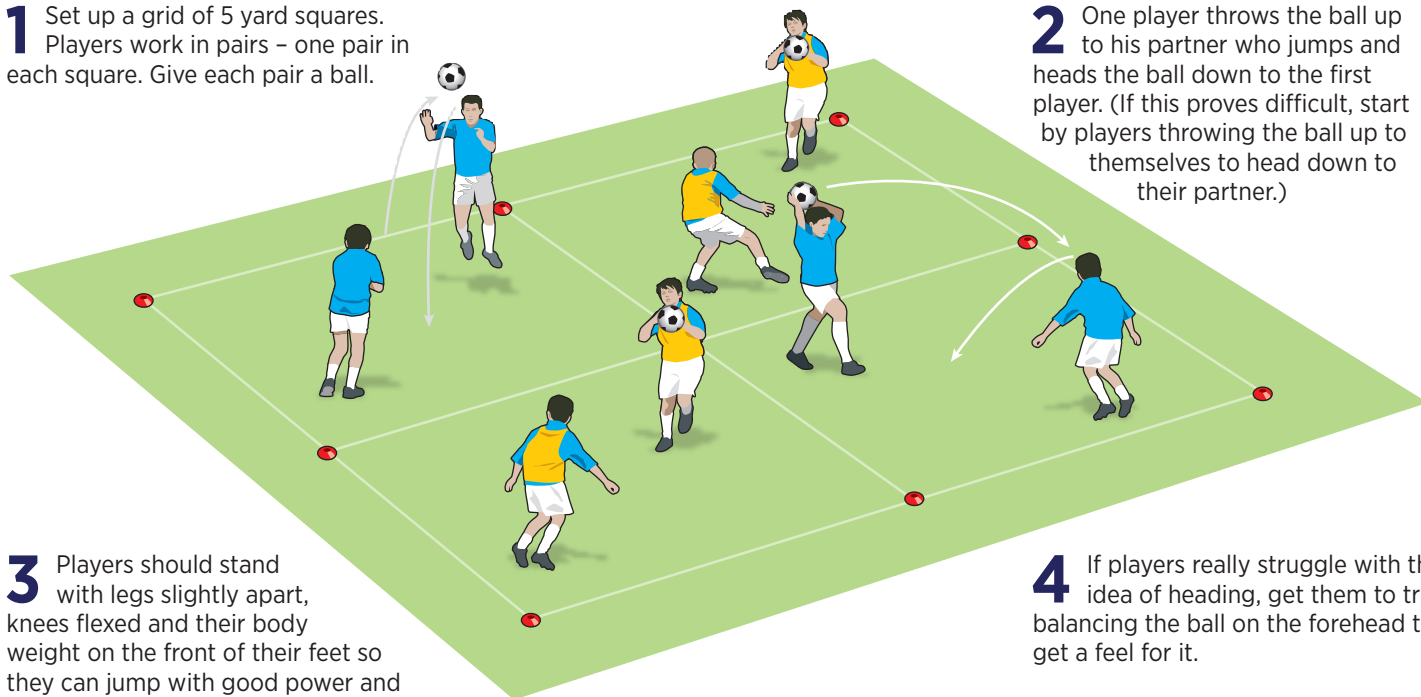
# Correct heading technique in attack

## ACTIVITY: ATTACKING HEADERS

### CALL OUT

“Eyes open look at the ball” • “Put your weight on the balls of your feet” •  
“Head the ball down”

**1** Set up a grid of 5 yard squares. Players work in pairs – one pair in each square. Give each pair a ball.

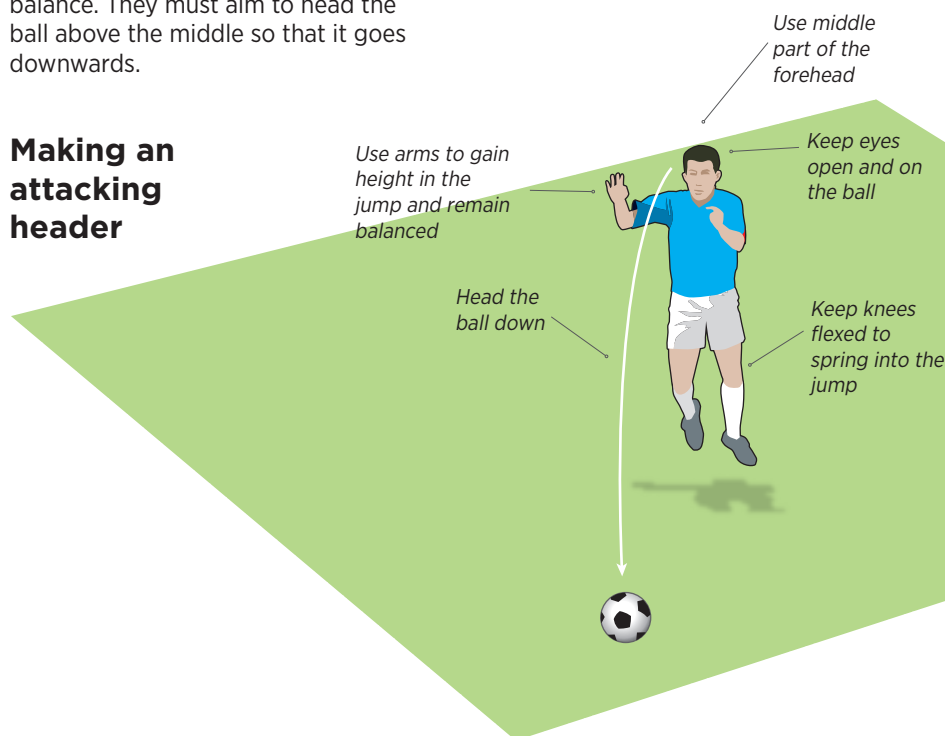


**2** One player throws the ball up to his partner who jumps and heads the ball down to the first player. (If this proves difficult, start by players throwing the ball up to themselves to head down to their partner.)

**3** Players should stand with legs slightly apart, knees flexed and their body weight on the front of their feet so they can jump with good power and balance. They must aim to head the ball above the middle so that it goes downwards.

**4** If players really struggle with the idea of heading, get them to try balancing the ball on the forehead to get a feel for it.

### Making an attacking header



**Note:** When starting with heading technique I tend to deflate the balls so they are not so hard when players practise heading in training. As the players get older they can practise with fully pumped up balls.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	----->	----->
	----->	----->
	----->	----->

U9-U10 | HEADING 1

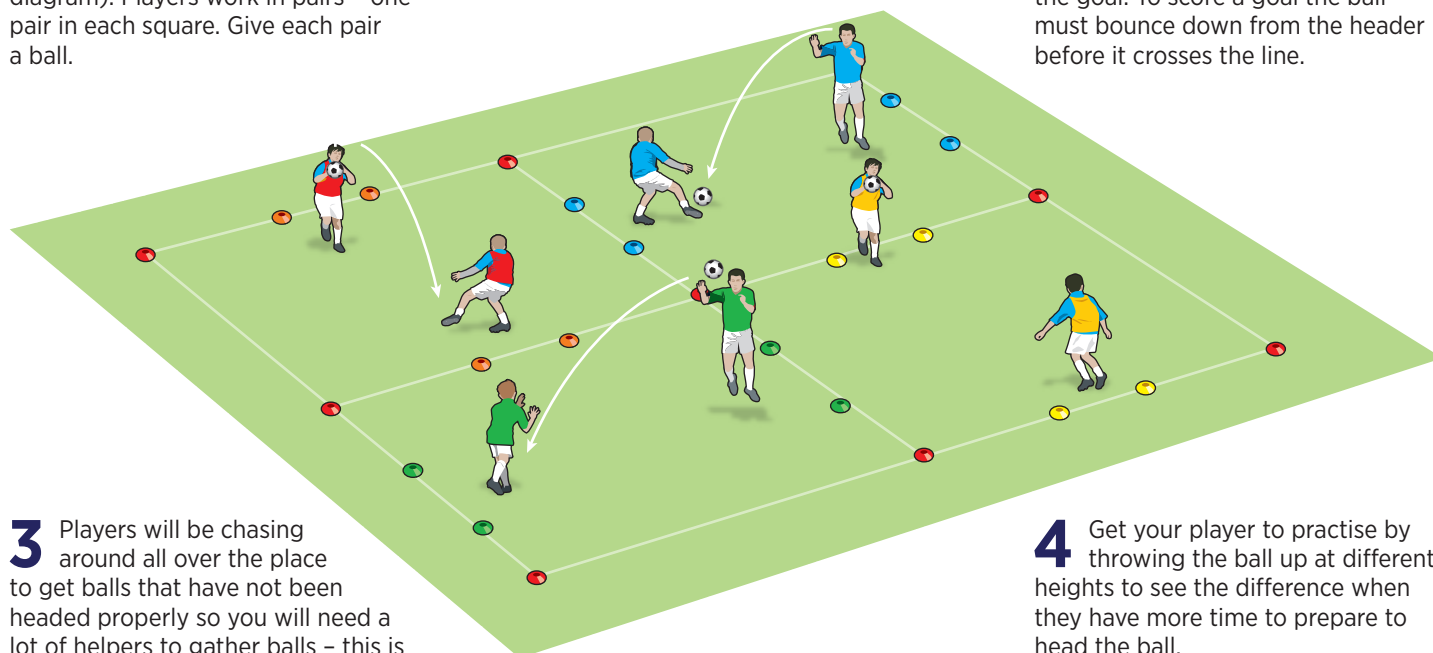
## Correct heading technique in attack

**GAME: THROW, HEAD, SCORE**

### CALL OUT

“Eyes open look at the ball” • “Put your weight on the balls of your feet” •  
“Head the ball down”

**1** Set up a grid of 5 yard squares with a cone goal at the ends of each square (as shown in the diagram). Players work in pairs – one pair in each square. Give each pair a ball.



**2** Players throw the ball up to themselves and try to head the ball down and past their partner into the goal. To score a goal the ball must bounce down from the header before it crosses the line.

**3** Players will be chasing around all over the place to get balls that have not been headed properly so you will need a lot of helpers to gather balls – this is great fun for them so don't worry if it looks like chaos.

**4** Get your player to practise by throwing the ball up at different heights to see the difference when they have more time to prepare to head the ball.

### GAME PLAY

Correct stance – legs, torso, and neck for core strength; mouths closed.

Head the ball down and give it direction.

Arms should be used for balance and guidance.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	----->	----->
	Run with the ball	Shot
	----->	----->



U9-U10 | HEADING 2

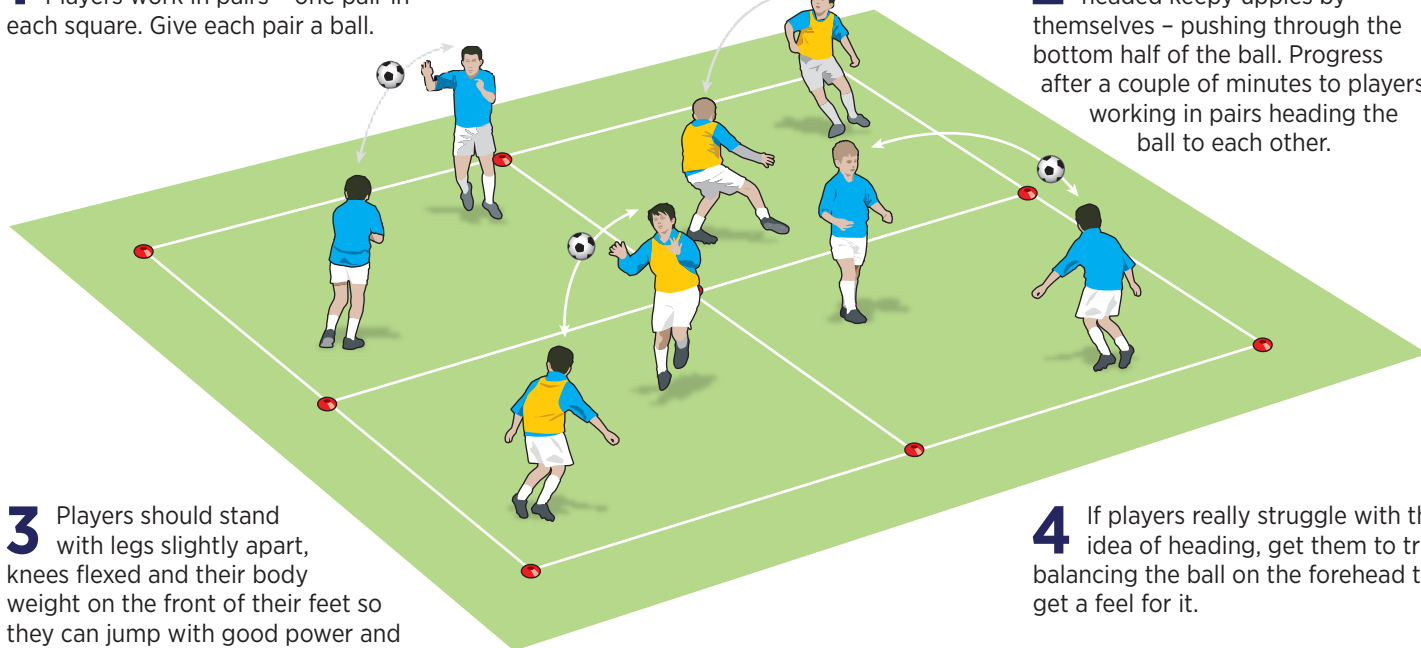
## Correct heading technique in defence

### ACTIVITY: DEFENSIVE HEADERS

#### CALL OUT

“Eyes open look at the ball” • “Put your weight on the balls of your feet” •  
“Push upwards through the bottom of the ball”

**1** Set up a grid of 5 yard squares. Players work in pairs – one pair in each square. Give each pair a ball.

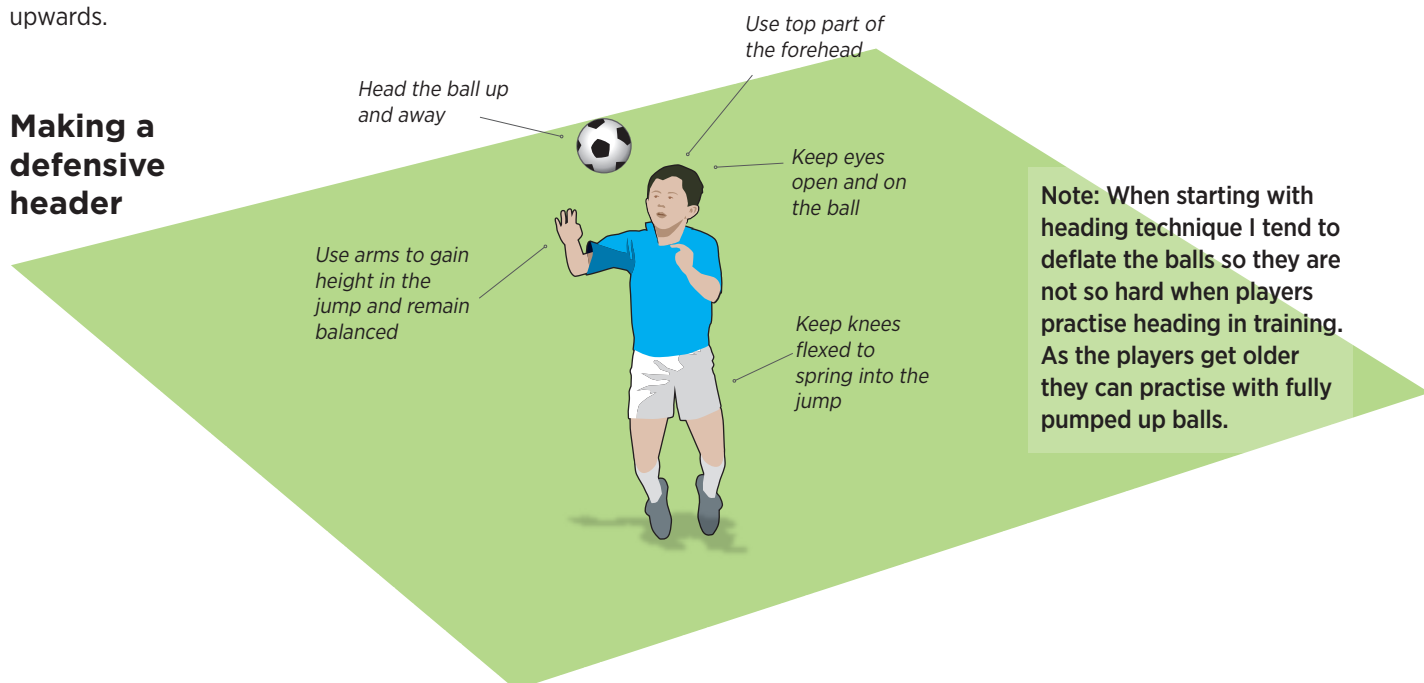


**2** Start with players doing simple headed keepy uppies by themselves – pushing through the bottom half of the ball. Progress after a couple of minutes to players working in pairs heading the ball to each other.

**3** Players should stand with legs slightly apart, knees flexed and their body weight on the front of their feet so they can jump with good power and balance. They must aim to head the ball below the middle so that it goes upwards.

**4** If players really struggle with the idea of heading, get them to try balancing the ball on the forehead to get a feel for it.

### Making a defensive header



**Note:** When starting with heading technique I tend to deflate the balls so they are not so hard when players practise heading in training. As the players get older they can practise with fully pumped up balls.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	----->	----->
	----->	----->
	----->	----->

U9-U10 | HEADING 2

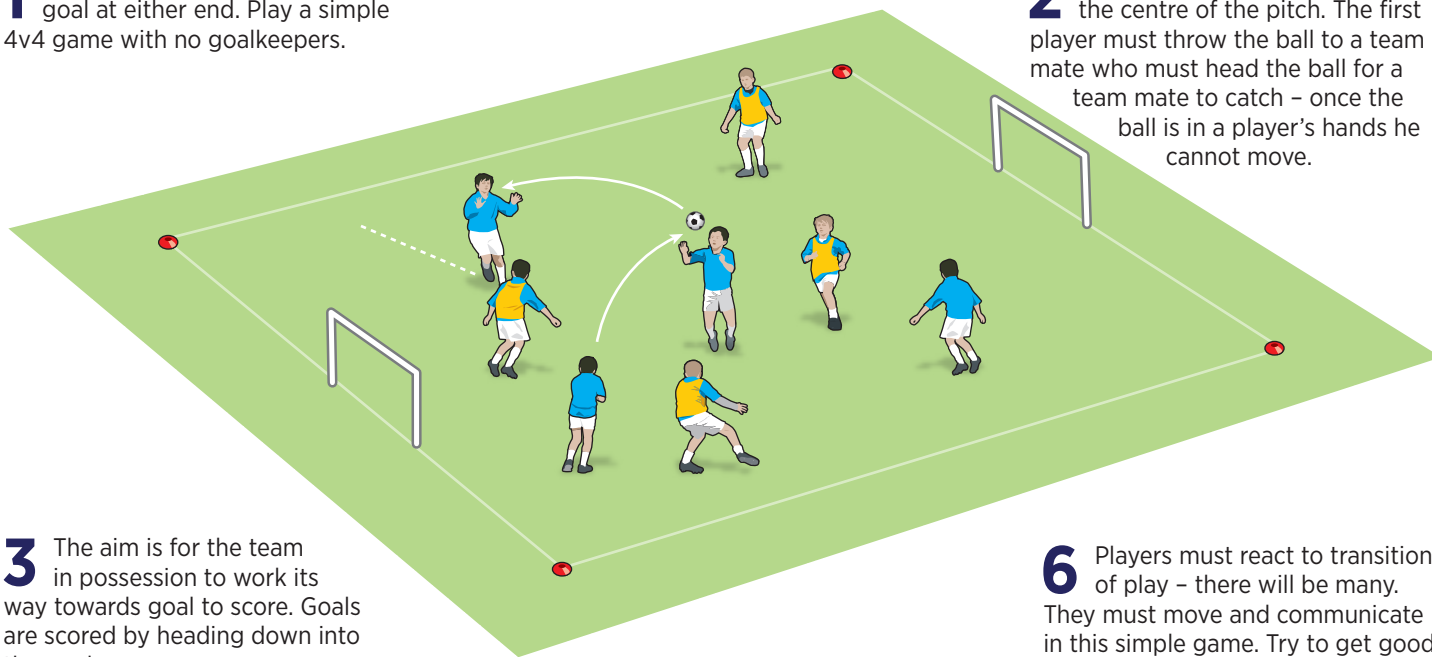
## Correct heading technique in defence

**GAME: THROW, HEAD, CATCH**

### CALL OUT

“Eyes open look at the ball” • “Put your weight on the balls of your feet” •  
“Push upwards through the bottom of the ball”

**1** Set up a 15 x 10 yards area with a goal at either end. Play a simple 4v4 game with no goalkeepers.



**2** One team starts with the ball in the centre of the pitch. The first player must throw the ball to a team mate who must head the ball for a team mate to catch – once the ball is in a player’s hands he cannot move.

**3** The aim is for the team in possession to work its way towards goal to score. Goals are scored by heading down into the goal.

**6** Players must react to transitions of play – there will be many. They must move and communicate in this simple game. Try to get good heading up and away.

**4** The defending team must try to intercept the headed pass and head the ball away with a defensive header. If the ball goes to ground, possession is lost, if the ball crosses the touchline a throw in is given, and if the ball goes over the goal line a corner or goalkick (both thrown) is awarded.

**5** Players should move and make themselves available for a header – explain that the pass from a header will be much slower than from the foot.

### GAME PLAY

Look at the ball.  
Head the ball up and give it direction.  
Arms can be used for balance and guidance.

### How many players do I need?

We used eight players in this game.

Key	Player movement	Ball movement
	----->	----->
	Run with the ball	Shot
	----->	----->



# EasiCoach

SOCCER SKILLS ACTIVITIES

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## U10

### BALL CONTROL

## Pass 4 yards to a team mate

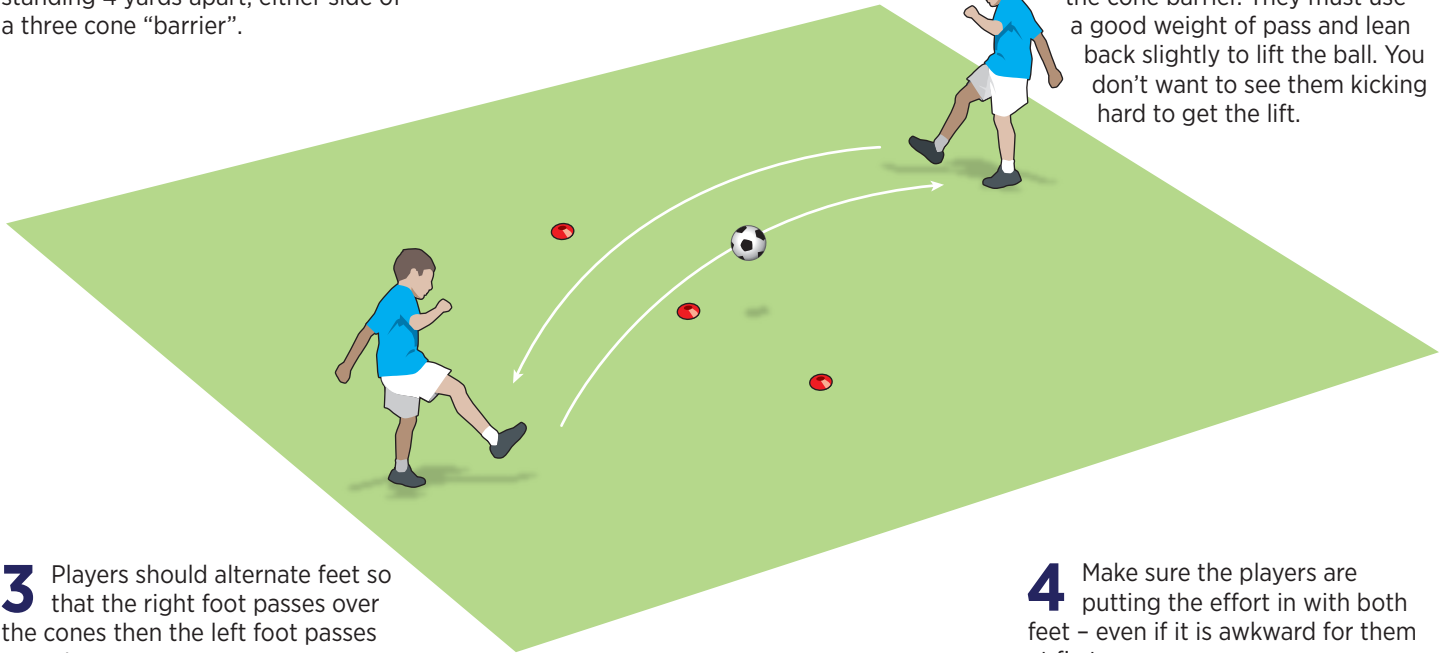
### ACTIVITY: LEFT AND RIGHT CHANNEL

#### CALL OUT

“Look to where the pass is going” • “Use the inside of the foot near the toe to lift the ball over the cones” • “Be accurate with both feet”

**1** Split your players into pairs. Set up so that the players are standing 4 yards apart, either side of a three cone “barrier”.

