



U10 Pre-Tryout Session

Category: Technical: Shooting

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Dribbling

Set Up

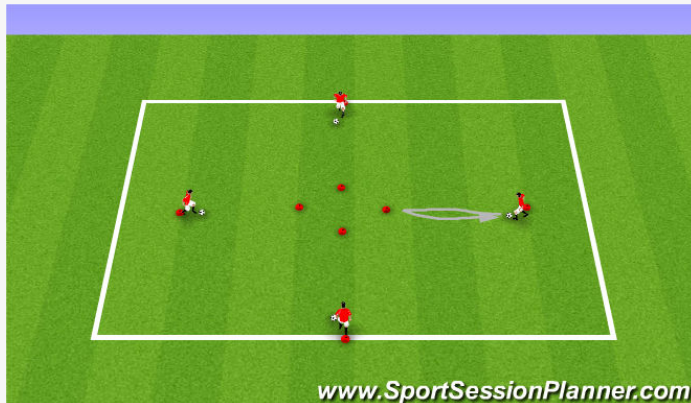
5x5 yard diamond in the middle with a 20x20 yard square on the outside so outside points of the square line up with the inside points in the diamond.

Instructions

Players dribble into the cone and perform a specified turn to dribble back to their starting point

Turns:

- 1) Inside cut
- 2) Outside cut
- 3) Pull Back
- 4) Cruyff



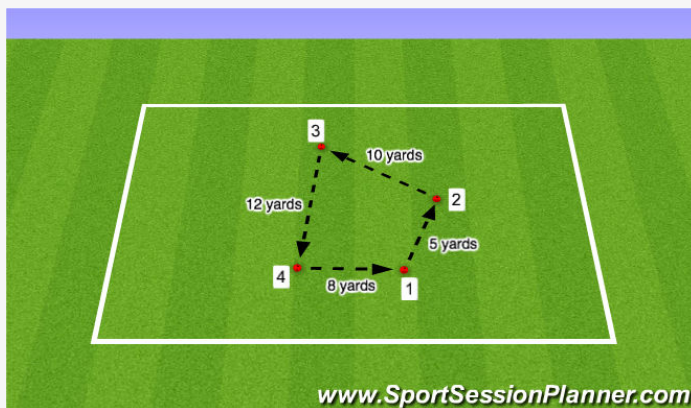
Passing

Set Up

See diagram above

Instructions

Players pass and follow their pass in numerical order. Players should take at least 2 touches to receive and pass.



1v1

Set Up

2 Bownets 25 yards apart with width of 20 yards

Cone 5 yards off the post for players to start so they aren't standing right next to the goal.

Instructions

Ball starts by the defender passing the ball across the field to the attacking player. It is a 1v1 until someone scores or the ball goes out. Players DO NOT switch lines until half way through the station when the coach tells the attacking players and defending players to switch.

