



Billerica Youth Soccer Association - U10 Clinics (Fridays)

Week Three

Drill #1 - Warm Up: Pass & Move Gates

Players are partnered up with a ball between two. Partners will move (by dribbling) from one set of cones to another, passing through every time they get to a new set.

Progress to doing one additional pass at every set of cones, for example on their 8th gate they will do 8 passes back & forth.

Drill #2 - Inside Taps, Skill & Pass

Players are partnered up with a ball between two 5-10 yards apart. One player will tap the ball between the insides of their feet and will react when the coach claps their hands by performing a skill and then passing to their partner who will continue from there.

Skills to include: Toe Taps, Big Toe-Little Toe, Scissors, Drag & Push, Side Drag, L Turn.

For more skill ideas please visit this video: [Ultimate Soccer Skill Workout](#)

Drill #3 - Battleships

Players are partnered up, both with their ball on a cone 5-10 yards apart (as set out from the previous drill). Both players take turns at trying to knock their partner's ball off the cone by passing it with their instep (step into ball and follow through). One point is awarded for each ball knocked off.

Have players switch partners every 5 minutes.

PHIL TAIT SOCCER 1 ON 1

phil@1on1soccer.com :: www.1on1soccer.com