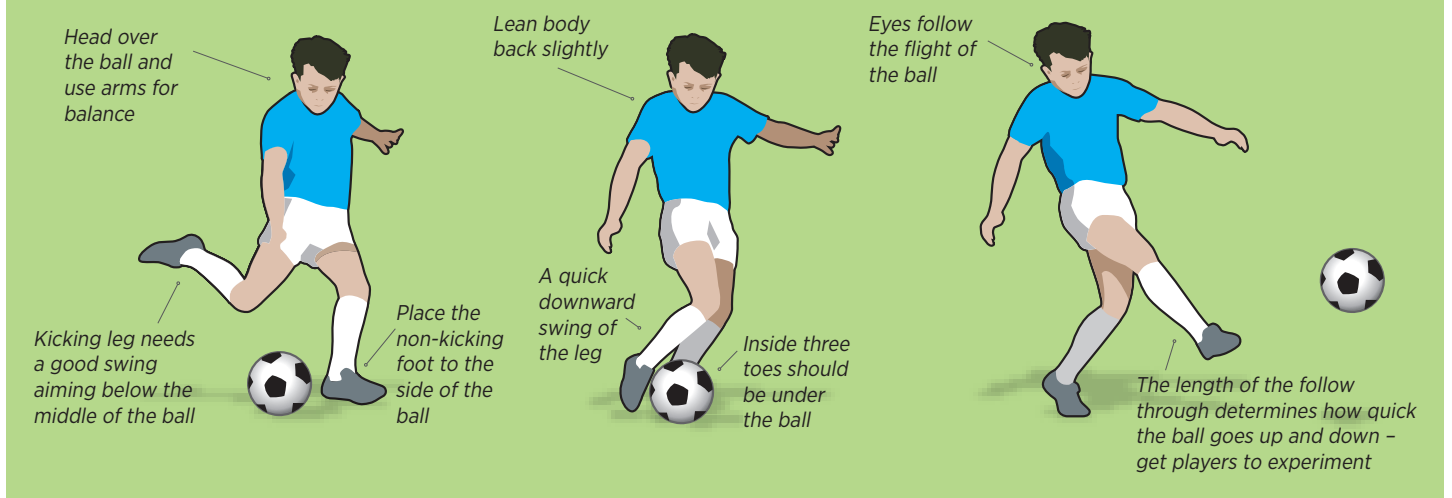
**2** The aim is for the players to pass to each other over the cone barrier. They must use a good weight of pass and lean back slightly to lift the ball. You don’t want to see them kicking hard to get the lift.



**3** Players should alternate feet so that the right foot passes over the cones then the left foot passes over the cones.

**4** Make sure the players are putting the effort in with both feet – even if it is awkward for them at first.

### Making a lofted pass



### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	----->	----->
	----->	----->
	----->	----->

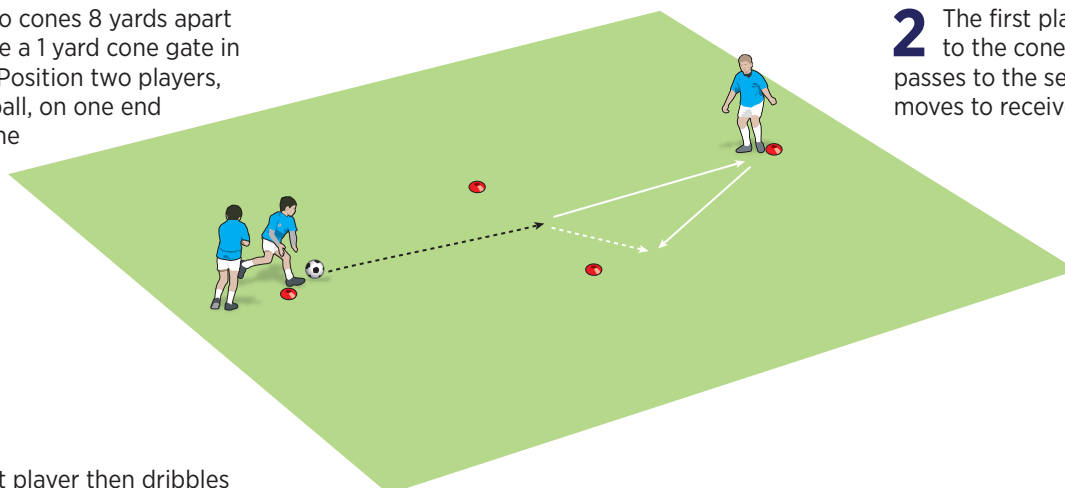
## Pass 4 yards to a team mate

**GAME: ARROW HEADS**

### CALL OUT

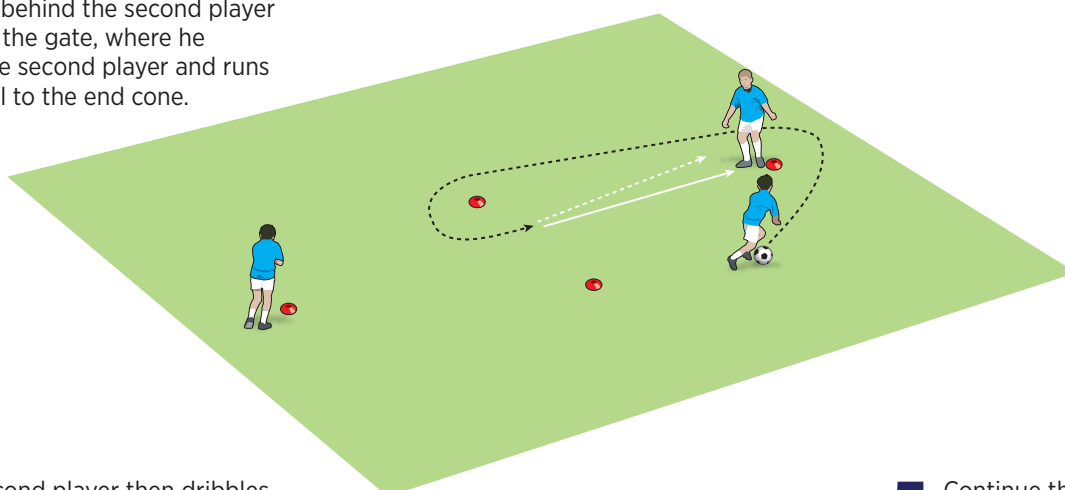
“Look to where the pass is going” • “Use the inside of the foot near the toe to lift the ball over the cones” • “Be accurate with both feet”

**1** Place two cones 8 yards apart and place a 1 yard cone gate in the middle. Position two players, one with a ball, on one end cone, and one player on the other.

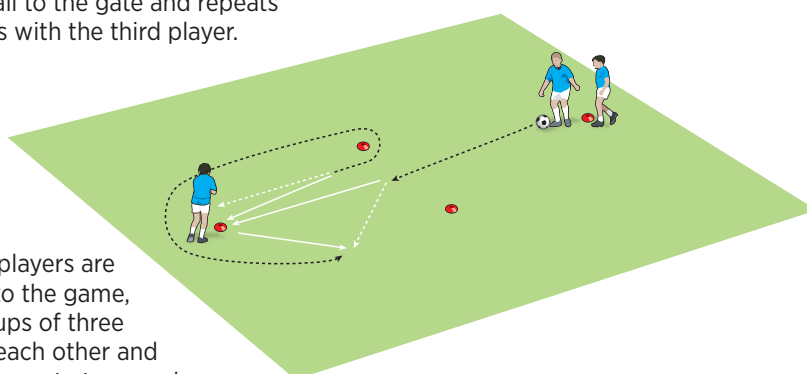


**2** The first player dribbles the ball to the cone gate then stops, passes to the second player and moves to receive the ball back.

**3** The first player then dribbles around behind the second player and back to the gate, where he passes to the second player and runs after the ball to the end cone.



**4** The second player then dribbles the ball to the gate and repeats the process with the third player.



**6** Once players are used to the game, set up groups of three alongside each other and let them compete to see who finishes first.

**5** Continue the game until all players are back in their original positions.

### GAME PLAY

Players concentrate on dribbling and accurate passing.

Quite a technical game but at the right level for this age.

Passing, dribbling and accuracy are the key elements.

### How many players do I need?

Players work in threes.

Key	Player movement	Ball movement
	----->	----->
	----->	----->

# Receive, control and stop the ball

**ACTIVITY: THROW, CUSHION, STOP**

**CALL OUT**

“Call for the ball” • “Keep your eyes on the ball” • “Use part of your body or the inside of the foot to cushion and stop the ball”

**1** Split your squad into threes. Stand each group of three in a triangle about 3 yards apart and give one player a ball.



**2** This is all about passing from the hands so the next player can use part of their body (chest, thigh or inside of the foot) to control the ball.



**3** The player receiving the ball must cushion it with his chest or thigh so it lands at his feet, and control it before picking it up and throwing to the player on his left.

**4** Players throw the ball to the left at first to get them used to receiving it from that side. After three rounds change the direction of flow.

**5** Each player must show good control in each aspect of the practice. Don't allow players to throw too high or too hard.

## Controlling the ball on the thigh



### How many players do I need?

Players work in threes.

Key	Player movement	Ball movement
	----->	----->
	----->	----->
	----->	----->

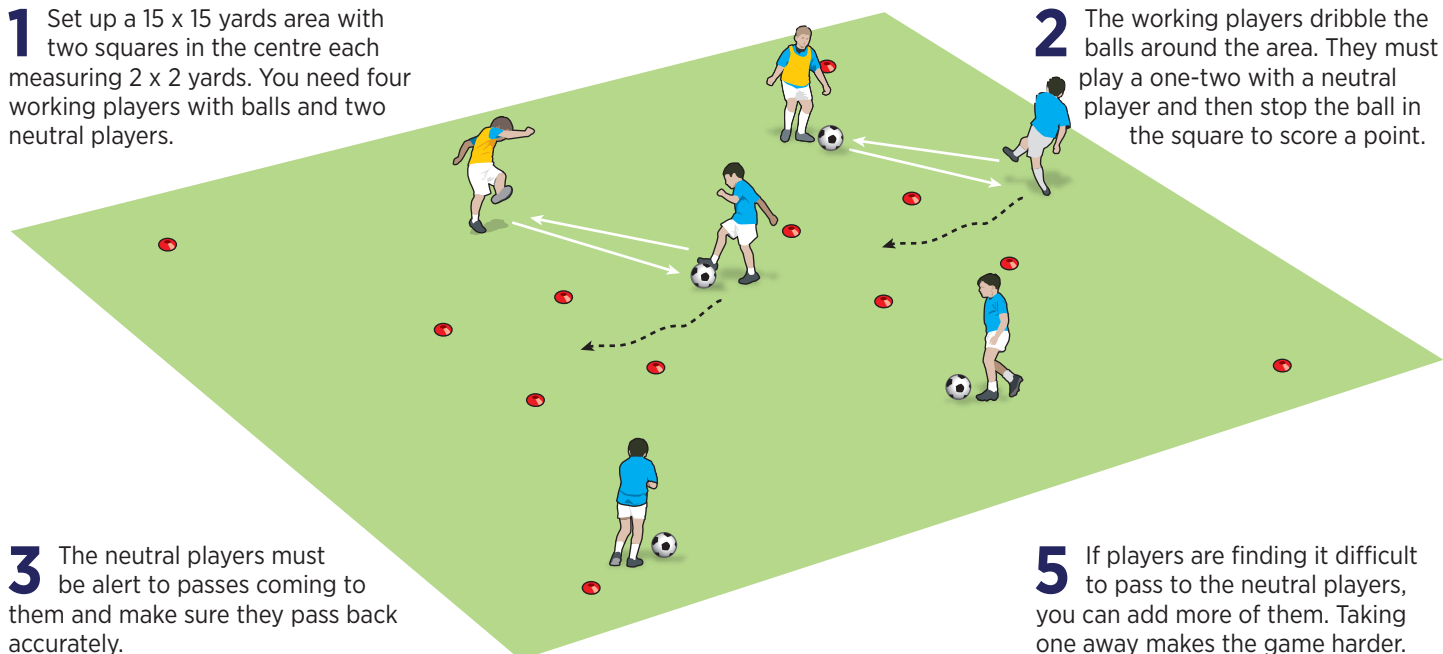
Run with the ball      Shot

# Receive, control and stop the ball

## GAME: CONTROL AND STOP IN THE SQUARE

**CALL OUT** "Call for the ball" • "Keep your eyes on the ball" • "Use part of your body or the inside of the foot to cushion and stop the ball"

**1** Set up a 15 x 15 yards area with two squares in the centre each measuring 2 x 2 yards. You need four working players with balls and two neutral players.



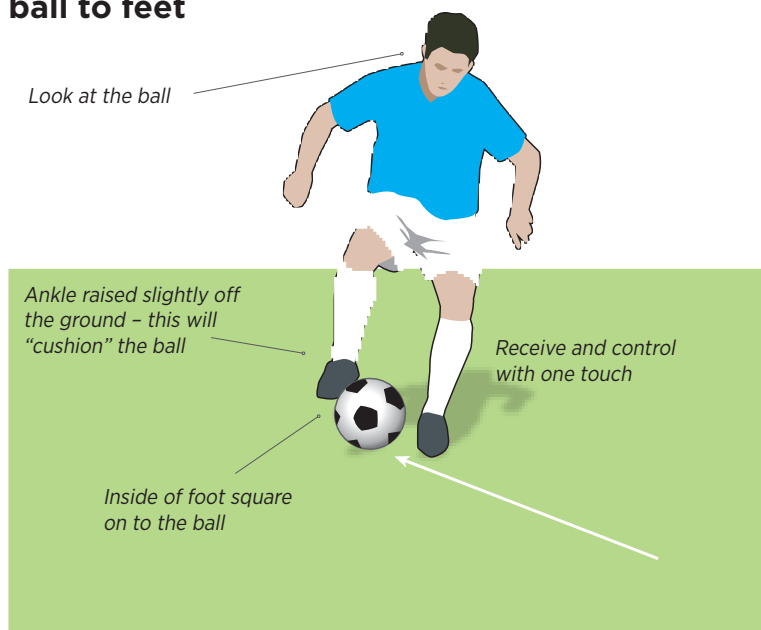
**2** The working players dribble the balls around the area. They must play a one-two with a neutral player and then stop the ball in the square to score a point.

**3** The neutral players must be alert to passes coming to them and make sure they pass back accurately.

**5** If players are finding it difficult to pass to the neutral players, you can add more of them. Taking one away makes the game harder.

**4** If you find some of the working players are waiting for the neutral players to spot them, tell them there is no standing still so they must keep moving.

### Receiving the ball to feet



**GAME PLAY**  
Players concentrate on dribbling, accurate passing and communication. Give players a point for every time they stop the ball in a box. The winner is the player with the most points at the end.

### How many players do I need?

You need six players – four with balls and two neutral – although you can change the numbers to make it harder or easier, as required.

Key	Player movement	Ball movement
	----->	----->
	----->	----->
	----->	----->



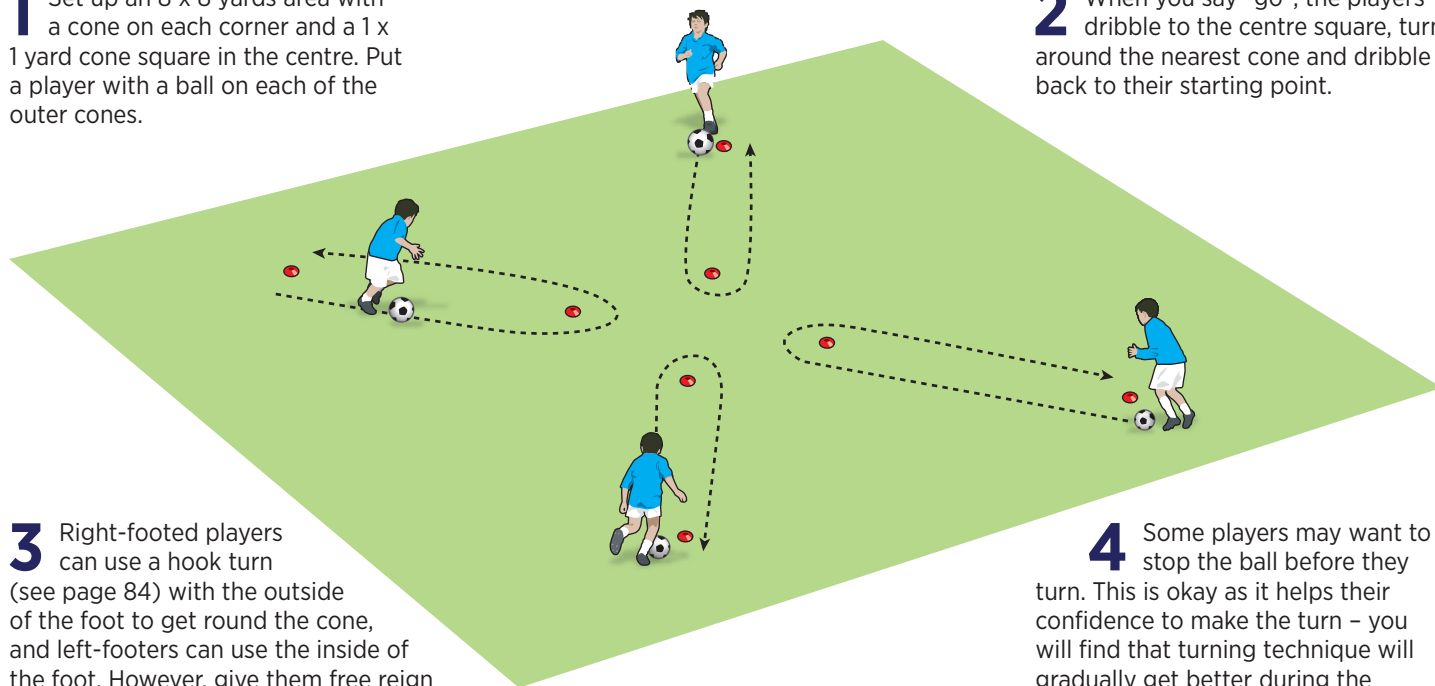
## Dribble the ball 5 yards with one complete turn

### ACTIVITY: TURNING SQUARE

#### CALL OUT

“Keep your eyes on the ball” • “Look up to see where the cone is” • “Look up often as you dribble” • “Turn around the cone using the outside of your foot”

**1** Set up an 8 x 8 yards area with a cone on each corner and a 1 x 1 yard cone square in the centre. Put a player with a ball on each of the outer cones.

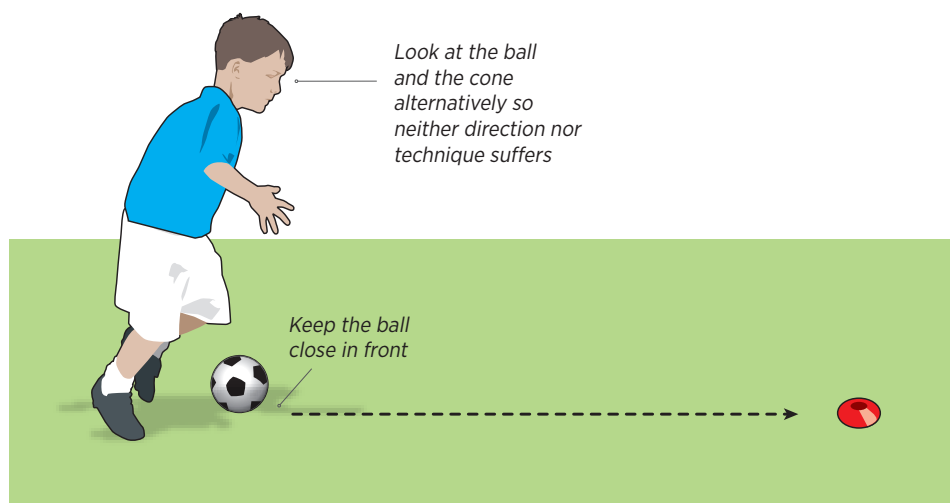


**2** When you say “go”, the players dribble to the centre square, turn around the nearest cone and dribble back to their starting point.

**3** Right-footed players can use a hook turn (see page 84) with the outside of the foot to get round the cone, and left-footers can use the inside of the foot. However, give them free reign to get around the cone the best way they can at first; just ask them to try and keep the ball close to their feet.

**4** Some players may want to stop the ball before they turn. This is okay as it helps their confidence to make the turn – you will find that turning technique will gradually get better during the season.

### Dribbling the ball



#### How many players do I need?

This activity needs at least four players with a player on each corner. You can line up players on each corner if numbers are high.

Key	Player movement	Ball movement
	Run with the ball	Shot

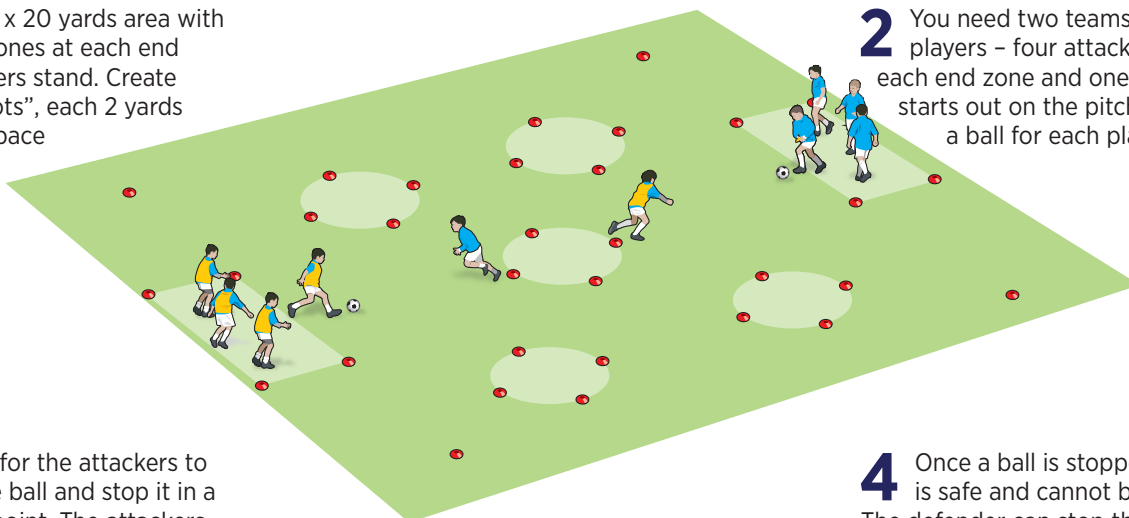
# Dribble the ball 5 yards with one complete turn

## GAME: STOP IN THE CIRCLE

### CALL OUT

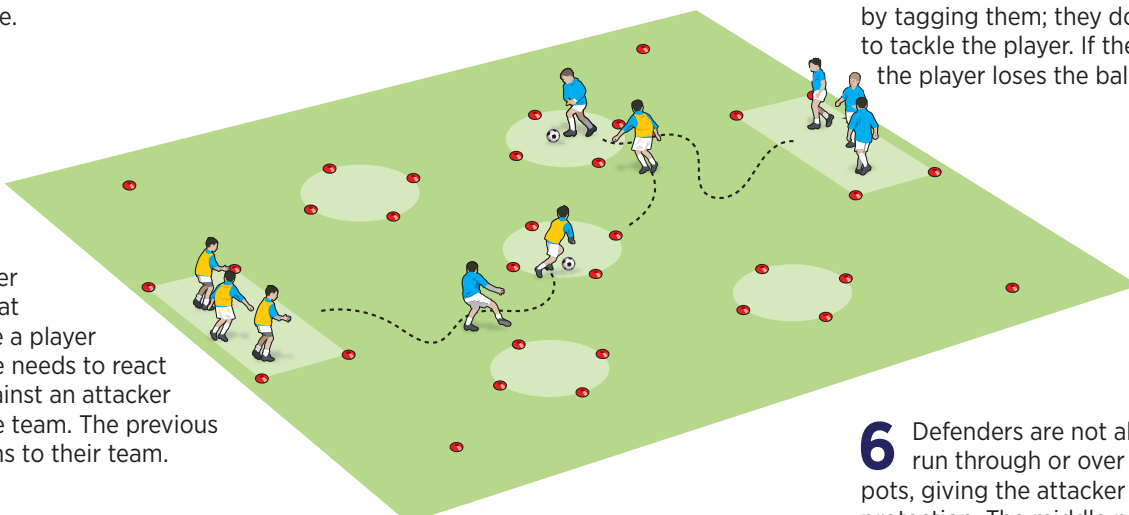
“Keep your eyes on the ball” • “Look up to see where the defender is” • “Look up often as you dribble” • “Turn using the outside of your foot”

**1** Set up a 30 x 20 yards area with coned off zones at each end where the players stand. Create five circular “pots”, each 2 yards across, in the space between the end zones.



**2** You need two teams of five players – four attackers start in each end zone and one defender starts out on the pitch. You need a ball for each player.

