

WSA U10 Meeting

Training Goals

1. Dribbling with control
 1. Proper laces technique and ball manipulation with various surfaces of the foot
 2. Adding speed
2. Proper passing, receiving, and first touch technique
3. Shooting technique
4. Laws of the game
5. 1v1, 2v1, 2v2 attacking and defending principles
6. Receiving a ball out of the air
7. Introduction of recognizing space and shape
8. Building out of the back
9. Positional Roles and responsibilities

Pass and move to 3v1 Possession (20 mins)

Set Up

2- 10x20 grids with a line marking half way on each one

1. Pass and Move

Each team has a ball is going to pass and move on their own half of the field.

Coaching Points

1. No standing
2. Vary passing length from short to long
3. Passing on the ground
4. Technique, technique, technique
5. First touch

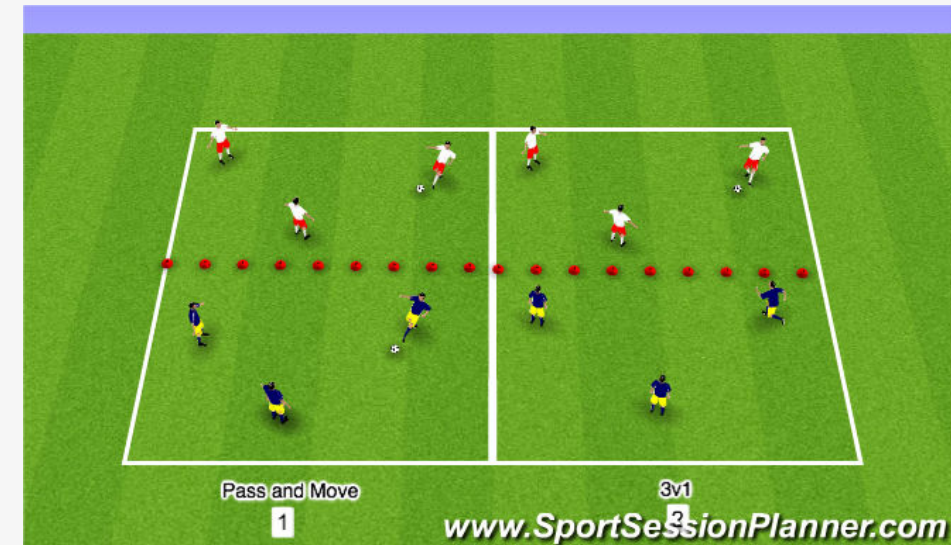
Progression

1. 3 touch (receive, touch and pass)
2. 2 touch (receive and pass)
3. See how man passes can each team get in 1 minute
2. 3v1

One team starts with the ball. The defending team sends one player across to try and win the ball back. The attacking team is trying to complete 3 passes and then pass it across to the other team. When they do that they get a point and send a defender across and now the other team is trying to get three passes and pass the ball across for a point.

If the defending team wins the ball or the ball goes out of bounds then the ball goes to the defending team.

Play for 5 minutes then switch the groups up.



3v2

Set Up

25x25

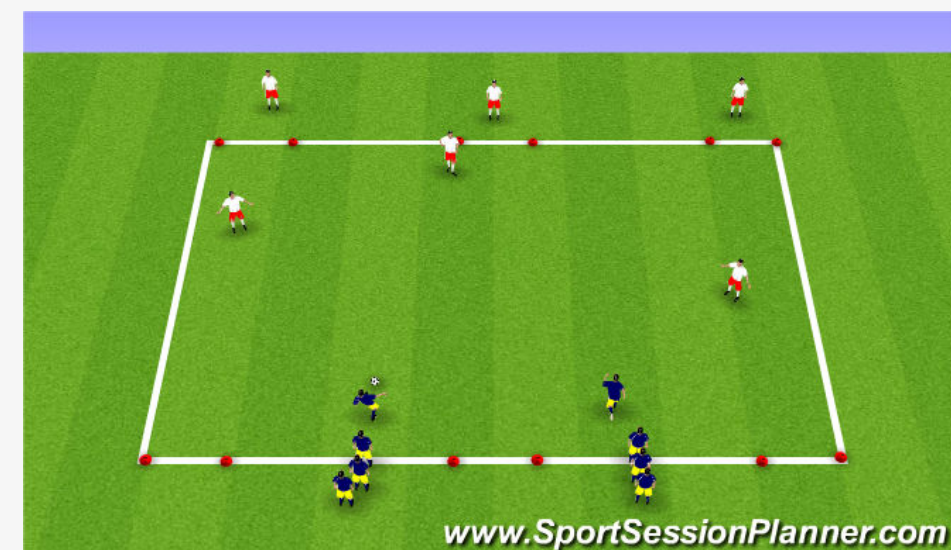
Instructions

Defending team passes out to one of the three attacking players. The defender that passed the ball and one more defender step out to defend in a 3v2 scenario. The attacking team can pass or dribble through the gates and if the defending team wins the ball they can pass through the other set of three gates.

Once a point is scored or the ball goes out of bounds those teams go off and a new pair of defenders play a ball out to a new set of attackers.

Coaching Points

1. Having a good first touch
2. The various combinations we can use to get by defenders
 - Overlap
 - 1,2
3. Having balance



Technical:Tactical

- 1 game per week approximately one hour
- Two training sessions per week approximately 2.5 hours
- 70-80% should be technically focused
- 1hr 45min - 2 hours should be technically focused out of the 2.5 hours of training each week

Pro-Coaches

- Each team should have a pro-coach at their session once every two weeks
- Take advantage of these opportunities for you and your team to learn something. Could be anything from simple technique to tactical awareness
- Ask them questions
- If you can, connect with them ahead of time so everyone is on the same page and can possibly exchange ideas

Practice Cancelations

- If you are canceling a practice for any reason please let myself and Charlie know

Game Day

- If you have two or more coaches on the sideline please have one coach closer to the bench or sitting on the bench.
 - Great time to give some constructive feedback or reinforcement when players come off the field. *hand written notes
 - Keep the players off the field engaged
- Act professionally no matter how the ref, opposing coach or parents are acting.
 - You may be the most consistent adult for a player.
- If our parents are out of line it is up to you as the coach to approach them and get them under control.
 - Parents yelling affects everyone else not just their own player. Cheering is not prescriptive
- You are not judged on winning, does not mean we are not competitive

Training Tips/Tricks

- Lay out whole session at the beginning of practice
 - maybe using different thirds or maybe that's just picking up a few cones to make the space bigger
- Your own technique doesn't need to be perfect but let one of your players be an example if demonstrating the correct technique
- Use guided questions
 - can be for something you would have liked to see(i.e. if everyone is around the ball where is the space)
 - can be something that was done well(i.e. why did you decide to dribble towards a different goal)
- Each player can take what you say and change it into something you did not intend even though it's still within the words you instructed