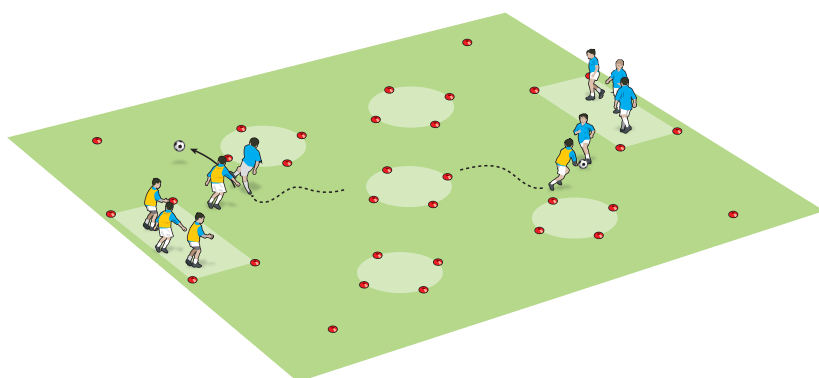
**3** The aim is for the attackers to dribble the ball and stop it in a pot to score a point. The attackers go one at a time.



**4** Once a ball is stopped in a pot it is safe and cannot be removed. The defender can stop the attacker by tagging them; they do not need to tackle the player. If they do this the player loses the ball.

**5** Every player has a turn at attacking. Once a player has attacked he needs to react and defend against an attacker on the opposite team. The previous defender returns to their team.

**6** Defenders are not allowed to run through or over any of the pots, giving the attacker a bit of protection. The middle pot is worth two points.



### GAME PLAY

Players concentrate on accuracy of dribbling.

The tackling players just knock the ball away if they win it.

Turning away from danger while controlling the ball is key.

### How many players do I need?

This game uses 10 players but different numbers will work.

Key	Player movement	Ball movement
	Run with the ball	Shot

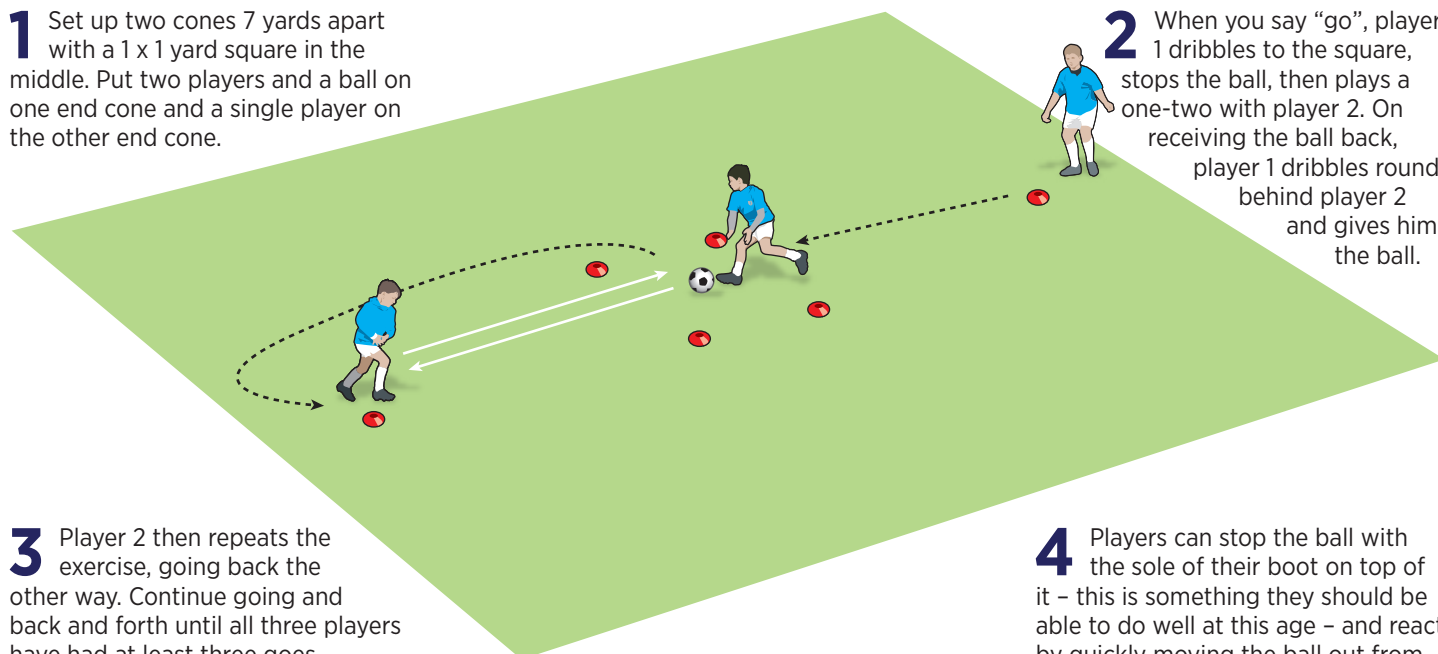
## Dribble the ball 3 yards, stop, then play a one-two pass

### ACTIVITY: DRIBBLE AND PASS

#### CALL OUT

“Keep your eyes on the ball” • “Look up to see where to stop the ball” • “Use the sole of your foot to stop the ball” • “Pass and receive then dribble to the cone”

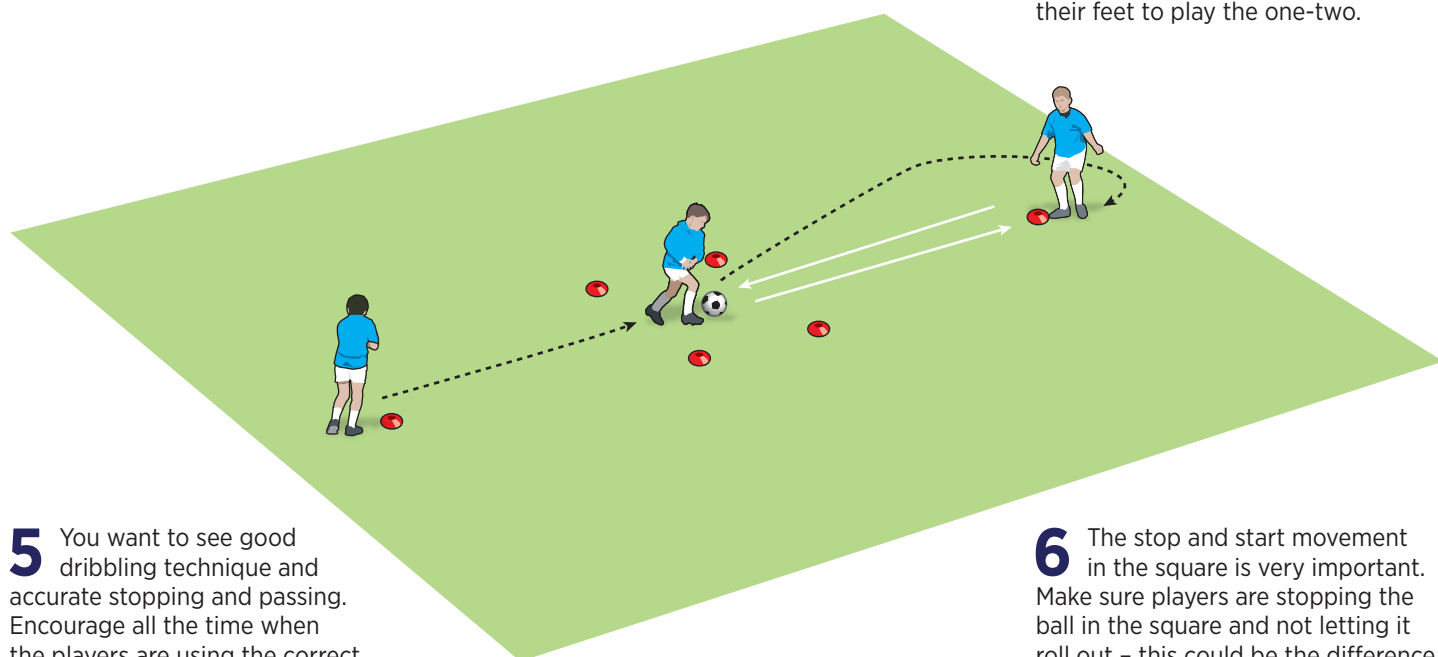
**1** Set up two cones 7 yards apart with a 1 x 1 yard square in the middle. Put two players and a ball on one end cone and a single player on the other end cone.



**2** When you say “go”, player 1 dribbles to the square, stops the ball, then plays a one-two with player 2. On receiving the ball back, player 1 dribbles round behind player 2 and gives him the ball.

**3** Player 2 then repeats the exercise, going back the other way. Continue going and back and forth until all three players have had at least three goes.

**4** Players can stop the ball with the sole of their boot on top of it – this is something they should be able to do well at this age – and react by quickly moving the ball out from their feet to play the one-two.



**5** You want to see good dribbling technique and accurate stopping and passing. Encourage all the time when the players are using the correct technique – take them to one side to help them if they are doing it wrongly.

**6** The stop and start movement in the square is very important. Make sure players are stopping the ball in the square and not letting it roll out – this could be the difference between keeping the ball in and out of play.

#### How many players do I need?

This activity works best with three players.

Key	Player movement	Ball movement
	--->	—>
	--->	—>

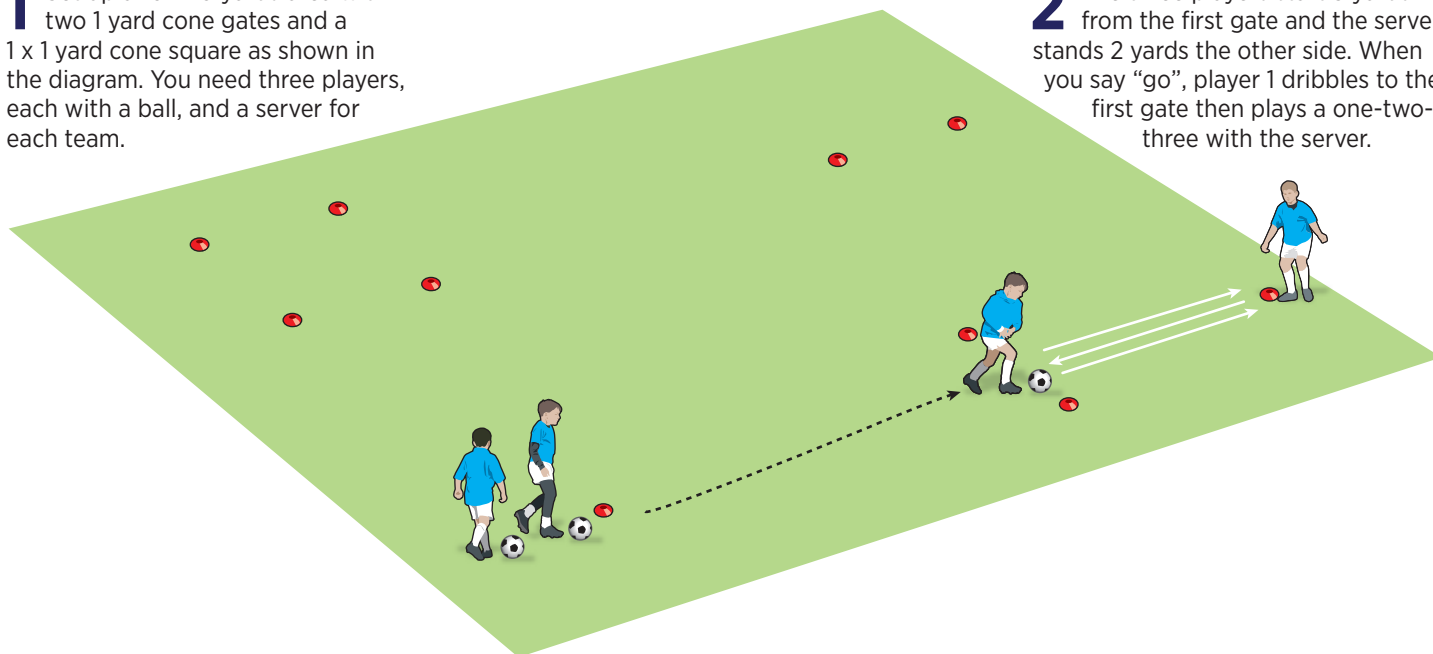
## Dribble the ball 3 yards, stop, then play a one-two pass

### GAME: THROUGH THE GATE

#### CALL OUT

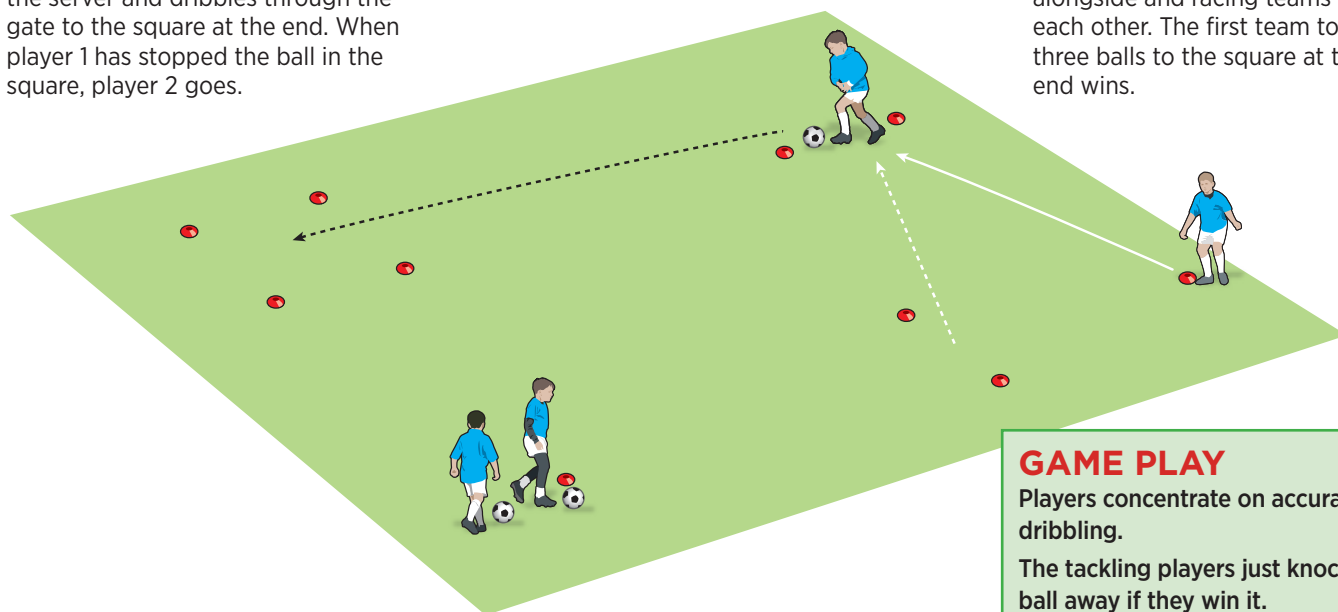
“Keep your eyes on the ball” • “Look up to see where to stop the ball” • “Use the sole of your foot to stop the ball” • “Pass and receive then dribble to the square”

**1** Set up a 10 x 10 yards area with two 1 yard cone gates and a 1 x 1 yard cone square as shown in the diagram. You need three players, each with a ball, and a server for each team.



**2** The three players start 3 yards from the first gate and the server stands 2 yards the other side. When you say “go”, player 1 dribbles to the first gate then plays a one-two-three with the server.

**3** Player 1 then runs to the top gate where he receives a pass from the server and dribbles through the gate to the square at the end. When player 1 has stopped the ball in the square, player 2 goes.



**4** You can make this competitive by setting up another area alongside and racing teams against each other. The first team to get three balls to the square at the end wins.

#### GAME PLAY

Players concentrate on accuracy of dribbling.

The tackling players just knock the ball away if they win it.

Turning away from danger while controlling the ball is key.

#### How many players do I need?

Run this game with four players in each team. Teams play against each other.

Key	Player movement	Ball movement
	Run with the ball	Shot



# **EasiCoach**

**SOCCER SKILLS ACTIVITIES**

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## **U10**

### **ATTACKING**

## Develop a turning skill

### ACTIVITY: LEARN TO TURN

#### CALL OUT

“Use the ball of your foot to stop the ball” • “Turn quickly” • “Get the ball out from under your feet”

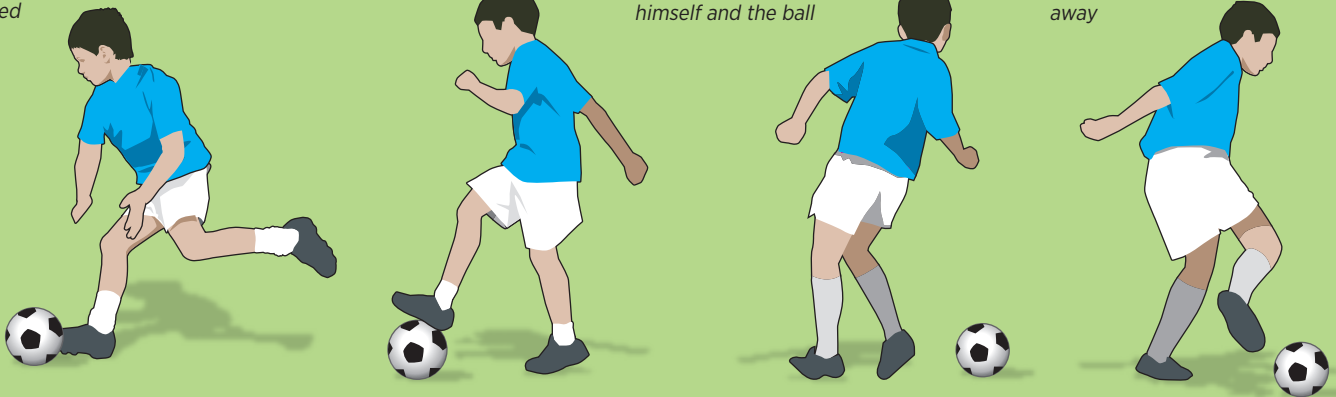
#### The stop turn

A player is alongside or facing an opponent dribbling at speed

He stops suddenly, halting the ball with his foot

The player pivots on his standing leg to move off with the ball in the opposite direction. Make sure the player turns away from the opponent, keeping his body between himself and the ball

Pushing the ball out from under his feet he pushes off on his standing leg and accelerates away



#### CALL OUT

“Use the outside of the foot to turn the ball” • “Turn quickly” • “Get the ball from under your feet and accelerate away”

#### The hook turn

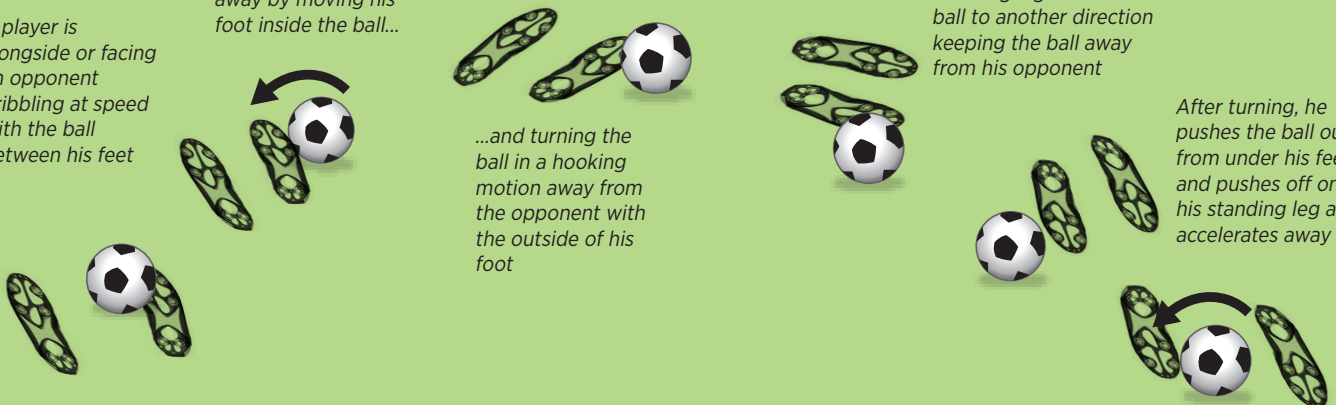
A player is alongside or facing an opponent dribbling at speed with the ball between his feet

He suddenly turns away by moving his foot inside the ball...

...and turning the ball in a hooking motion away from the opponent with the outside of his foot

The player pivots on his standing leg to turn the ball to another direction keeping the ball away from his opponent

After turning, he pushes the ball out from under his feet and pushes off on his standing leg and accelerates away



#### How many players do I need?

Players work individually.

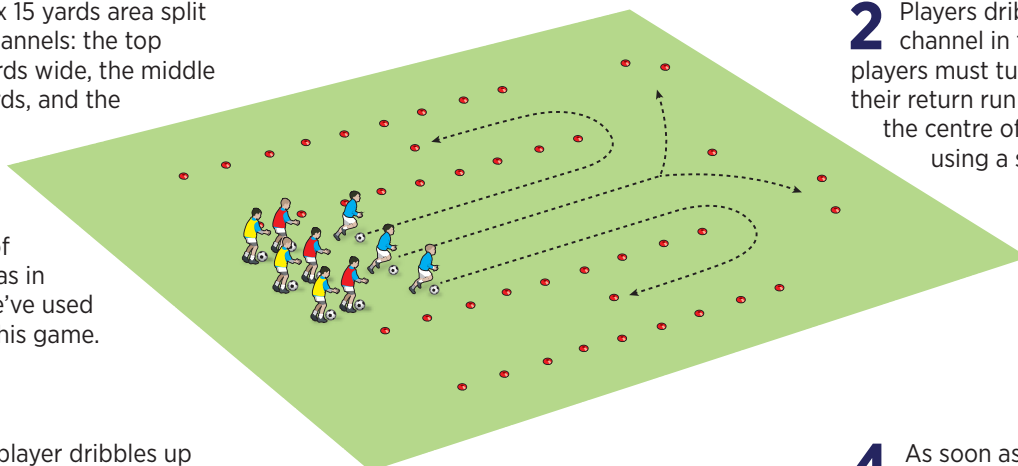
Key	Player movement	Ball movement
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## Develop a turning skill

**GAME: THE SKILLS CORRIDOR**

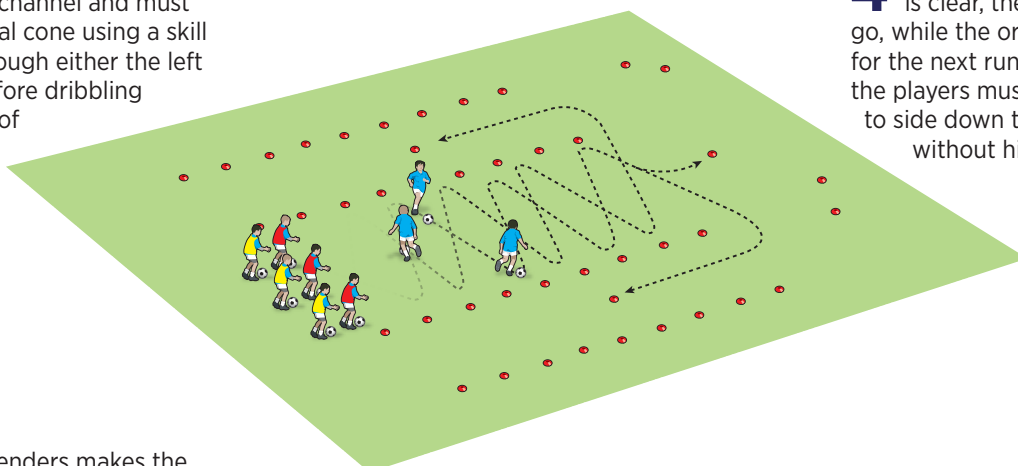
**CALL OUT** "Control the ball" • "Turn quickly" • "Get the ball out from under your feet"

**1** Set up a 30 x 15 yards area split into three channels: the top channel is 10 yards wide, the middle channel is 15 yards, and the bottom channel is 5 yards. At the end of the middle channel place a couple of two-yard gates as in the diagram. We've used nine players in this game.



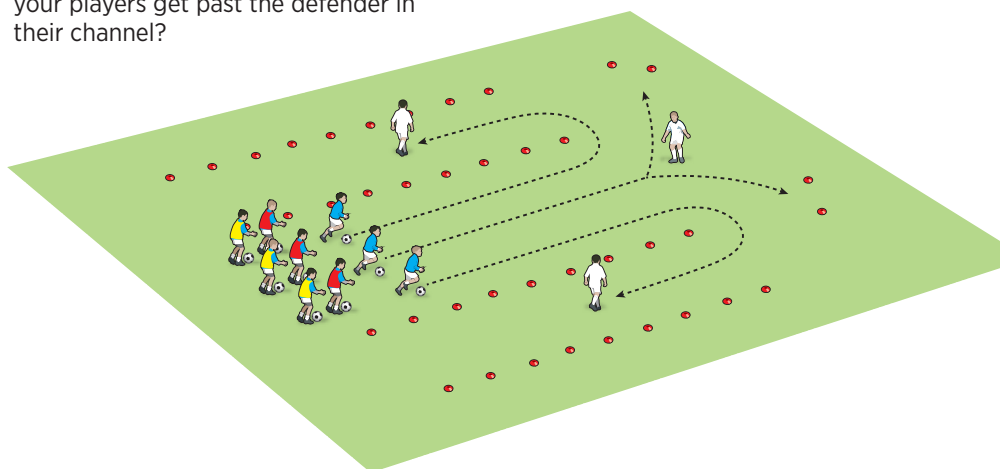
**2** Players dribble up the middle channel in threes. The two outer players must turn the corner and on their return run "beat" the cone in the centre of the outside channels using a skill.

**3** The centre player dribbles up the middle channel and must "beat" the central cone using a skill and then go through either the left or right gate before dribbling back down one of the outer channels.



**4** As soon as the middle channel is clear, the next wave of players go, while the original players queue for the next run. In the next run the players must take the ball side to side down the central channel without hitting each other.

**5** Adding defenders makes the game more realistic - can any of your players get past the defender in their channel?



### GAME PLAY

Good ball control in the first part. Dribbling technique is important through the poles. Shoot with accuracy.

### How many players do I need?

I used nine players for the game, but you can line up groups of three as necessary or use one group to be defenders.

Key	Player movement	Ball movement
	--->	—>
	--->	—>



## Dribble with the ball and shoot

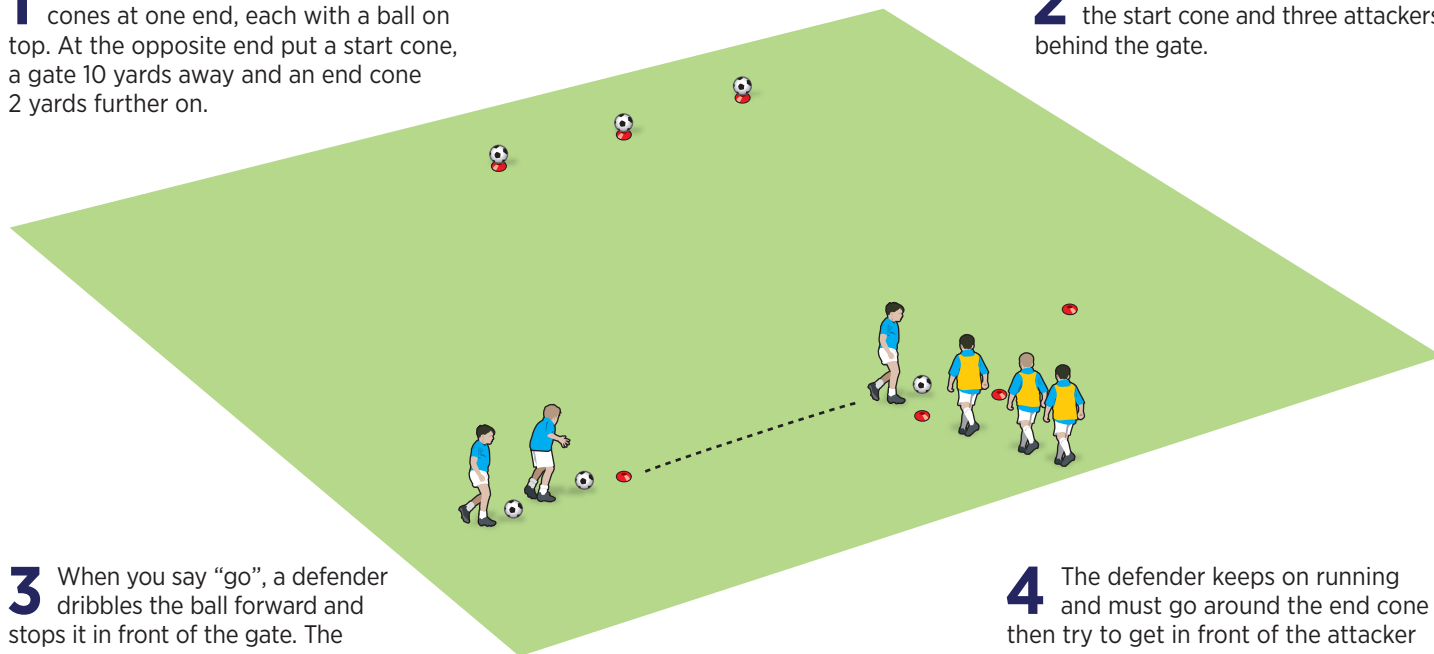
### ACTIVITY: DRIBBLE CHASE SHOOT

#### CALL OUT

“Keep the ball in front of you” • “Call for the ball” • “Good first touch” • “Stop with the ball of your foot” • “Accuracy over power”

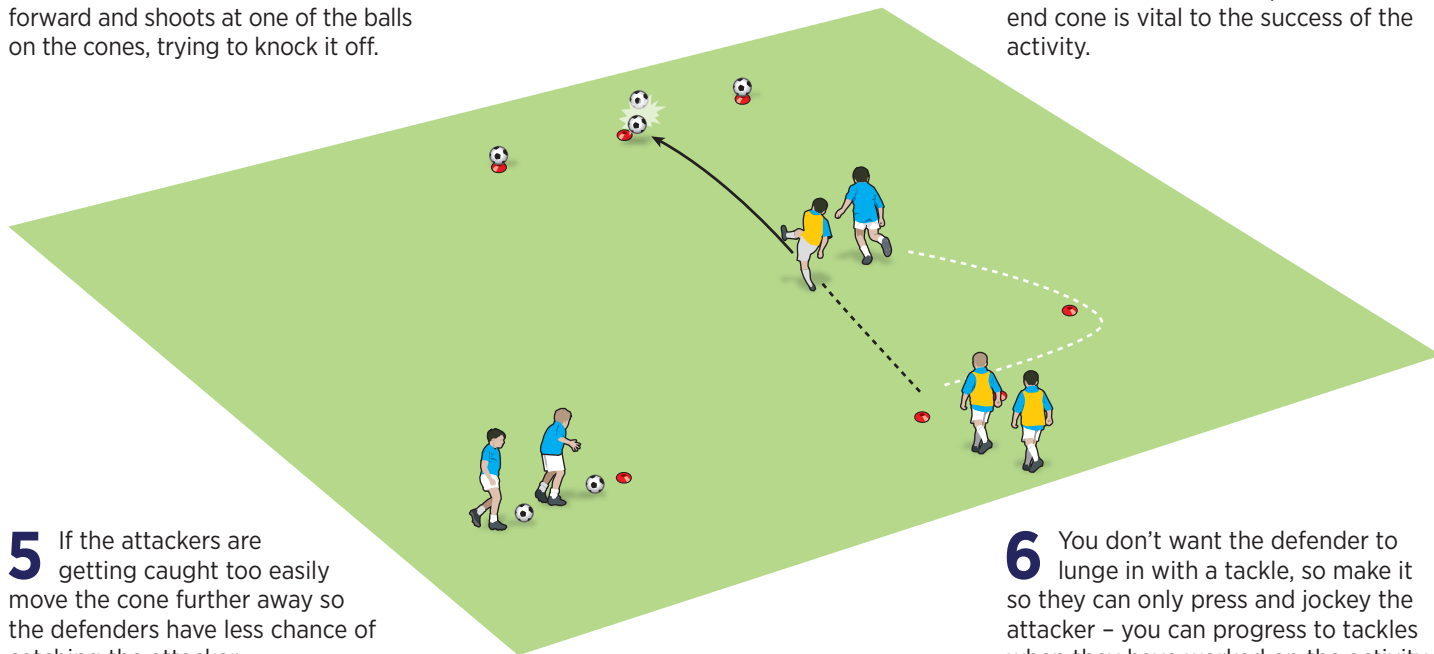
**1** Set up a 15 x 10 yards area with three cones at one end, each with a ball on top. At the opposite end put a start cone, a gate 10 yards away and an end cone 2 yards further on.

**2** Line up three defenders behind the start cone and three attackers behind the gate.



**3** When you say “go”, a defender dribbles the ball forward and stops it in front of the gate. The attacker then takes the ball, dribbles forward and shoots at one of the balls on the cones, trying to knock it off.

**4** The defender keeps on running and must go around the end cone then try to get in front of the attacker to defend the balls. The position of the end cone is vital to the success of the activity.



**5** If the attackers are getting caught too easily move the cone further away so the defenders have less chance of catching the attacker.

**6** You don't want the defender to lunge in with a tackle, so make it so they can only press and jockey the attacker – you can progress to tackles when they have worked on the activity a few times.

#### How many players do I need?

We used six players in this activity.

Key	Player movement	Ball movement
	→	→
	→	→

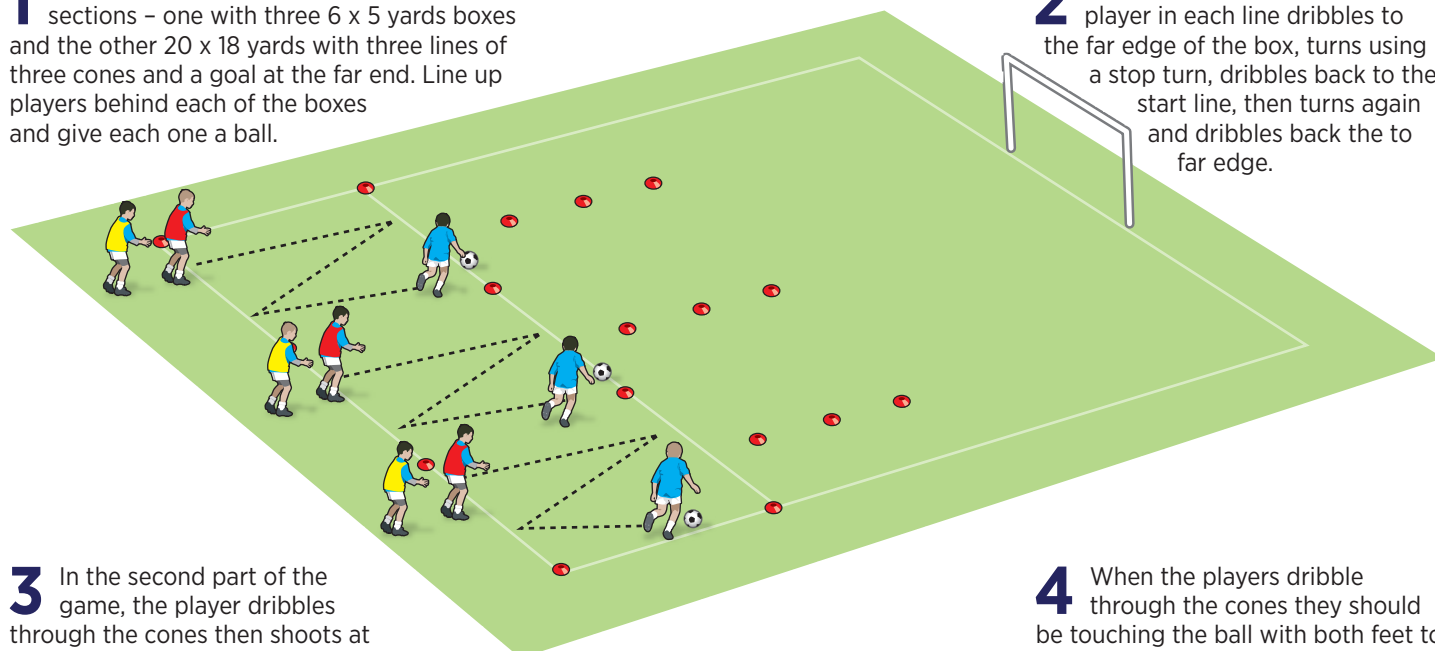
U10 | ATTACKING 2

# Dribble with the ball and shoot

**GAME: DRIBBLE STOP DRIBBLE SHOOT**

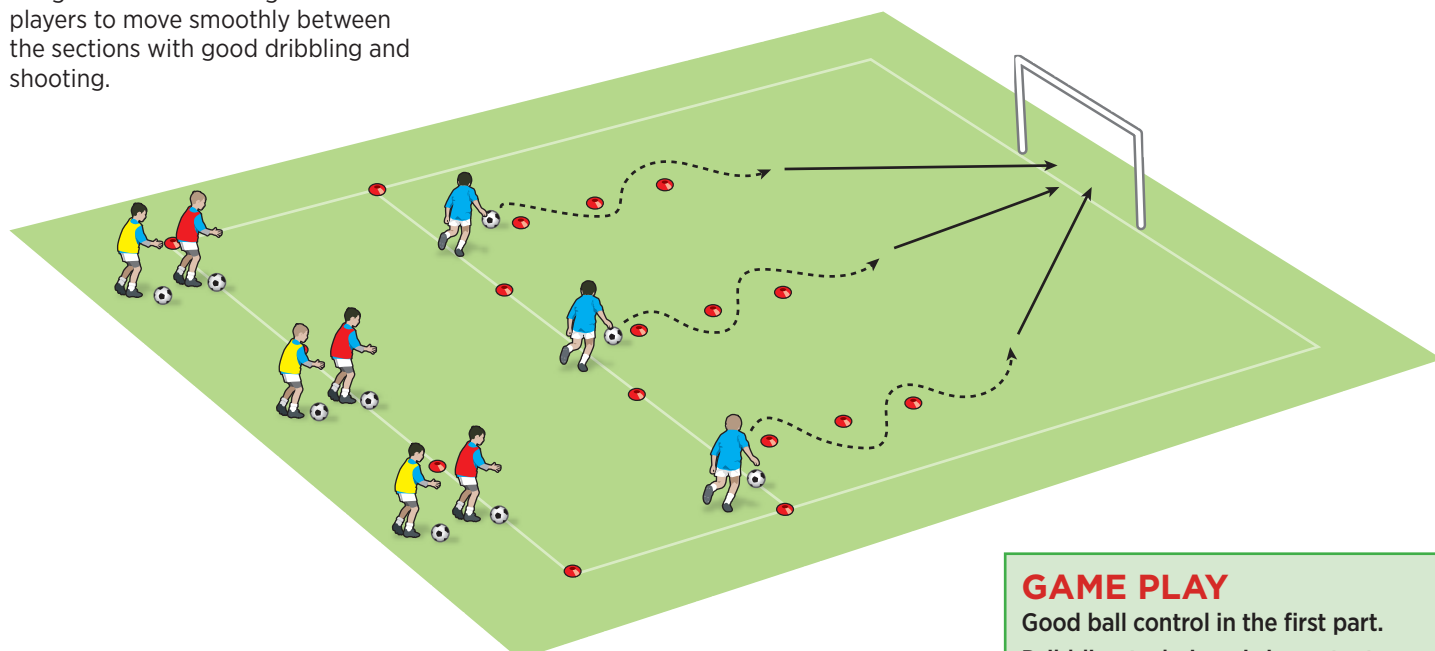
**CALL OUT** "Keep the ball in front of you" • "Call for the ball" • "Good first touch" • "Stop with the ball of your foot" • "Accuracy over power"

**1** Set up a 26 x 15 yards area split into two sections - one with three 6 x 5 yards boxes and the other 20 x 18 yards with three lines of three cones and a goal at the far end. Line up players behind each of the boxes and give each one a ball.



**2** When you say "go", the first player in each line dribbles to the far edge of the box, turns using a stop turn, dribbles back to the start line, then turns again and dribbles back to the far edge.

**3** In the second part of the game, the player dribbles through the cones then shoots at the goal. You are looking for the players to move smoothly between the sections with good dribbling and shooting.



**4** When the players dribble through the cones they should be touching the ball with both feet to control it.

**GAME PLAY**  
Good ball control in the first part. Dribbling technique is important through the poles. Shoot with accuracy.

## How many players do I need?

I used nine players for the game

Key	Player movement	Ball movement
	Run with the ball	Shot

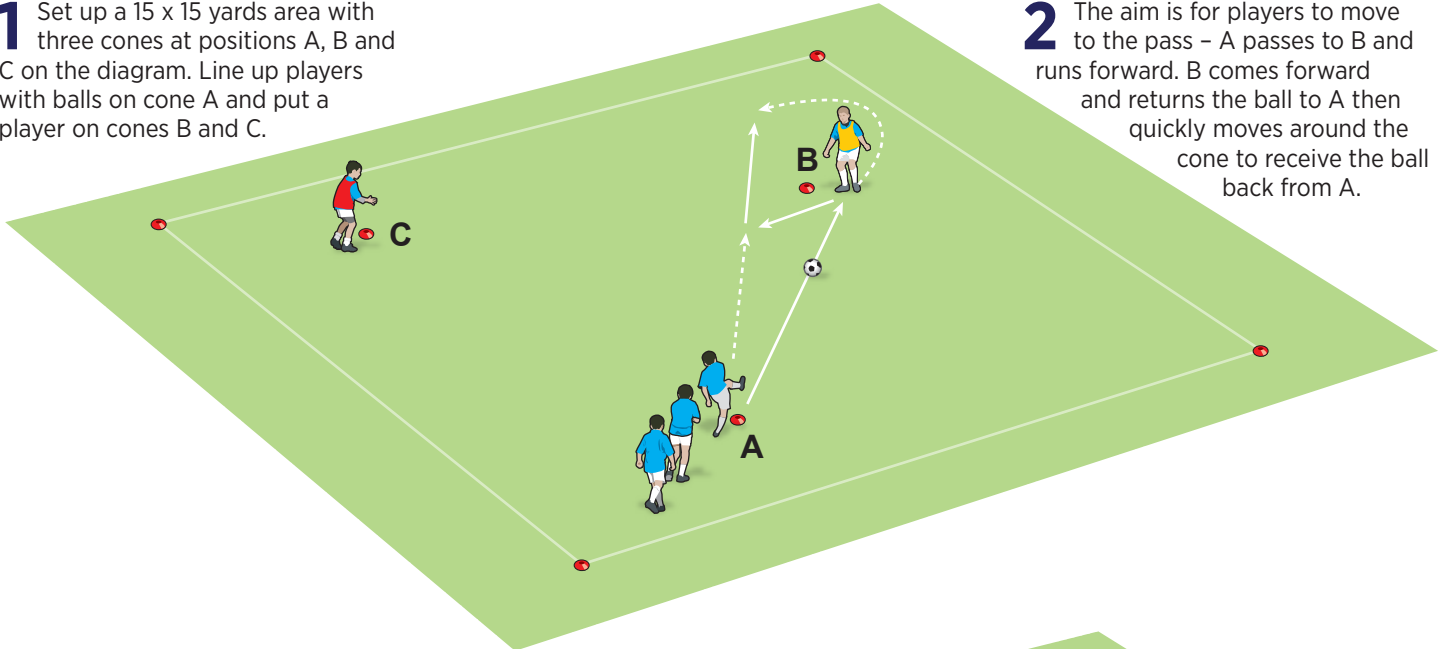
# Attacking build up play

**ACTIVITY: COMBINE TO SUPPORT**

**CALL OUT**

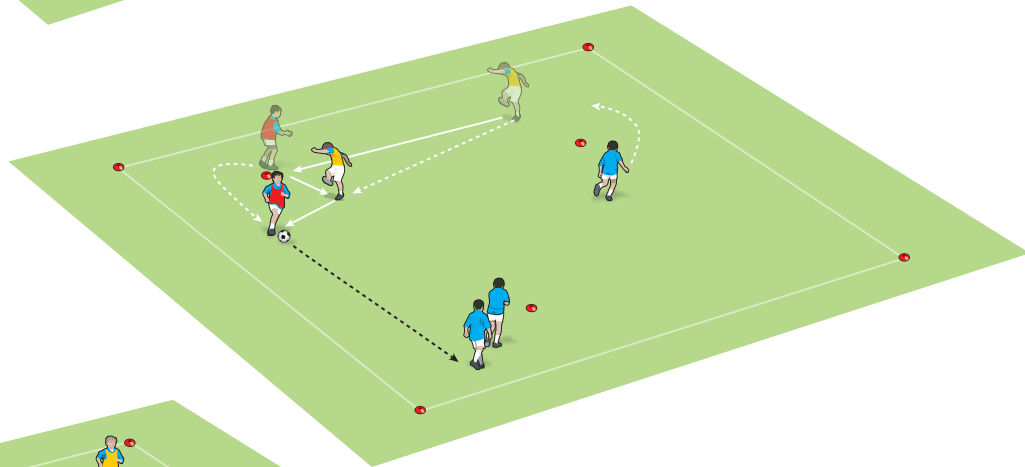
“Look at the player you are passing to” • “Call for the ball” • “Good first touch” • “Accuracy important” • “Move to the pass”

**1** Set up a 15 x 15 yards area with three cones at positions A, B and C on the diagram. Line up players with balls on cone A and put a player on cones B and C.

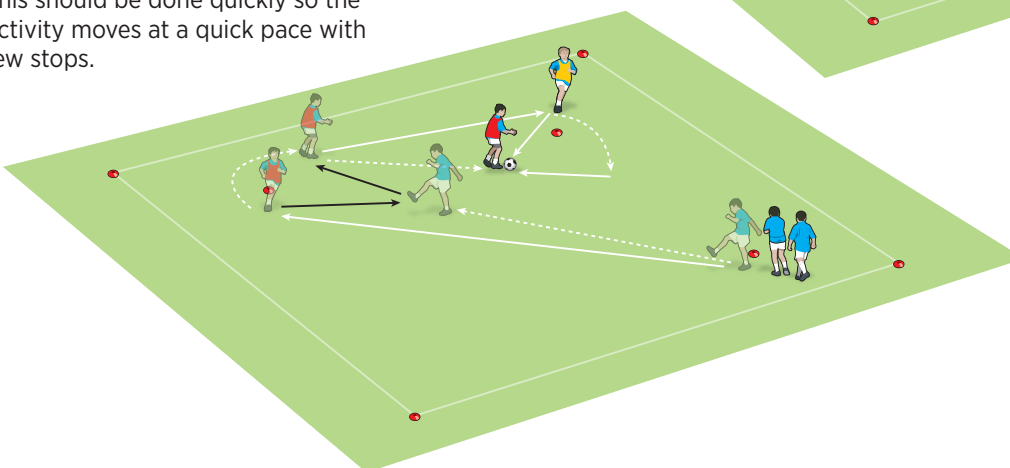


**2** The aim is for players to move to the pass – A passes to B and runs forward. B comes forward and returns the ball to A then quickly moves around the cone to receive the ball back from A.

**3** B now passes to C who returns it runs around the cone then gets a pass back. C dribbles the ball back to cone A.



**4** Players move up one cone each time – A moves to B, B moves to C and C goes back to the beginning. This should be done quickly so the activity moves at a quick pace with few stops.



**5** The position of cone A can be moved to change the angle of passing and to make it a longer or shorter pass.

**How many players do I need?**

We used five players in this activity.

Key	Player movement	Ball movement

U10 | ATTACKING 3

# Attacking build up play

**GAME: 3V2 PASS AND SHOOT**

## CALL OUT

“Look at the player you are passing to” • “Call for the ball” • “Good first touch” • “Accuracy important” • “Move to the pass”

**1** Set up a 30 x 20 yards area with a goal at each end.

**2** You need two players and a goalkeeper on each team plus a neutral striker who plays for the team that is attacking. Start with the players near their own goal and the striker on the half way line.

**3** One team starts an attack by playing out from the back, combining with the striker as they move forward, which creates a 3v2 in their favour. The team aims to score in the opposition goal – any of the three attacking players can score.

**4** Once the team has finished its attack with a goal or the ball goes out for a goal kick, the other team attacks from the back. Teams take turns like this to attack using the striker.

**5** Teams must make use of the 3v2 overload to create the chances to score goals – remind players to use their laces for power but side-foot for accuracy when shooting.

## GAME PLAY

Shooting technique important.  
Use good link up play with through balls and passes to feet.  
3v2 overload should create lots of chances.

## How many players do I need?

I used seven players for the game, but you can increase numbers to create different overloads.

Key	Player movement	Ball movement
	Run with the ball	Shot

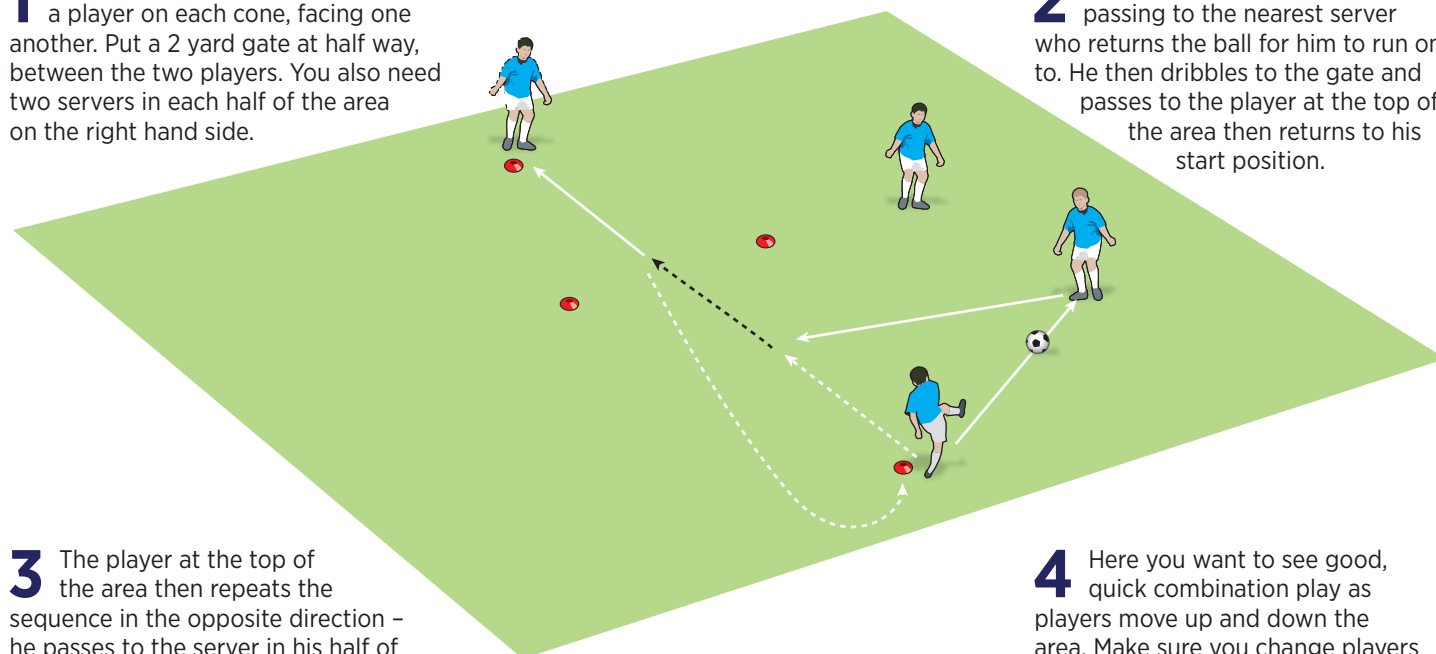
## Passing and support play

**ACTIVITY: WORK AS A TEAM**

### CALL OUT

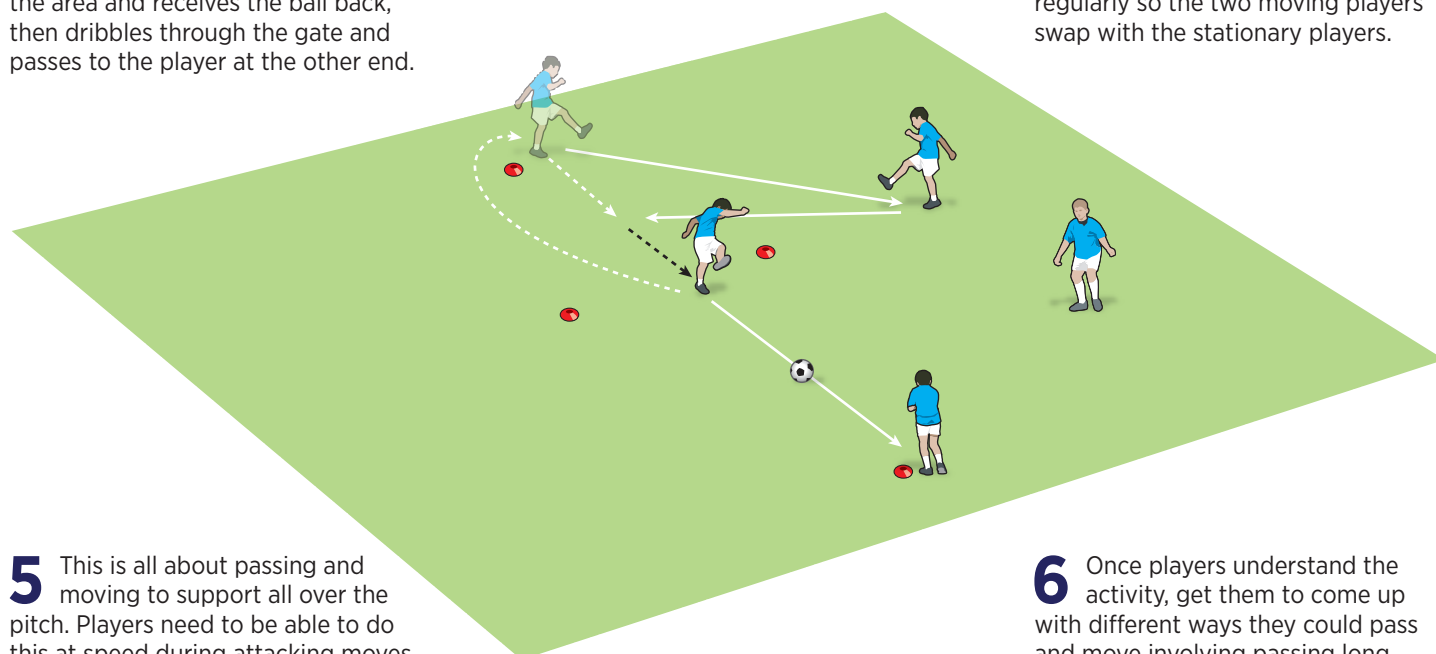
“One or two touch only” • “Call for the ball” • “Good first touch” • “Accuracy important” • “Move to the pass”

**1** Place two cones 18 yards apart. Put a player on each cone, facing one another. Put a 2 yard gate at half way, between the two players. You also need two servers in each half of the area on the right hand side.



**2** Play starts with the first player passing to the nearest server who returns the ball for him to run on to. He then dribbles to the gate and passes to the player at the top of the area then returns to his start position.

**3** The player at the top of the area then repeats the sequence in the opposite direction – he passes to the server in his half of the area and receives the ball back, then dribbles through the gate and passes to the player at the other end.



**4** Here you want to see good, quick combination play as players move up and down the area. Make sure you change players regularly so the two moving players swap with the stationary players.

**5** This is all about passing and moving to support all over the pitch. Players need to be able to do this at speed during attacking moves.

**6** Once players understand the activity, get them to come up with different ways they could pass and move involving passing long and short.

### How many players do I need?

We used four players in this activity.

Key	Player movement	Ball movement
	--->	—>
	--->	—>

U10 | ATTACKING 4

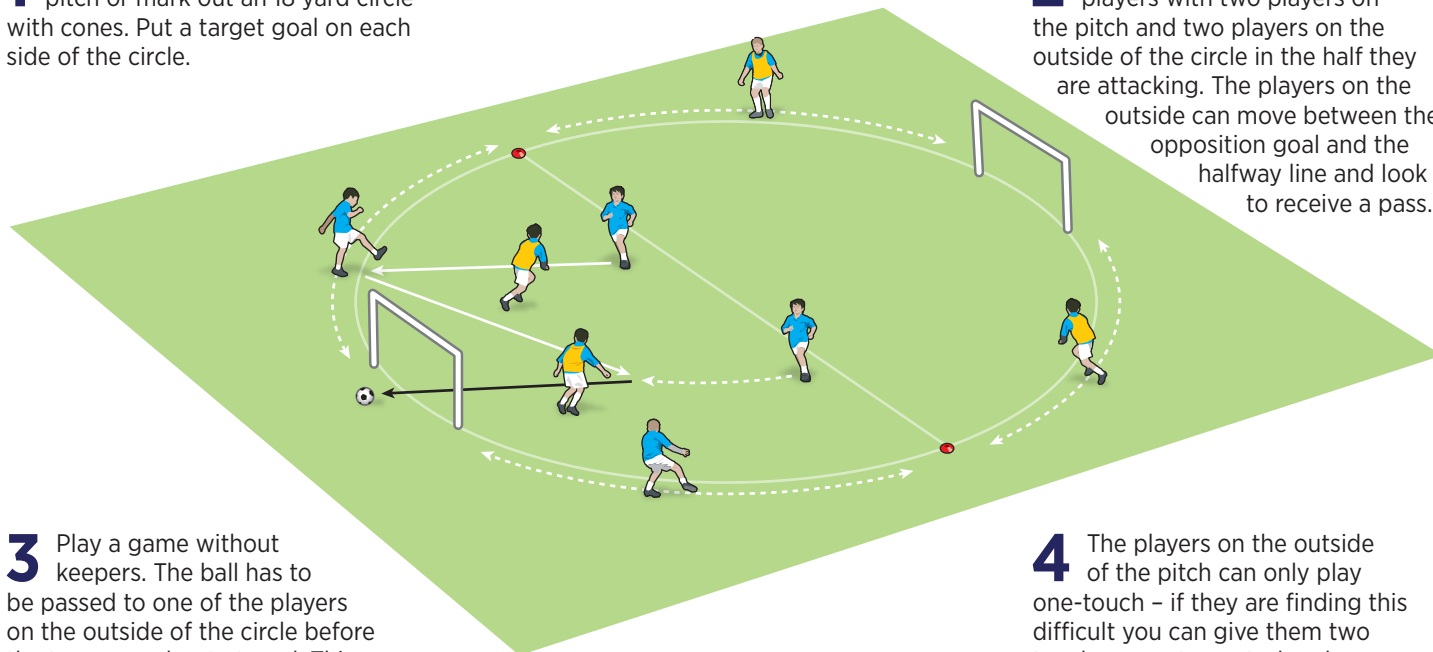
## Passing and support play

GAME: CENTRE CIRCLE GAME

### CALL OUT

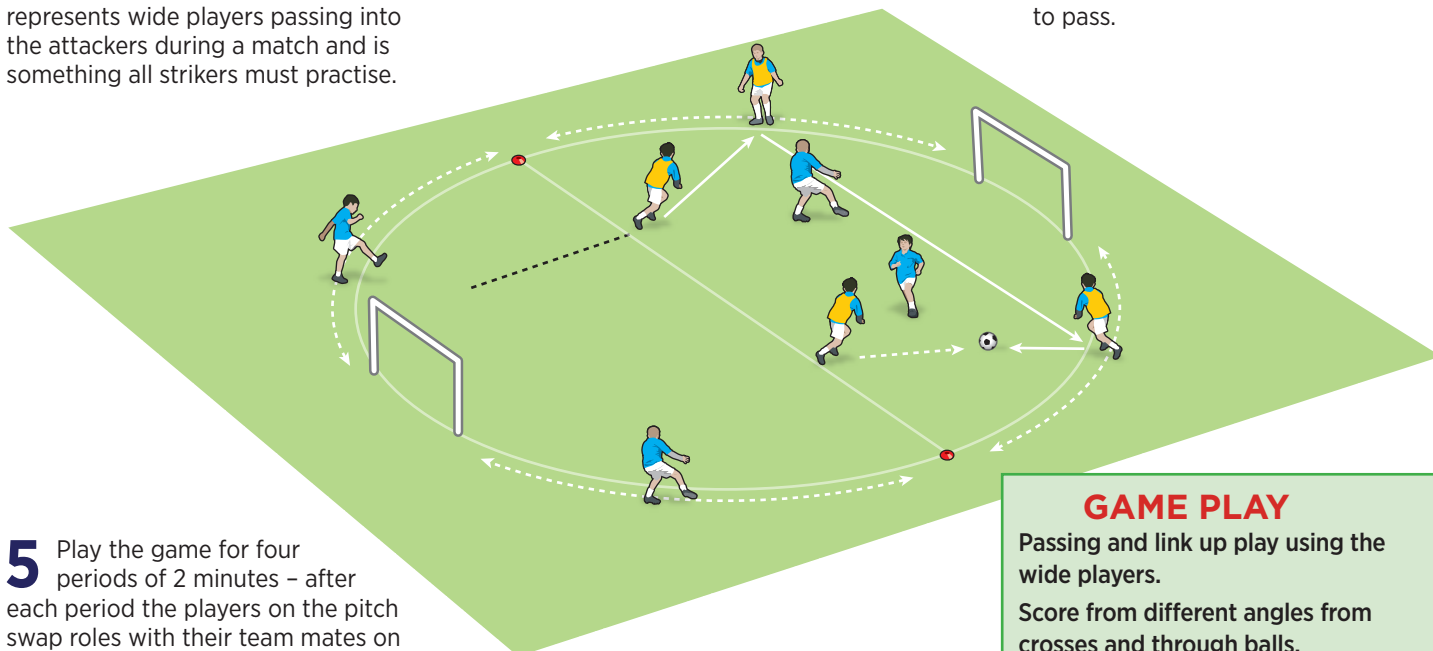
“One or two touch only” • “Call for the ball” • “Good first touch” • “Accuracy important” • “Move to the pass”

**1** Use the centre circle of a full size pitch or mark out an 18 yard circle with cones. Put a target goal on each side of the circle.



**2** You need two teams of four players with two players on the pitch and two players on the outside of the circle in the half they are attacking. The players on the outside can move between the opposition goal and the halfway line and look to receive a pass.

**3** Play a game without keepers. The ball has to be passed to one of the players on the outside of the circle before the team can shoot at goal. This represents wide players passing into the attackers during a match and is something all strikers must practise.



**4** The players on the outside of the pitch can only play one-touch – if they are finding this difficult you can give them two touches, one to control and one to pass.

**5** Play the game for four periods of 2 minutes – after each period the players on the pitch swap roles with their team mates on the outside.

### GAME PLAY

Passing and link up play using the wide players.

Score from different angles from crosses and through balls.

Lots of touches for all players in this game.

### How many players do I need?

This uses eight players in a 4v4

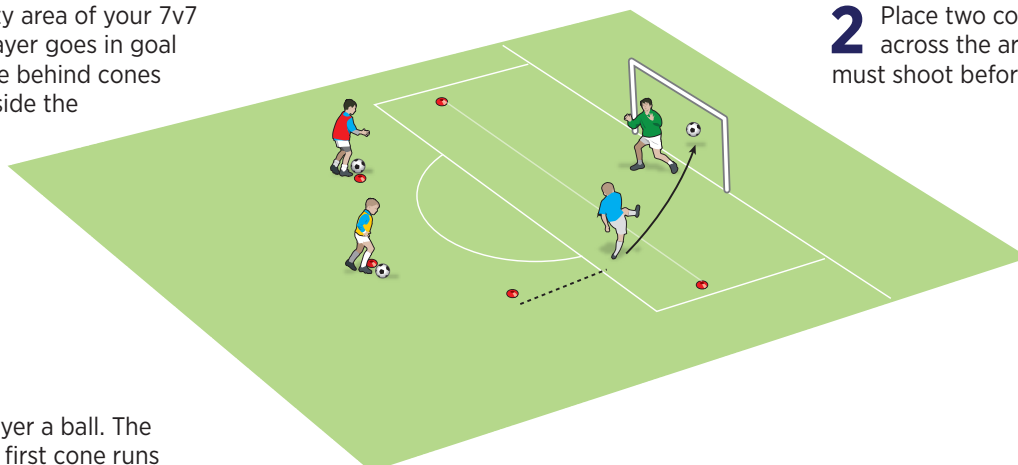
Key	Player movement	Ball movement
	Run with the ball	Shot

# Score a goal

## ACTIVITY: THREE WAYS TO SCORE

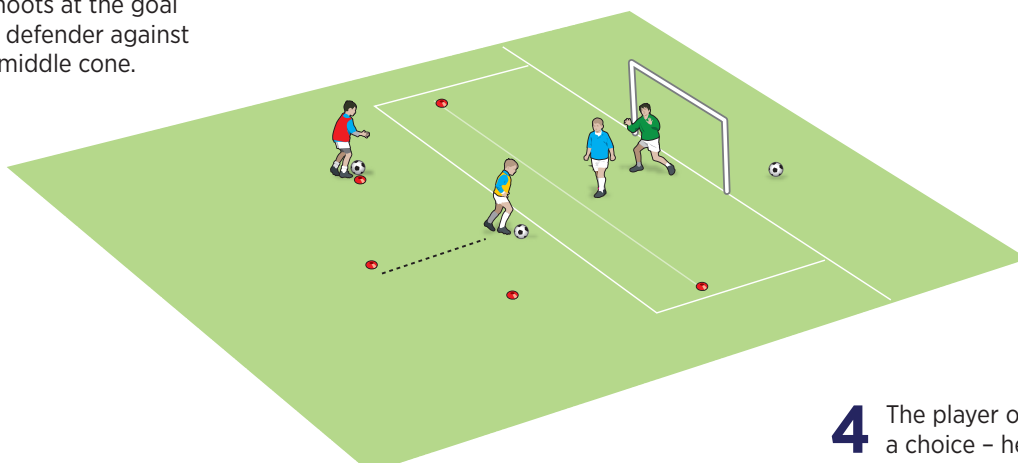
**CALL OUT** "Shoot before the cones" • "Aim for the corners" • "Fool the defender"

**1** Use the penalty area of your 7v7 pitch – one player goes in goal the other three are behind cones arranged just outside the penalty area with one central, one right and left.



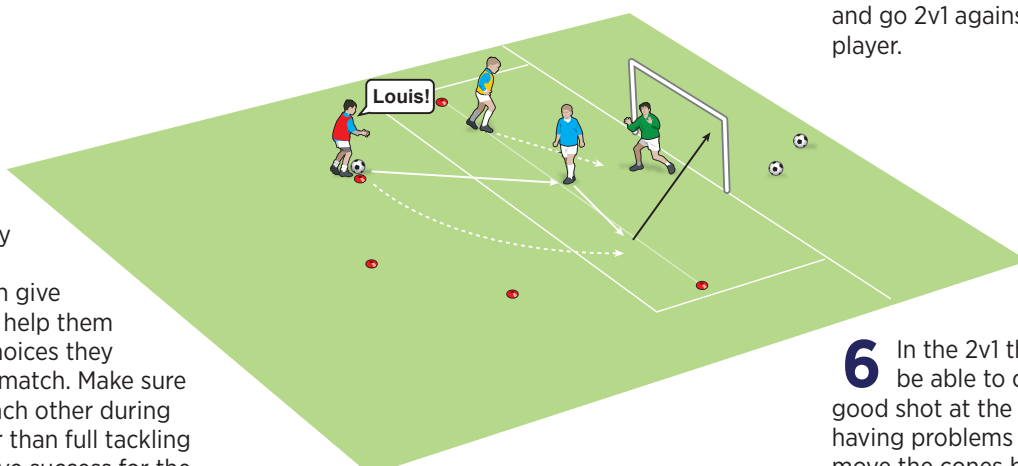
**2** Place two cones to make a line across the area – the attackers must shoot before they cross the line.

**3** Give each player a ball. The player on the first cone runs unopposed and shoots at the goal then turns to be a defender against the player on the middle cone.



**4** The player on the third cone has a choice – he can choose one of the other players to join him in attack and go 2v1 against the remaining player.

**5** This is an easy three choice game that you can give to your players to help them understand the choices they will face during a match. Make sure they only press each other during this activity rather than full tackling as you want to have success for the attacker.



**6** In the 2v1 the attackers should be able to create space for a good shot at the goal – if players are having problems scoring you can move the cones back so they have a bigger area to work in.

### How many players do I need?

We used four players in this activity.

Key	Player movement	Ball movement
	--->	--->
	--->	--->



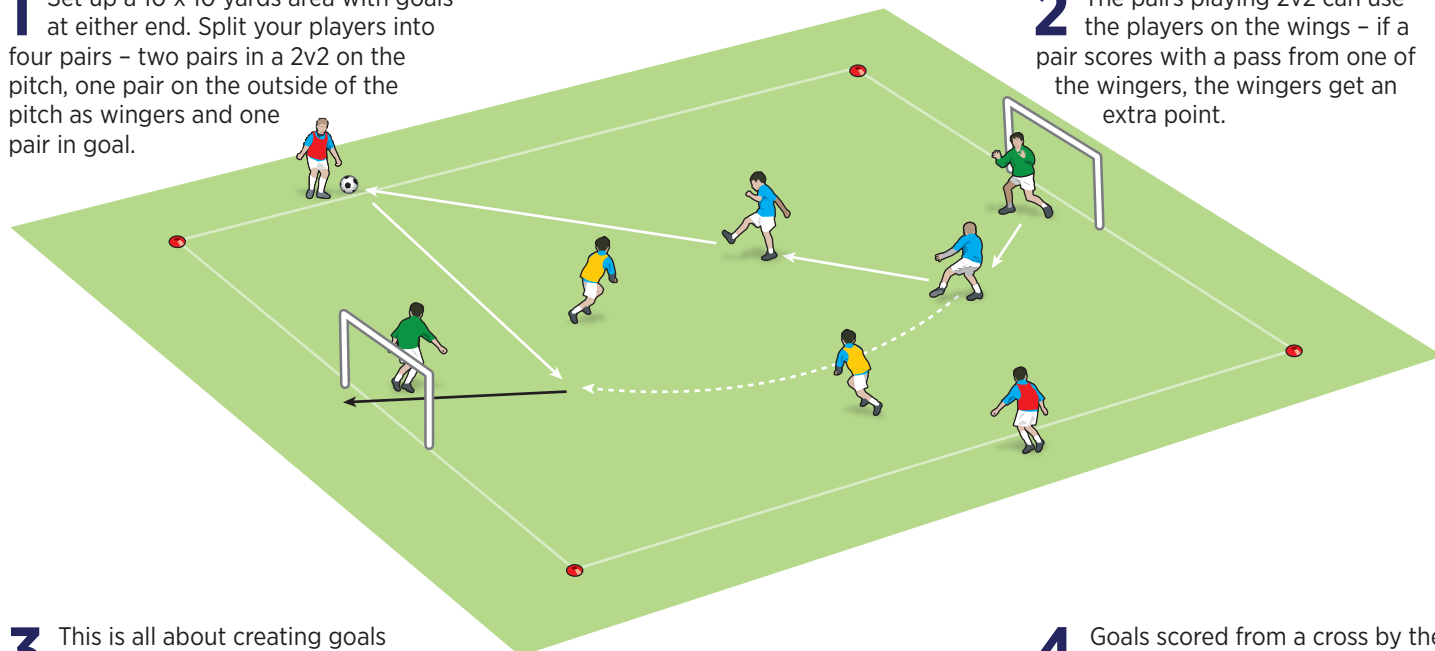
U10 | ATTACKING 5

# Score a goal

GAME: GOAL SCORING DECISIONS

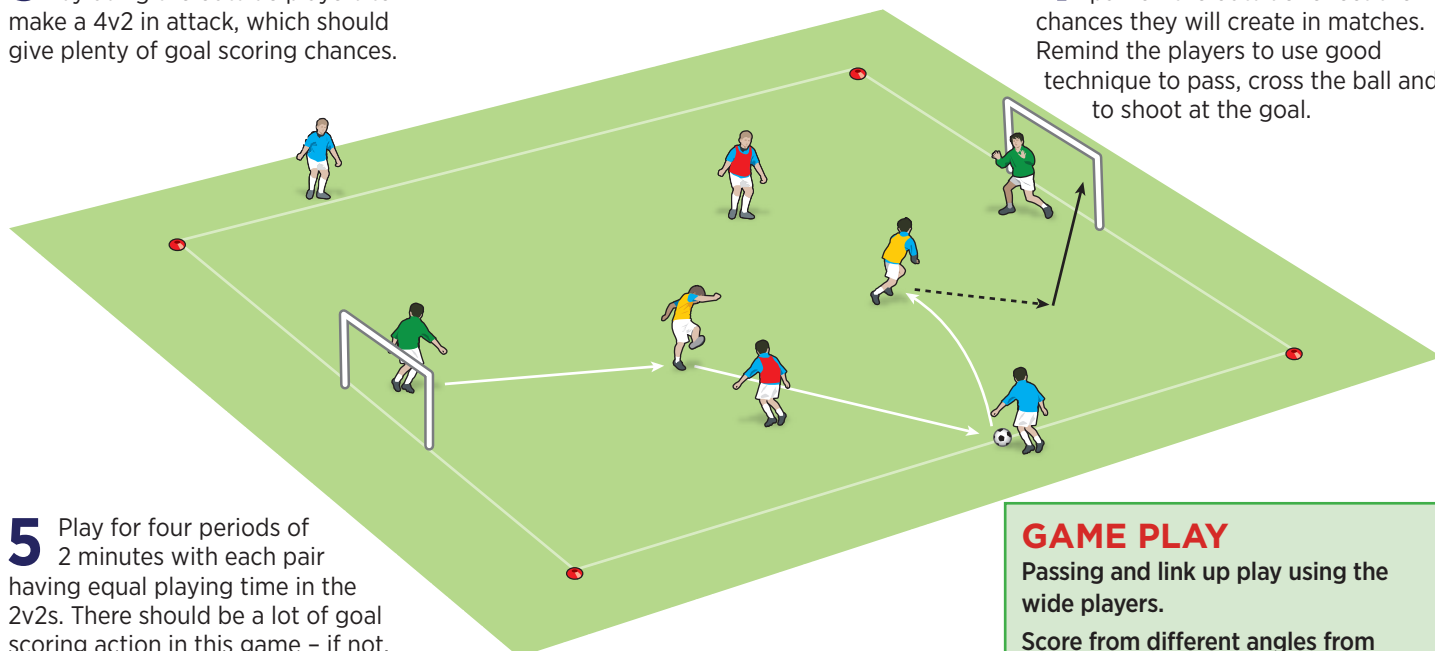
**CALL OUT** "Shoot before the cones" • "Aim for the corners" • "Fool the defender"

**1** Set up a 10 x 10 yards area with goals at either end. Split your players into four pairs – two pairs in a 2v2 on the pitch, one pair on the outside of the pitch as wingers and one pair in goal.



**2** The pairs playing 2v2 can use the players on the wings – if a pair scores with a pass from one of the wingers, the wingers get an extra point.

**3** This is all about creating goals by using the outside players to make a 4v2 in attack, which should give plenty of goal scoring chances.



**4** Goals scored from a cross by the pair on the outside reflect the chances they will create in matches. Remind the players to use good technique to pass, cross the ball and to shoot at the goal.

**5** Play for four periods of 2 minutes with each pair having equal playing time in the 2v2s. There should be a lot of goal scoring action in this game – if not, make the area bigger so that there is more space for the 2v2.

## GAME PLAY

Passing and link up play using the wide players.

Score from different angles from crosses and through balls.

Lots of touches for all players in this game.

## How many players do I need?

This uses eight players split into four pairs.

Key	Player movement	Ball movement
	Run with the ball	Shot





# EasiCoach

SOCCER SKILLS ACTIVITIES

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## U10

## DEFENDING

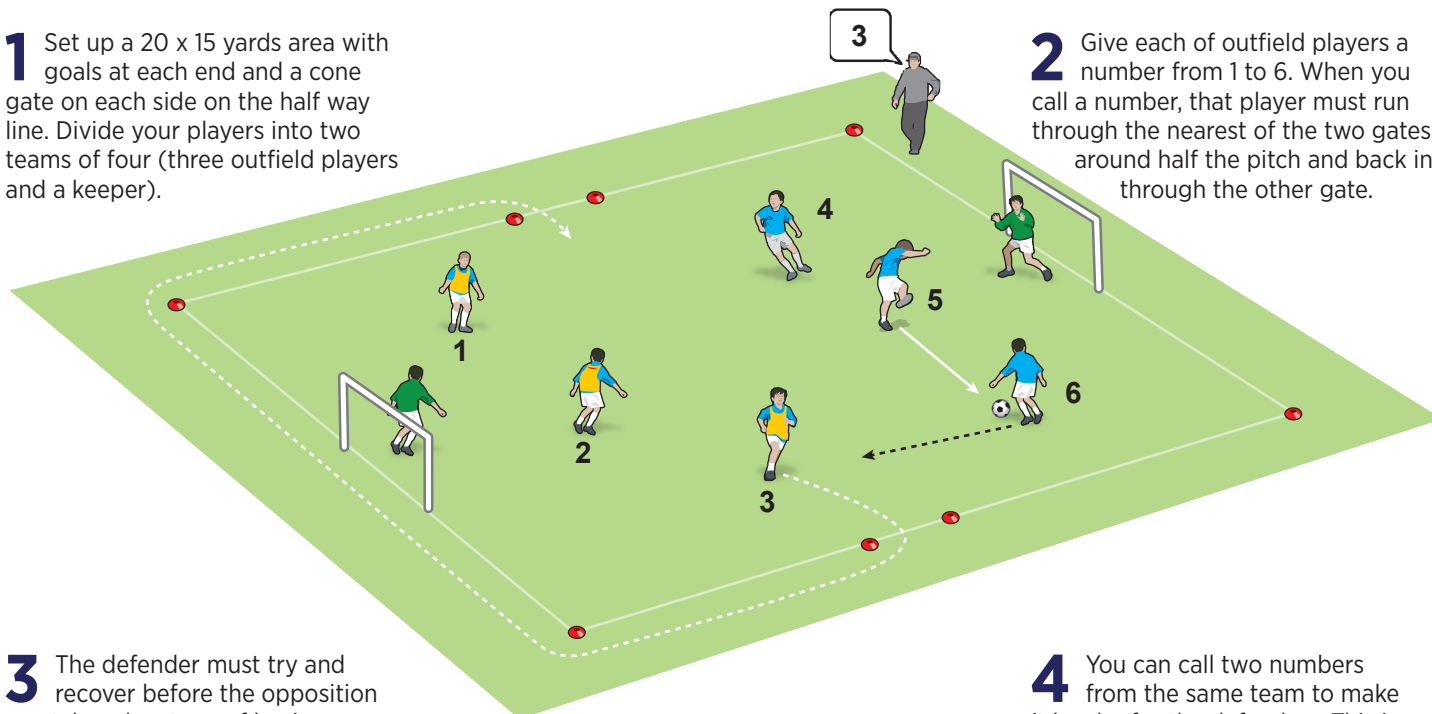
# Recover to a defensive position

## ACTIVITY: NUMBERS DOWN

### CALL OUT

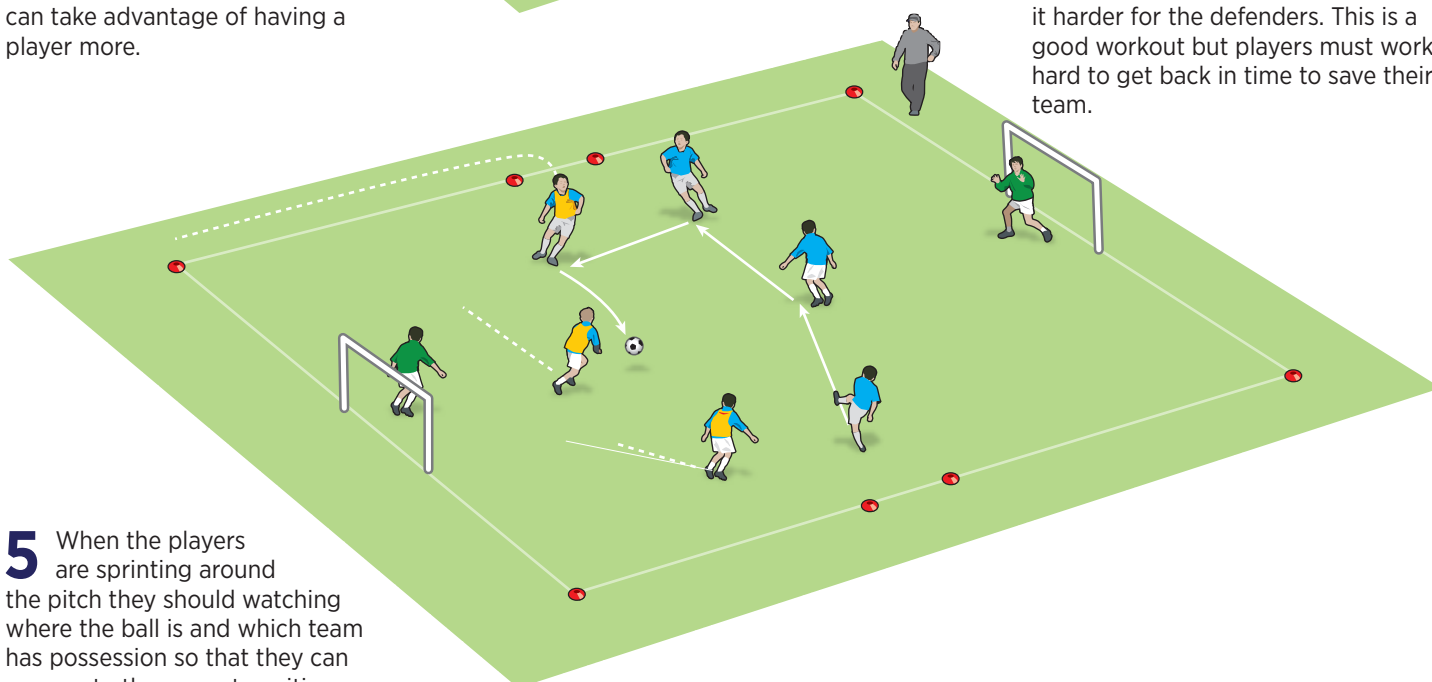
“Try to get back behind the ball” • “Don’t stop running” • “Know where the ball is” • “Block shots if you can”

**1** Set up a 20 x 15 yards area with goals at each end and a cone gate on each side on the half way line. Divide your players into two teams of four (three outfield players and a keeper).



**2** Give each of outfield players a number from 1 to 6. When you call a number, that player must run through the nearest of the two gates, around half the pitch and back in through the other gate.

**3** The defender must try and recover before the opposition can take advantage of having a player more.



**4** You can call two numbers from the same team to make it harder for the defenders. This is a good workout but players must work hard to get back in time to save their team.

**5** When the players are sprinting around the pitch they should be watching where the ball is and which team has possession so that they can recover to the correct position as soon as they re-enter the area.

### How many players do I need?

This is a 4v4 game so you need eight players

Key	Player movement	Ball movement

U10 | DEFENDING 1

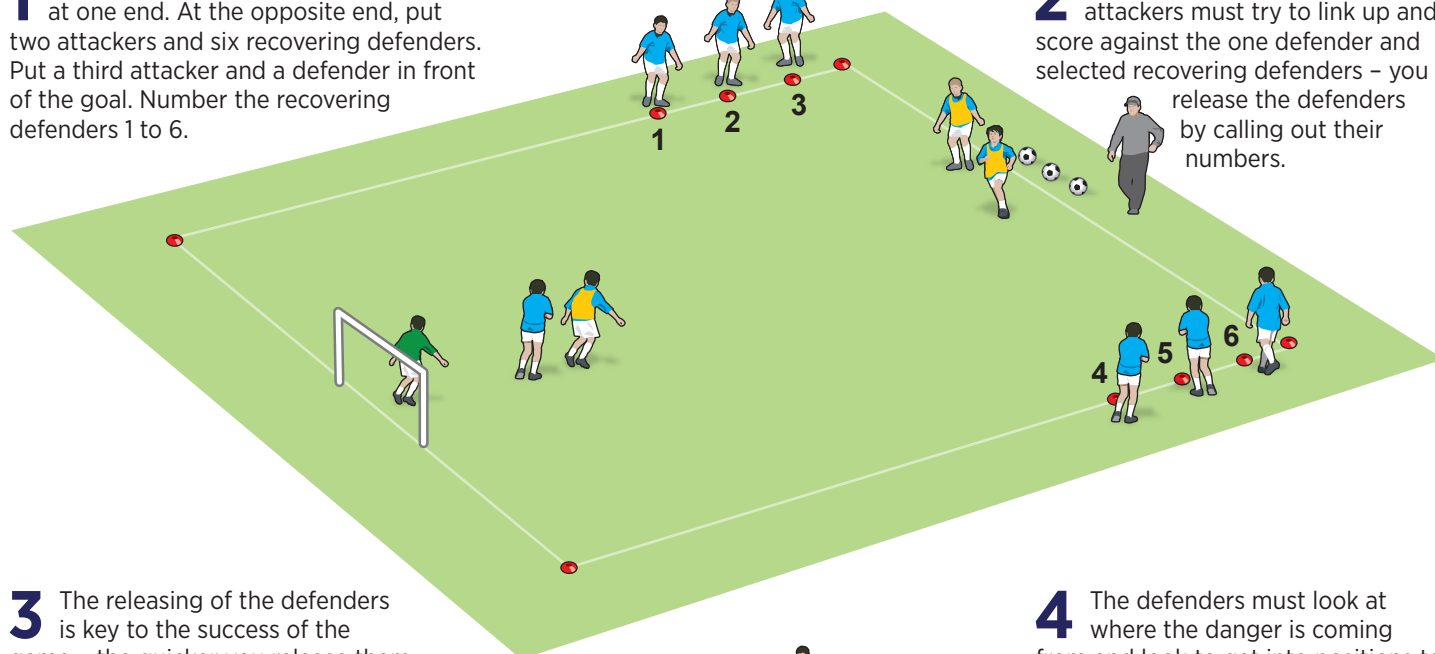
# Recover to a defensive position

GAME: BACK IN NUMBERS

## CALL OUT

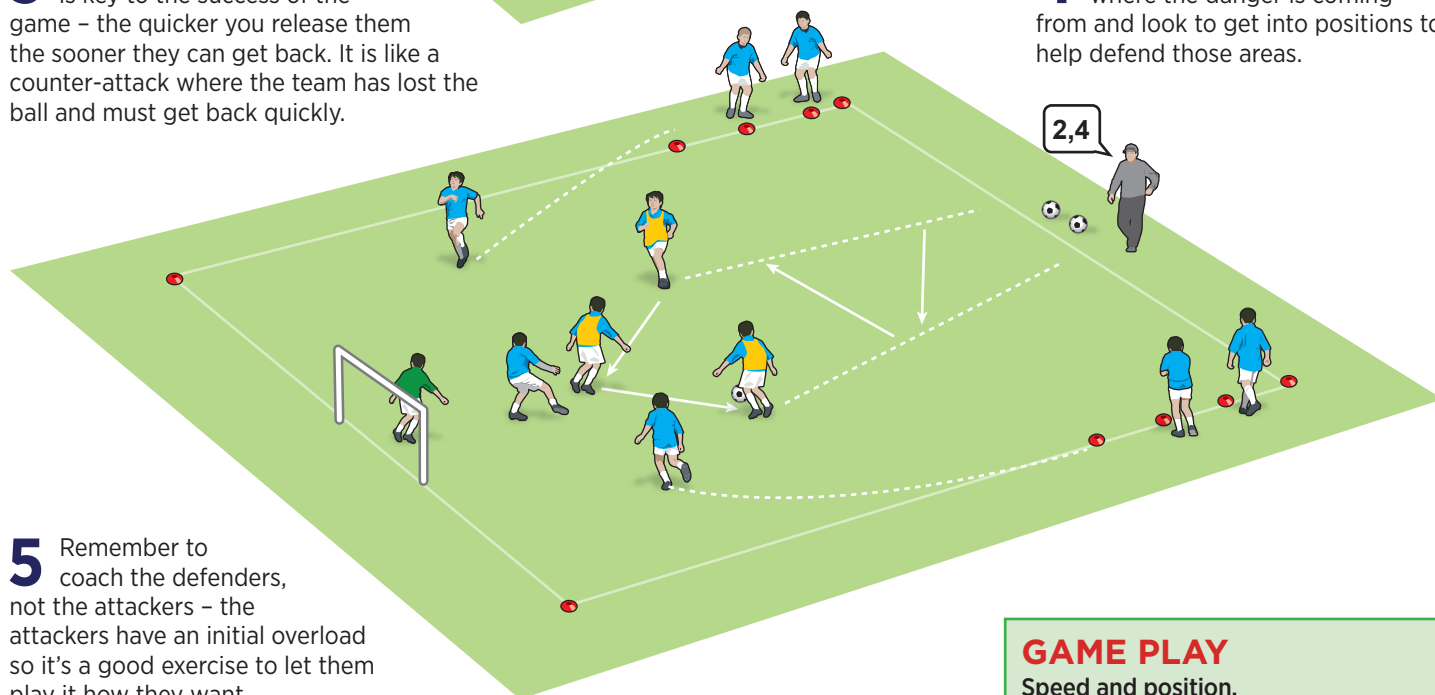
“Try to get back behind the ball” • “Don’t stop running” • “Know where the ball is” • “Block shots if you can”

**1** Set up a 15 x 10 yards area with a goal at one end. At the opposite end, put two attackers and six recovering defenders. Put a third attacker and a defender in front of the goal. Number the recovering defenders 1 to 6.



**2** When you say “go”, the attackers must try to link up and score against the one defender and selected recovering defenders – you release the defenders by calling out their numbers.

**3** The releasing of the defenders is key to the success of the game – the quicker you release them the sooner they can get back. It is like a counter-attack where the team has lost the ball and must get back quickly.



**4** The defenders must look at where the danger is coming from and look to get into positions to help defend those areas.

**5** Remember to coach the defenders, not the attackers – the attackers have an initial overload so it’s a good exercise to let them play it how they want.

**GAME PLAY**  
Speed and position.  
Movement to cover.  
Concentration and communication.

## How many players do I need?

We used 11 players in this game.

Key	Player movement	Ball movement
	Run with the ball	Shot

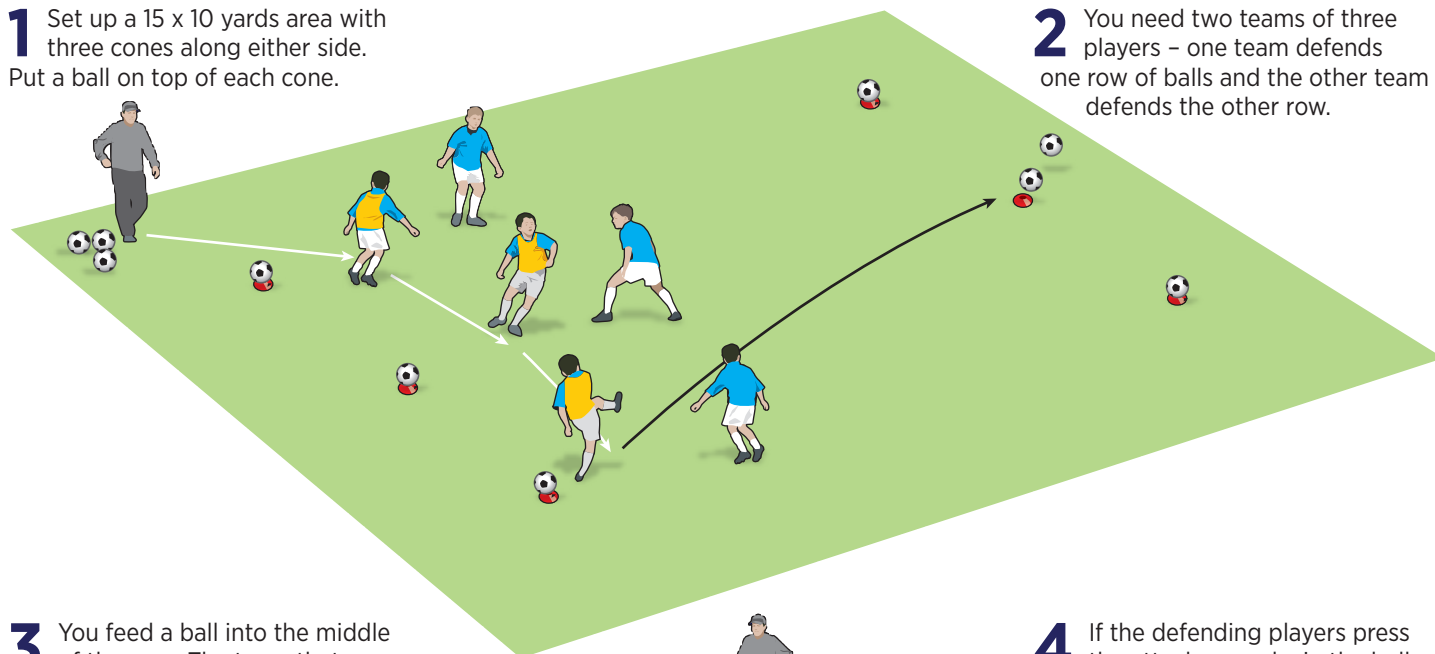
U10 | DEFENDING 2

## Pressing the player with the ball

**ACTIVITY: PRESS DANGER AWAY**

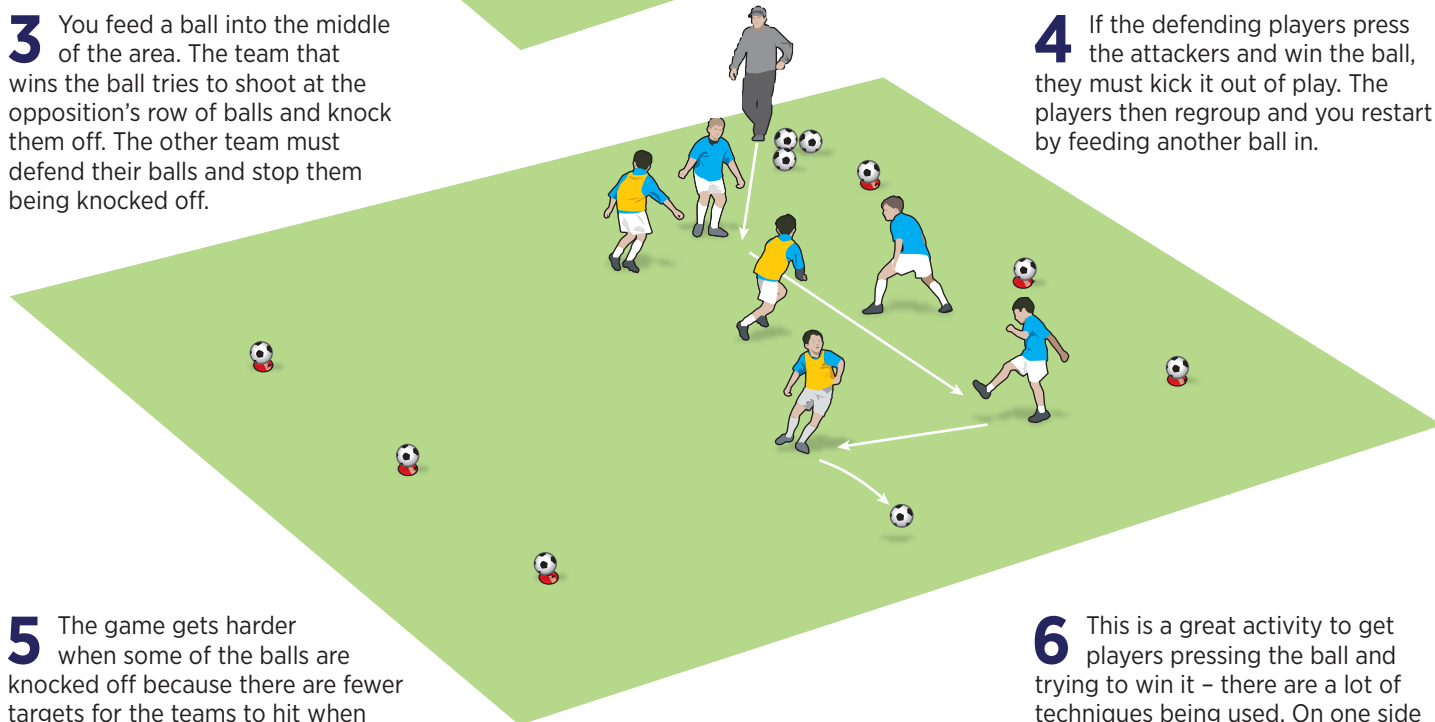
**CALL OUT** "Cover the gaps" • "Where are the balls?" • "Anticipate the pass" • "Block the route"

**1** Set up a 15 x 10 yards area with three cones along either side. Put a ball on top of each cone.



**2** You need two teams of three players – one team defends one row of balls and the other team defends the other row.

**3** You feed a ball into the middle of the area. The team that wins the ball tries to shoot at the opposition's row of balls and knock them off. The other team must defend their balls and stop them being knocked off.



**4** If the defending players press the attackers and win the ball, they must kick it out of play. The players then regroup and you restart by feeding another ball in.

**5** The game gets harder when some of the balls are knocked off because there are fewer targets for the teams to hit when they're attacking.

**6** This is a great activity to get players pressing the ball and trying to win it – there are a lot of techniques being used. On one side pressing and blocking and on the other shooting and passing.

### How many players do I need?

You need six players in this activity.

Key	Player movement	Ball movement
	Run with the ball	Shot

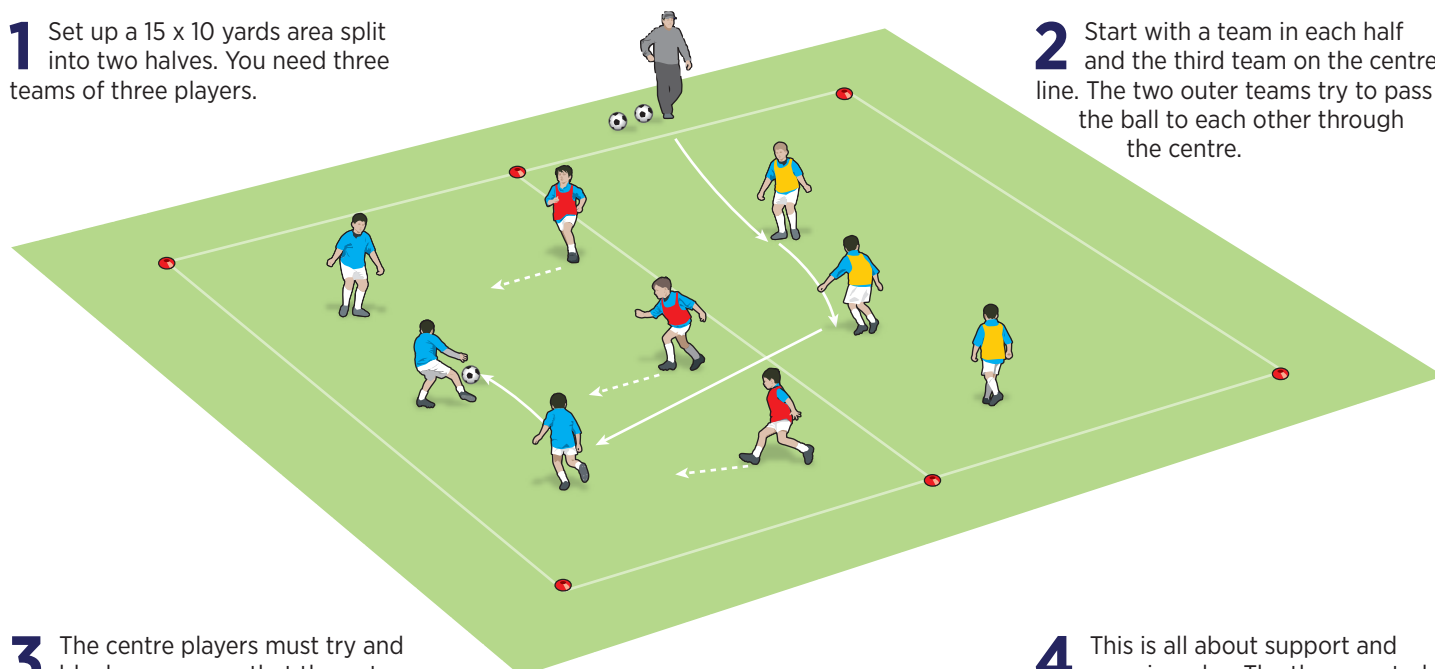
U10 | DEFENDING 2

## Pressing the player with the ball

**GAME: PRESS IN THREES**

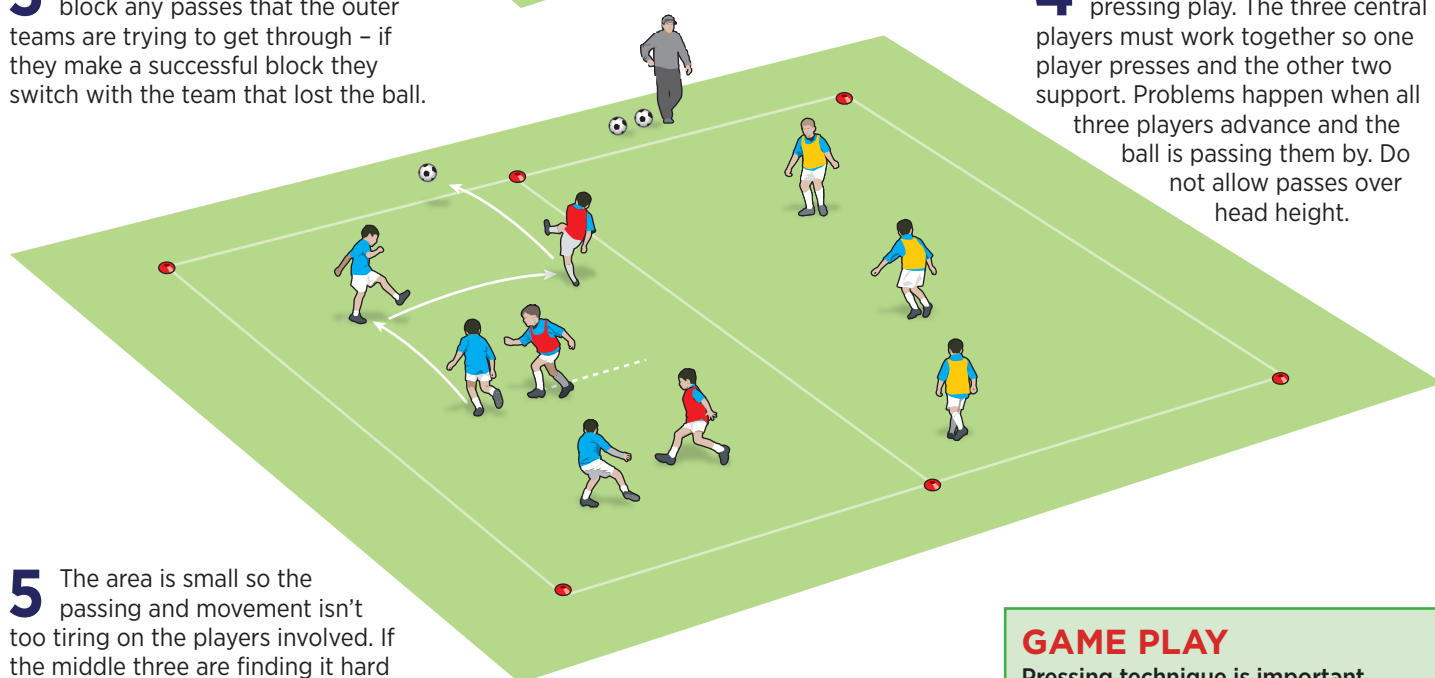
**CALL OUT** "Cover the gaps" • "Where are the balls?" • "Anticipate the pass" • "Block the route"

**1** Set up a 15 x 10 yards area split into two halves. You need three teams of three players.



**2** Start with a team in each half and the third team on the centre line. The two outer teams try to pass the ball to each other through the centre.

**3** The centre players must try and block any passes that the outer teams are trying to get through – if they make a successful block they switch with the team that lost the ball.



**4** This is all about support and pressing play. The three central players must work together so one player presses and the other two support. Problems happen when all three players advance and the ball is passing them by. Do not allow passes over head height.

**5** The area is small so the passing and movement isn't too tiring on the players involved. If the middle three are finding it hard switch them after 90 seconds.

### GAME PLAY

Pressing technique is important.  
Good weight of pass – no hitting the ball hard.  
Concentration and communication.

### How many players do I need?

We used nine players in this game.

Key	Player movement	Ball movement
	--->	—>
	--->	—>

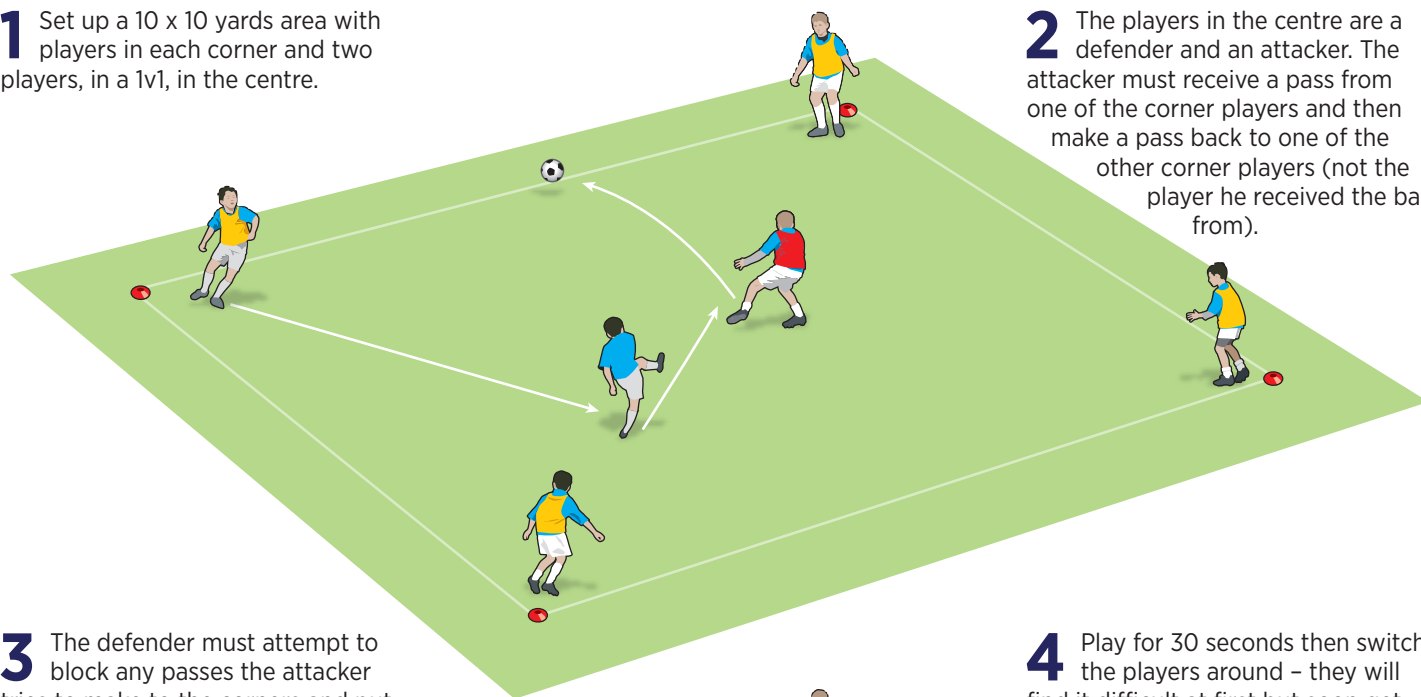
## Block passes by the other side

### ACTIVITY: FOUR PASS 1V1S

#### CALL OUT

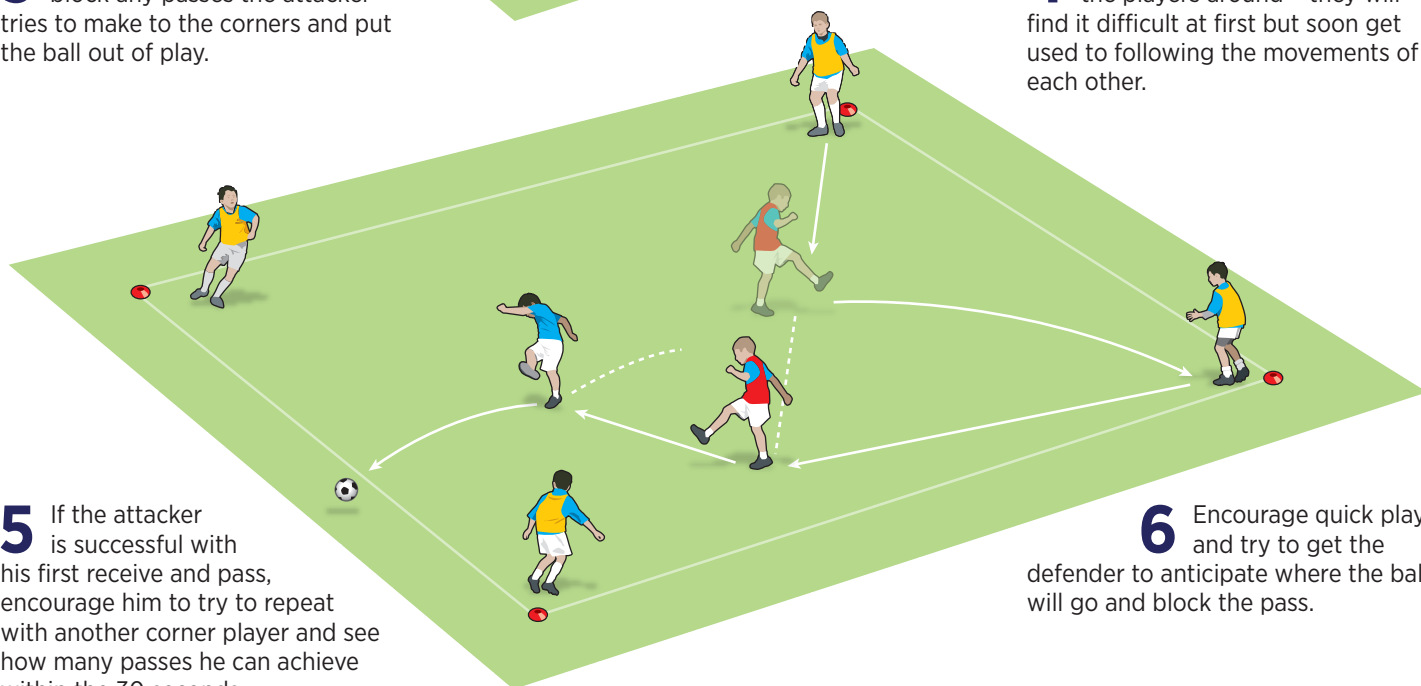
“Get in front of the receiver” • “Good first touch” • “Anticipate the pass” •  
“Block the route”

**1** Set up a 10 x 10 yards area with players in each corner and two players, in a 1v1, in the centre.



**2** The players in the centre are a defender and an attacker. The attacker must receive a pass from one of the corner players and then make a pass back to one of the other corner players (not the player he received the ball from).

**3** The defender must attempt to block any passes the attacker tries to make to the corners and put the ball out of play.



**4** Play for 30 seconds then switch the players around – they will find it difficult at first but soon get used to following the movements of each other.

**5** If the attacker is successful with his first receive and pass, encourage him to try to repeat with another corner player and see how many passes he can achieve within the 30 seconds.

**6** Encourage quick play and try to get the defender to anticipate where the ball will go and block the pass.

#### How many players do I need?

You need six players in this activity.

Key	Player movement	Ball movement
	→	→
	→	→
	→	→

U10 | DEFENDING 3

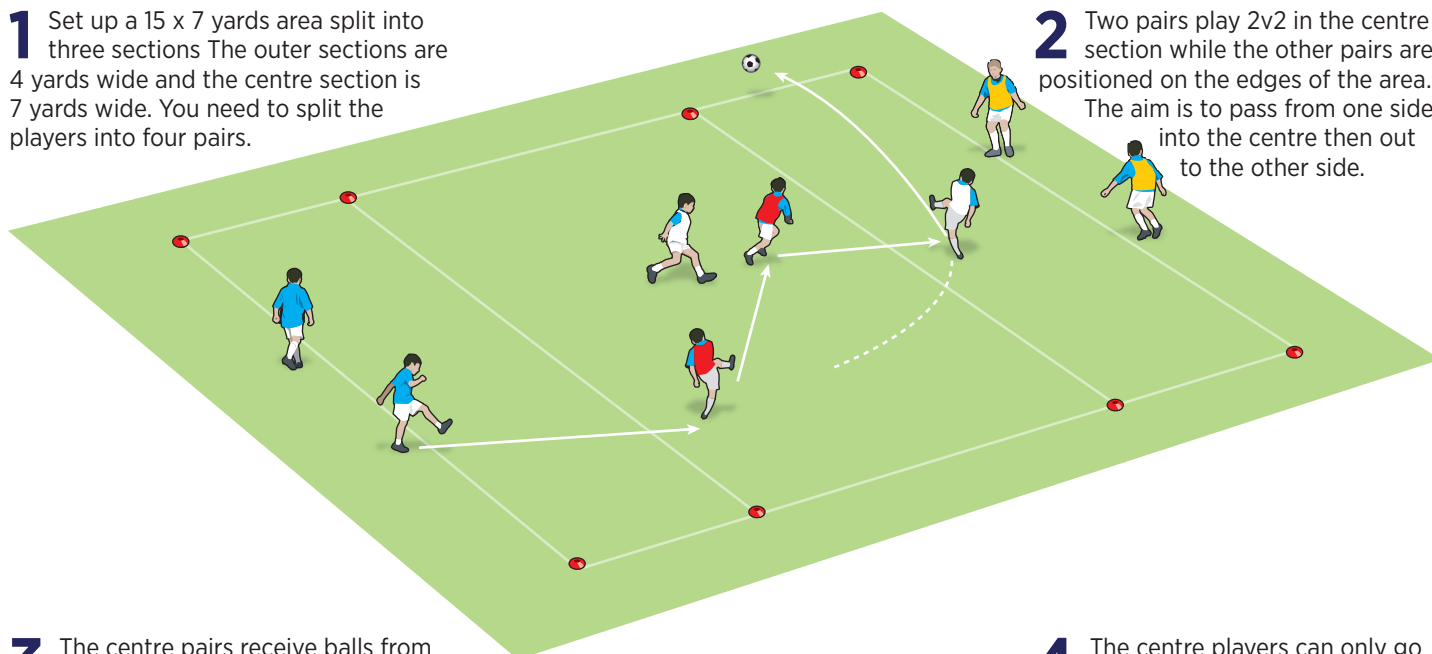
## Block passes by the other side

GAME: REACT TO THE PASS

### CALL OUT

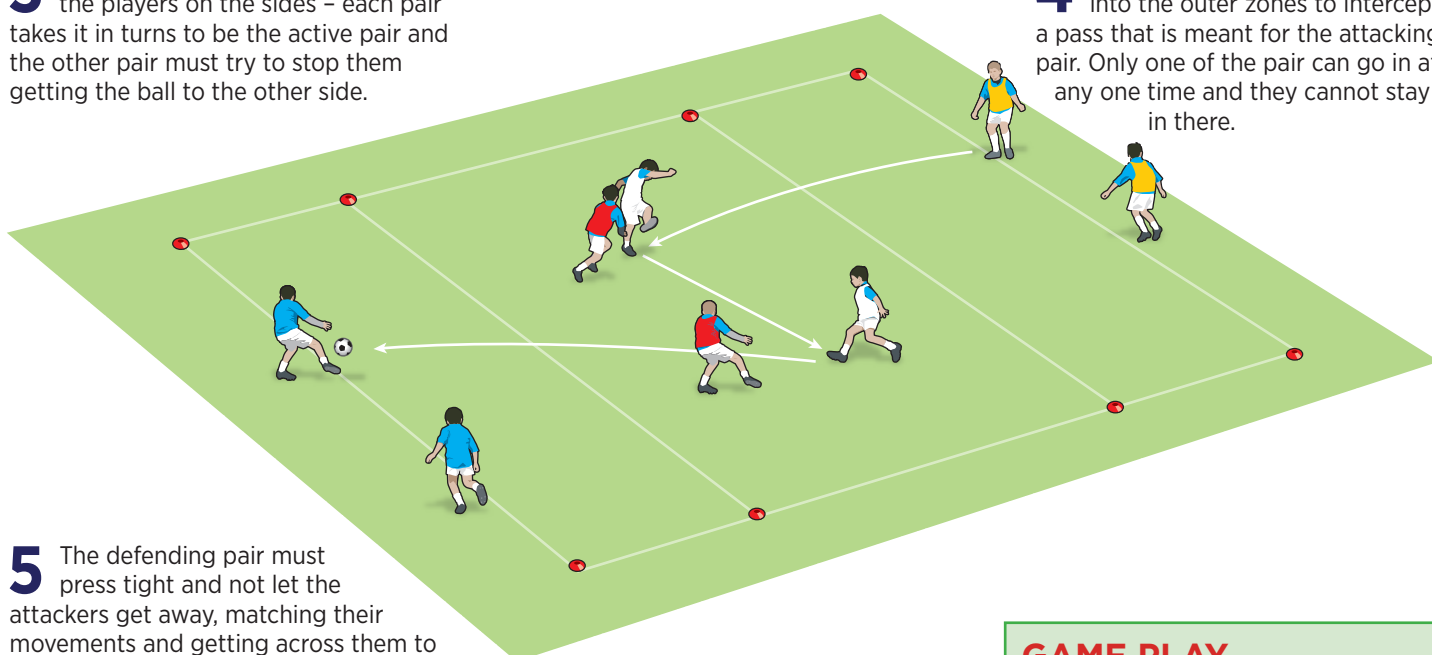
“Get in front of the receiver” • “Good first touch” • “Anticipate the pass” •  
“Block the route”

**1** Set up a 15 x 7 yards area split into three sections. The outer sections are 4 yards wide and the centre section is 7 yards wide. You need to split the players into four pairs.



**2** Two pairs play 2v2 in the centre section while the other pairs are positioned on the edges of the area. The aim is to pass from one side into the centre then out to the other side.

**3** The centre pairs receive balls from the players on the sides – each pair takes it in turns to be the active pair and the other pair must try to stop them getting the ball to the other side.



**4** The centre players can only go into the outer zones to intercept a pass that is meant for the attacking pair. Only one of the pair can go in at any one time and they cannot stay in there.

**5** The defending pair must press tight and not let the attackers get away, matching their movements and getting across them to block passes.

### GAME PLAY

Block passes with interceptions.  
Keep tight on the attackers.  
Communication is important.

### How many players do I need?

We used eight players in this game.

Key	Player movement	Ball movement
	--->	—>
	--->	—>



U10 | DEFENDING 4

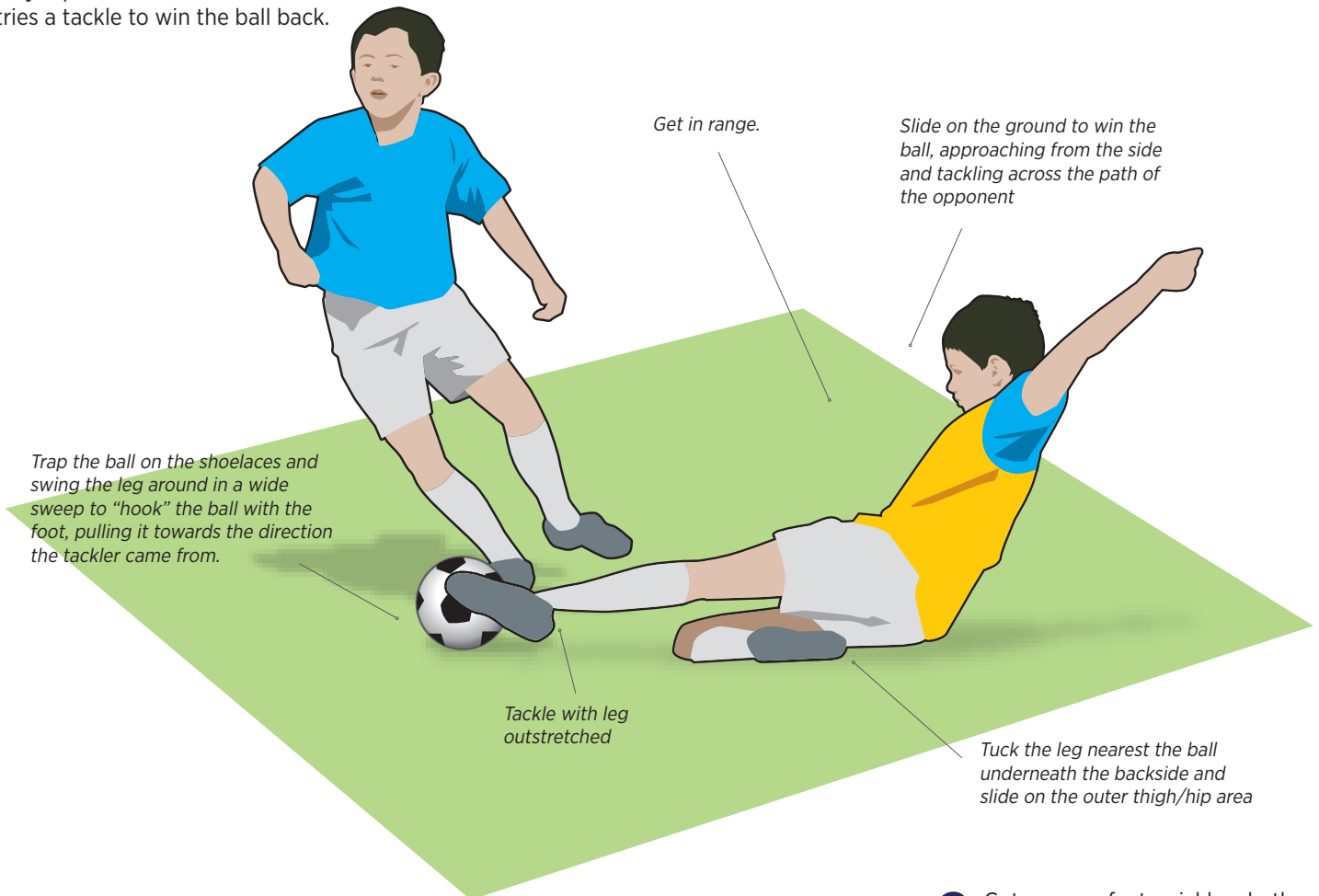
# Make a slide tackle

## ACTIVITY: SLIDE TACKLE

### CALL OUT

“Get in range before you slide” • “Slide on your hip” • “Hook the ball with your foot”  
• “Get back on your feet quickly”

**1** Set players up in pairs with a ball between them and two cones that are 10 yards apart. One player passes to the other then tries a tackle to win the ball back.



**2** Get on your feet quickly whether the tackle is successful or not.

### How many players do I need?

Players work in pairs

Key	Player movement	Ball movement
	--->	—>
	Run with the ball	Shot
	--->	—>

U10 | DEFENDING 4

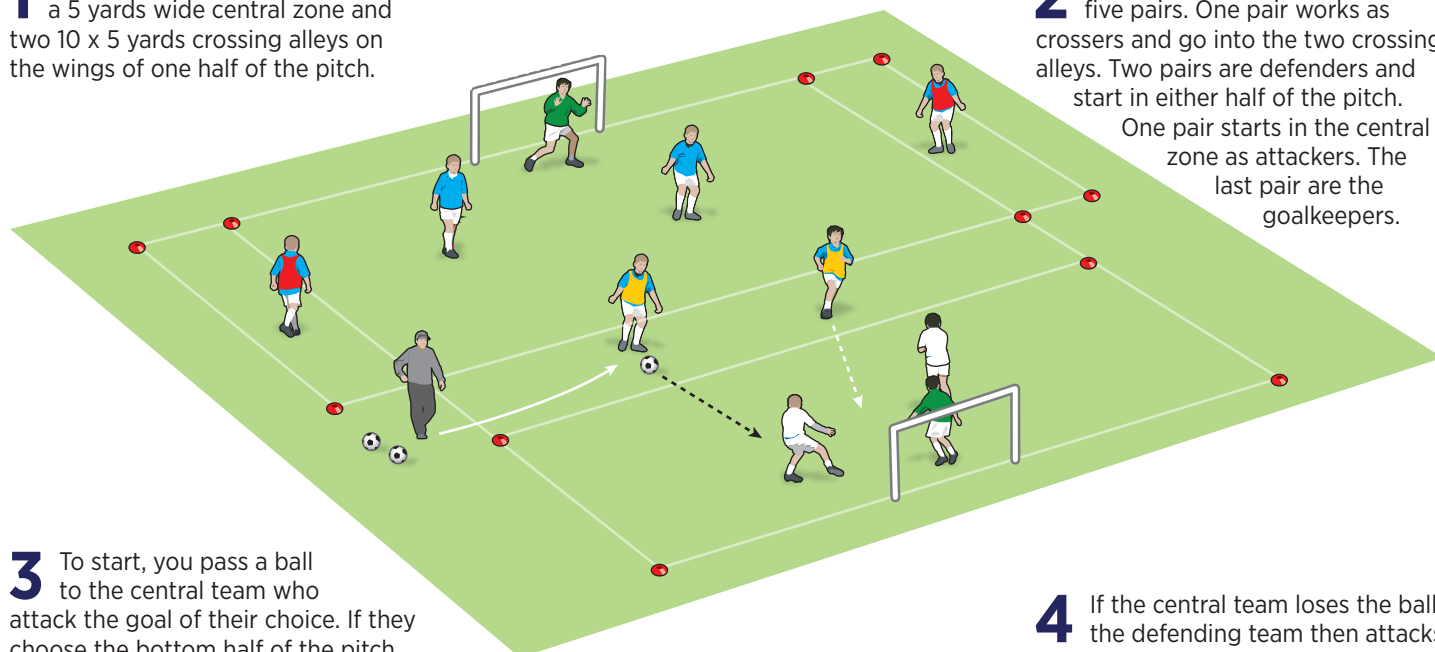
# Make a slide tackle

**GAME: DEFEND THE DRIBBLE, DEFEND THE CROSS**

## CALL OUT

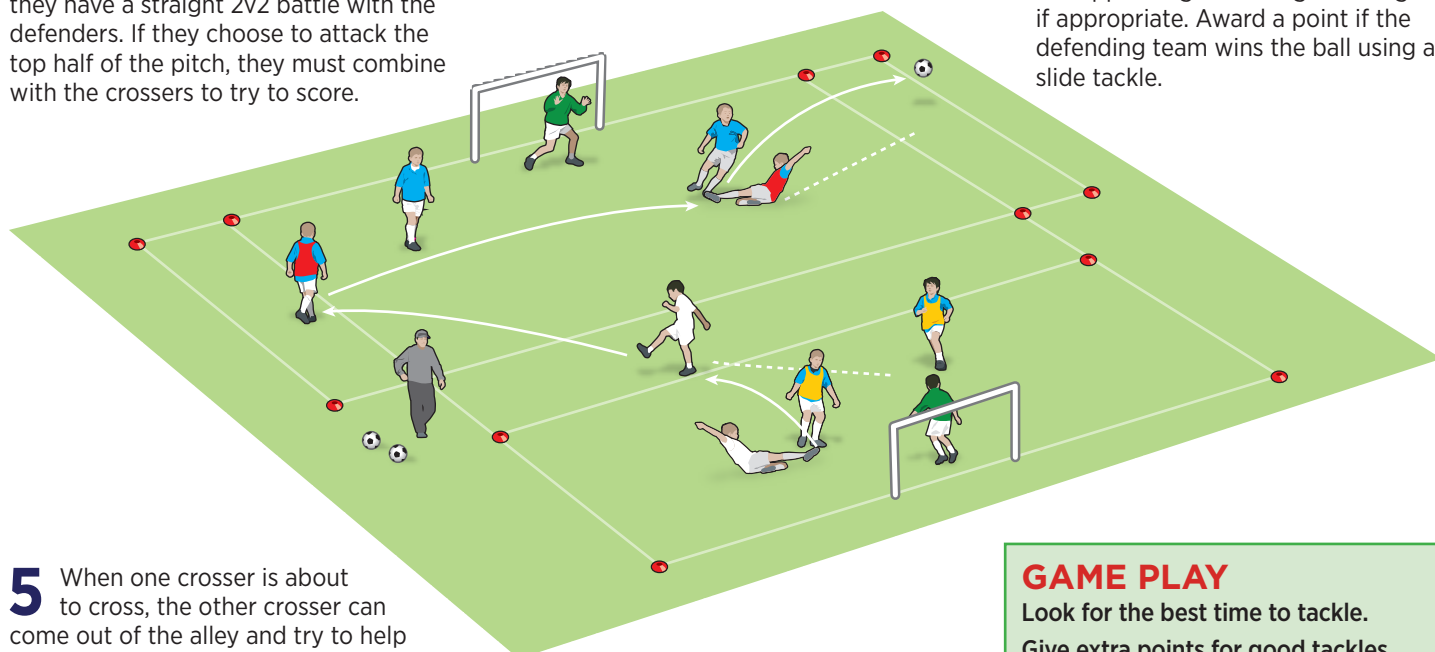
“Get in range before you slide” • “Slide on your hip” • “Hook the ball with your foot”  
• “Get back on your feet quickly”

**1** Set up a 30 x 15 yards area with a 5 yards wide central zone and two 10 x 5 yards crossing alleys on the wings of one half of the pitch.



**2** You need 10 players split into five pairs. One pair works as crossers and go into the two crossing alleys. Two pairs are defenders and start in either half of the pitch. One pair starts in the central zone as attackers. The last pair are the goalkeepers.

**3** To start, you pass a ball to the central team who attack the goal of their choice. If they choose the bottom half of the pitch, they have a straight 2v2 battle with the defenders. If they choose to attack the top half of the pitch, they must combine with the crossers to try to score.



**4** If the central team loses the ball, the defending team then attacks the opposite goal - using the wingers if appropriate. Award a point if the defending team wins the ball using a slide tackle.

**5** When one crosser is about to cross, the other crosser can come out of the alley and try to help the team score.

## GAME PLAY

Look for the best time to tackle.  
Give extra points for good tackles.  
Pressing play will create chances to get tackles in.

## How many players do I need?

This uses 10 players in the game, split into five pairs

Key	Player movement	Ball movement
	--->	--->
	--->	--->



# **EasiCoach**

**SOCCER SKILLS ACTIVITIES**

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## **U9-U10**

## **RESOURCES**

# Parental checklist: U9 Mini Soccer skills

NAME OF PLAYER:	Beginning	Developing	Mastering
DATE:			
<b>BALL CONTROL</b>			
1 Pass to a team mate using both feet			
2 Receive and control the ball			
3 Dribble the ball 5 yards and turn			
4 Dribble the ball and change speed			
5 Shielding the ball			
<b>ATTACKING</b>			
1 Beat a player 1v1			
2 Dribble forward and shoot			
3 One-two, pass and shoot			
4 Pass and react to the pass			
5 Score a goal			
<b>DEFENDING</b>			
1 Retreat behind the ball			
2 Press the ball			
3 Block passes			
4 Make a block tackle			

Notes: This assessment checklist is intended as a guide to progress only. Assess your child's progress against the three criteria above for 8 and 9-year-olds. For example, is your child mastering the concept of dribbling towards the opposition goal (for an 8-year-old)? Some skills will be mastered (for an 8-year-old) in a short space of time. Only the most able will master all the skills by the time they move to U10, but this doesn't matter. Some take longer to develop than others. Make copies of this page and regularly reassess your child's progress as a way of providing praise.

# Parental checklist: U10 Mini Soccer skills

NAME OF PLAYER:	Beginning	Developing	Mastering
DATE:			
<b>BALL CONTROL</b>			
1 Pass 4 yards to a team mate			
2 Receive, control and stop the ball			
3 Dribble the ball 5 yards with one complete turn			
4 Dribble the ball 3 yards, stop, then play a one-two pass			
<b>ATTACKING</b>			
1 Develop a turning skill			
2 Dribble with the ball and shoot			
3 Attacking build up play			
4 Passing and support play			
5 Score a goal			
<b>DEFENDING</b>			
1 Recover to a defensive position			
2 Pressing the player with the ball			
3 Block passes by the other side			
4 Make a slide tackle			

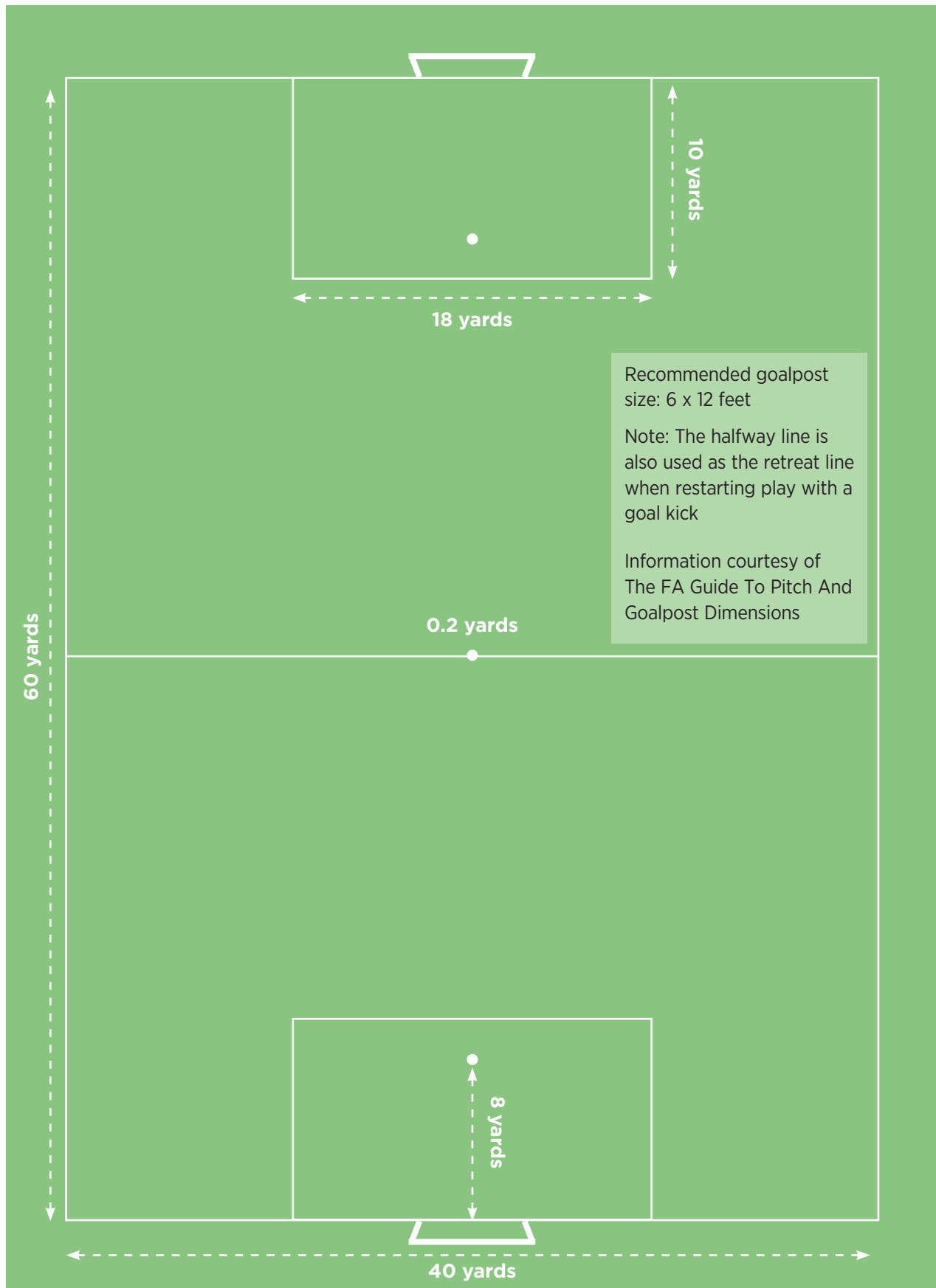
Notes: This assessment checklist is intended as a guide to progress only. Assess your child's progress against the three criteria above for 9 and 10-year-olds. For example, is your child mastering the concept of dribbling forward and shooting inside the penalty area (for a 9-year-old)? Some skills will be mastered (for a 9-year-old) in a short space of time. Only the most able will master all the skills by the time they move to U11, but this doesn't matter. Some take longer to develop than others. Make copies of this page and regularly reassess your child's progress as a way of providing praise.

# Parental checklist: U9-U10 Mini Soccer skills

NAME OF PLAYER:	Beginning	Developing	Mastering
DATE:			
<b>RESTARTS</b>			
1 Kick-off			
2 Throw-in			
3 Corner kick			
4 Free kick			
5 Penalty kick			
<b>GOALKEEPING</b>			
1 Correct diving technique			
2 Punching the ball			
3 Shot stopping reactions			
4 Quick reactions and positioning			
5 Gather a rolling ball			
6 Stopping a ball at striker's feet			
<b>HEADING</b>			
1 Correct heading technique in attack			
2 Correct heading technique in defence			

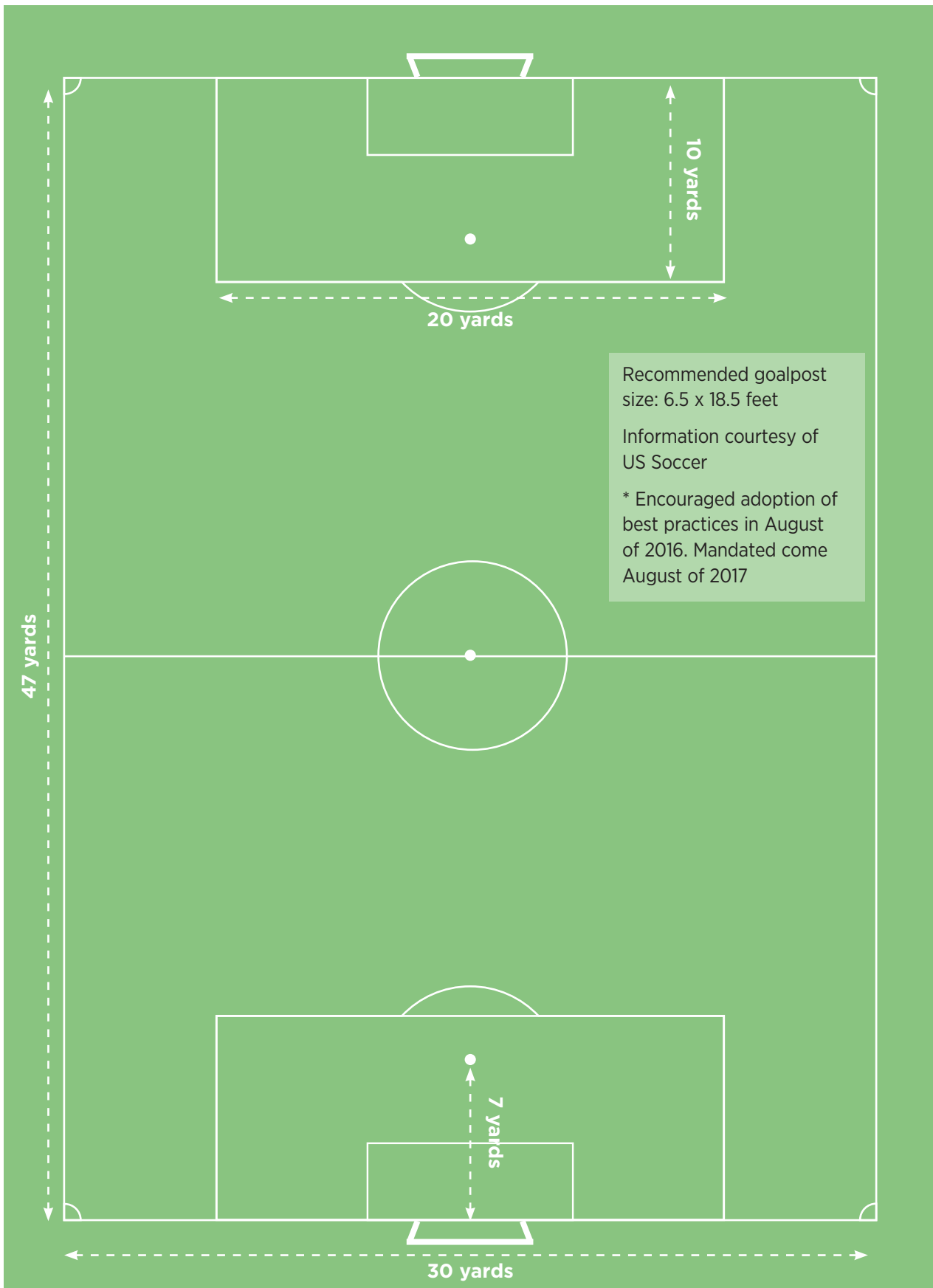
Notes: This assessment checklist is intended as a guide to progress only. Assess your child's progress against the three criteria above for 9 to 10-year-olds. For example, is your child mastering the concept of free kicks (for a 9-year-old)? Some skills will be mastered (for a 9-year-old) in a short space of time. Only the most able will master all the skills by the time they move to U11, but this doesn't matter. Some take longer to develop than others. Make copies of this page and regularly reassess your child's progress as a way of providing praise.

## FA RECOMMENDED PITCH SIZE U9-U10





# US SOCCER PITCH SIZE U9-U10\*



## ABOUT THE AUTHOR

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### David Clarke

As Head Coach of Soccer Coach Weekly, David Clarke provides thousands of subscribers worldwide with drills, insight, interviews and webinars covering all aspects of coaching. Soccer Coach Weekly is now in its ninth season with over 400 issues produced.

Dave has coached grassroots teams for 20 years, from U7s to U16s and has always had as his goal to help young players to be the best they can.

Dave's qualifications include: UEFA B license and FA youth module 1, 2 and 3, the Coerver Youth Module, and he has been a lecturer and presenter for the National Soccer Coaches Association of America.



### How EasiCoach Was Created...

EasiCoach Soccer Curriculum™ has been created by the people who publish Soccer Coach Weekly coaching magazine. We have been publishing sports coaching advice for grassroots coaches since 2003.

Covering the key core skills required for consistent player development across five age ranges from U7 to U16, EasiCoach follows the latest guidelines on player development and has been approved by senior national coaching development officers.

As a coaching tool aimed at helping beginner coaches, volunteer assistants and helpers, EasiCoach offers a guaranteed programme of skills development activities every season.

EasiCoach is owned by Green Star Media Ltd, which provides informed, easy-to-follow advice for 450,000 soccer, rugby and basketball coaches in more than 80 countries. For more information, please visit [www.greenstarmedia.net](http://www.greenstarmedia.net)



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Become a better coach and win more games with 30-day trial of Soccer Coach Weekly for just 97p!

**WORKSHOP**

**5 Minute Technique: Dribbling**

> Dribbling and changing direction

**FOCUS ON CONTROL TO**

Each player has a ball - we need 6 balls in the session.

The players make one change of direction and make a long pass along the direction of play.

The attacking player receives the ball and passes back to the server.

Then the receiving player runs around the cone to the far side and repeats.

Issue 400 SOCCER COACH WEEKLY 6

**NEW SERIES**

**Defenders Into Strikers**

Players like Thiago Silva and David Luiz can offer an attacking surprise.

In his latest season, not a goal for Arsenal went to Chelsea in 2007 when he had the right of the pitch to deliver the ball into the goal and scored three goals.

Indeed Thiago Silva was the star for PSG with his headed goal and headed finish.

By using the learning sessions on the other side can learn, show your players the rights of the Chelsea versus Paris St Germain in the Champions League and Ligue 1 cup goals. Through their Thiago Silva and Chelsea's Gary Cahill.

central defender and Chelsea also got a goal through a central defender from a shot in the right of the pitch to deliver the ball into the goal and scored three goals.

By using the learning sessions on the other side can learn, show your players the rights of the Chelsea versus Paris St Germain in the Champions League and Ligue 1 cup goals. Through their Thiago Silva and Chelsea's Gary Cahill.

Words by Andy Green  
Action by David Clarke

Issue 402 SOCCER COACH WEEKLY 7

**SCORE LIKE POGBA**

**Work Your Strike Force**

Pass, turn, shoot then move quickly to get back into position - this session encourages your players to get to the ball first and shoot quickly.

**WHY USE IT**

On match days it is always great to practice the use of attacking midfielder but players must get to the ball - this session will give them a good workout for scoring goals.

**SET UP**

Use a 30m x 20m pitch and a goal. Use half your normal pitch to the session. Set up four cones 5m from the half and two cones out across the pitch, with one cone in the middle of each cone on the side and the other on the end.

**HOW TO PLAY**

1. The server starts a goalkeeper and a receiving player. The server passes the ball to the player who takes a shot to score the goal. Then the server passes the ball to the player who takes a shot to score the goal. Then the server passes the ball to the player who takes a shot to score the goal.

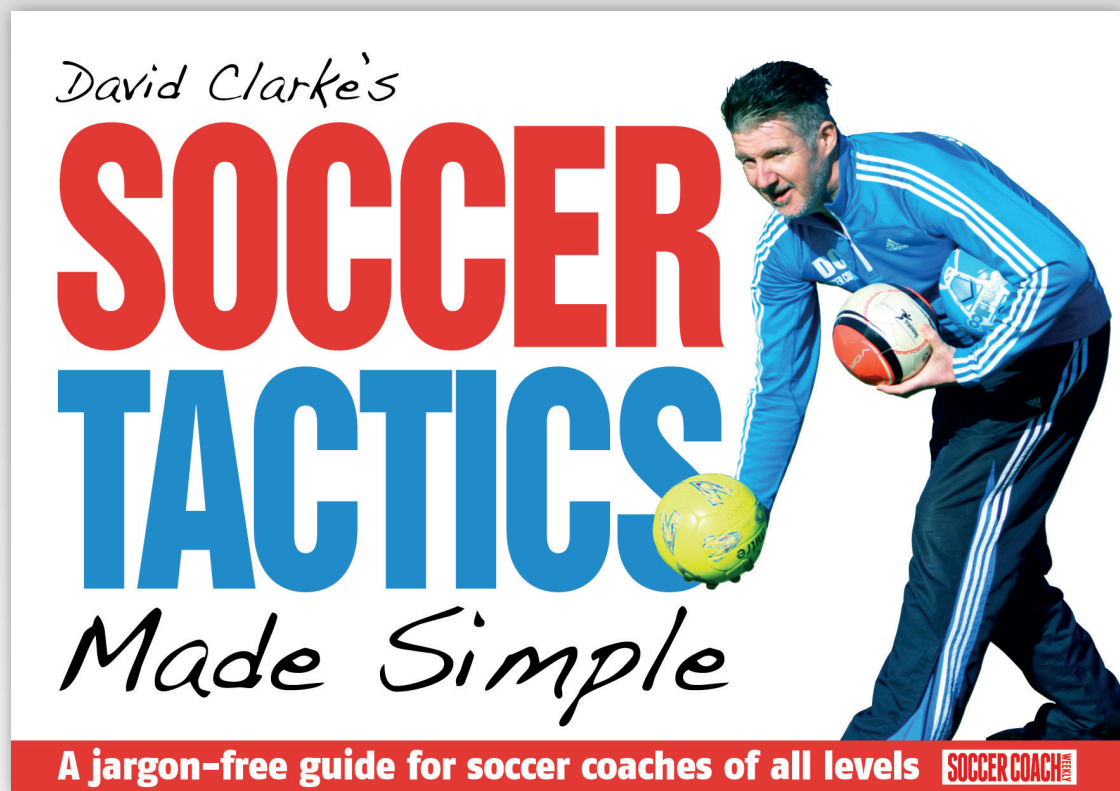
**TECHNIQUE**

Good control of the ball from under pressure is important for this session. Good shooting technique to shoot through the cones.

Issue 400 SOCCER COACH WEEKLY 4

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Go to [www.soccercoachweekly.net](http://www.soccercoachweekly.net)

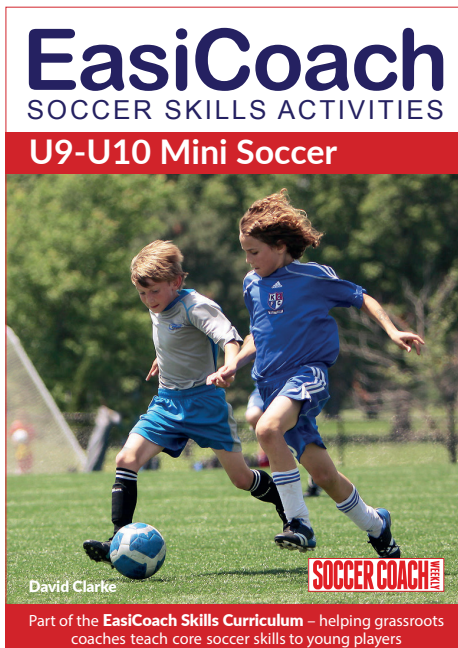
**EasiCoach** is from the author of the best-selling *Made Simple* manuals



To buy these manuals visit:

[www.soccercoachweekly.net](http://www.soccercoachweekly.net)





*EasiCoach* provides ready-made, age-appropriate, safe training activities, set out clearly on a single page, that even a child could understand.

For each activity there is also a relevant game, so the players learn a skill in an activity and then use that skill in a game.

Follow all the materials in this manual and your players will be learning the right skills for their age group.

They will be having more fun, and be on a gradual development pathway that will make them better, more skilful, players and continue playing soccer for longer.

