

NECONN Soccer
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Lesson / coaching plans
U10 Juniors



NECONN U10 coaching plans

Session One: Dribbling

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

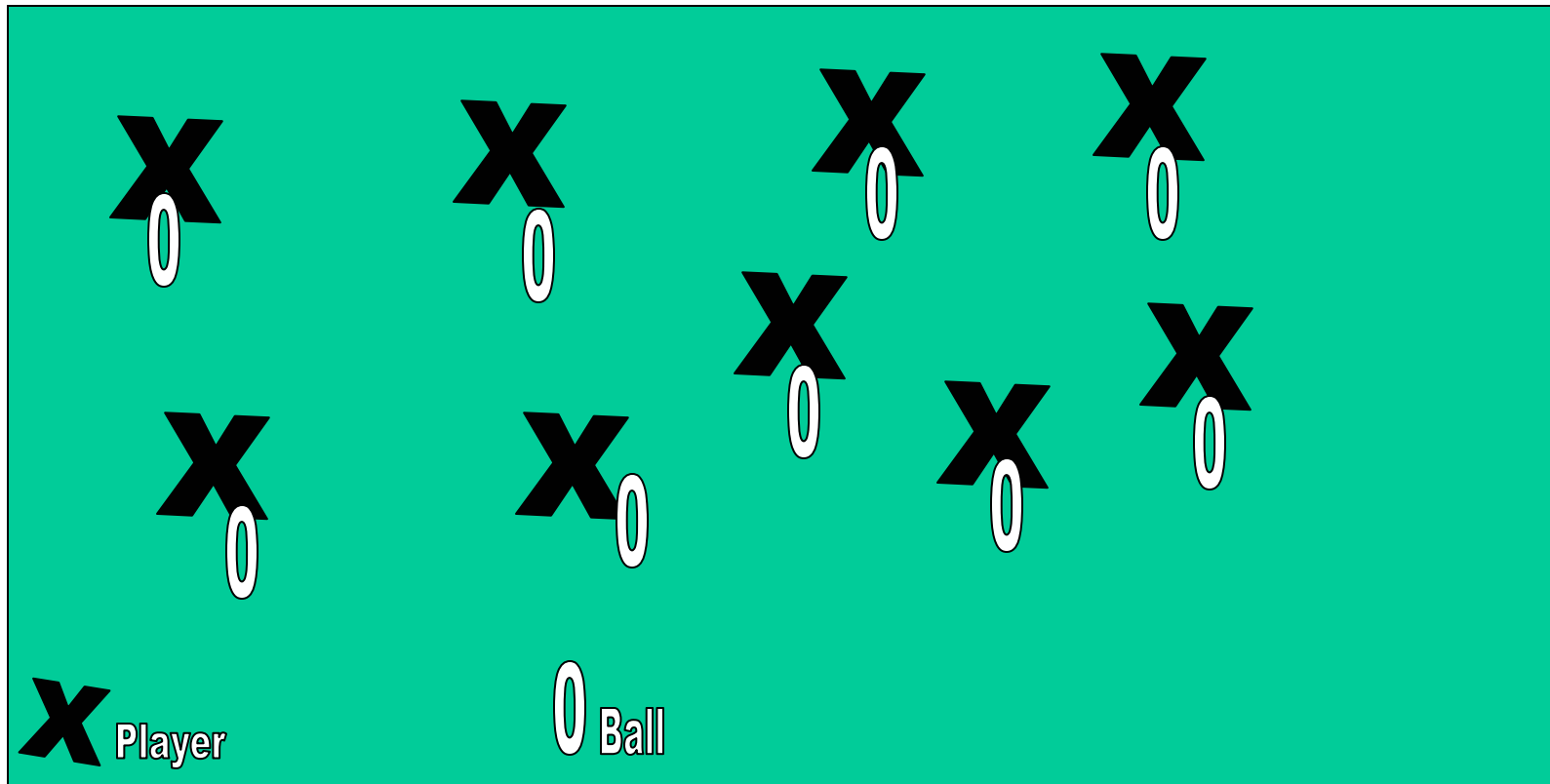
Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

1. All must stop with ball on foot
2. Change direction with a turn
3. Increase their speed.
4. Toe taps
5. Tick tocks
6. Toe taps going backwards
7. Toe taps going forwards
8. Switch. Leave your ball find another players ball

Outcomes

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Footwork: Session One



Dribbling

1

Players dribble to the end line and back to their starting point.

Coaching Points: Take your time, plenty of touches and keep the ball within your touching distance.

Variations: Dribble using inside and outside of one foot alternatively.

2

Try to get the ball to travel in little zig zag motions.

When you get to the end line, concentrate on a turn and dribble back to the start point.

3

Dribble towards your partner, as you come within touching distance of each other, turn and dribble back to the start point.

Progression Players to perform fakes to go past each other

Coaching Point

Keep your head up, don't get too close before you turn. Your first touch will bring the ball back in the opposite direction (in line with your turn)

4

Player must go past defender and stop at the end line. The switch.

Variation: Defender not active to start with, then only allowed to tag player with both hands, then full defence. Also add extra player for wall pass only (give and go)

Dribbling Two

Finish off with a conditioned game, splitting the pitch into thirds (three zones). You cannot pass the ball over three zones. You can only dribble from one zone to another. Free kick if this rule is broken.

Also initially have no goal, goal is scored if when you cross oppositions endline. Other options may be to uneven the teams (8 V 5) to build players confidence

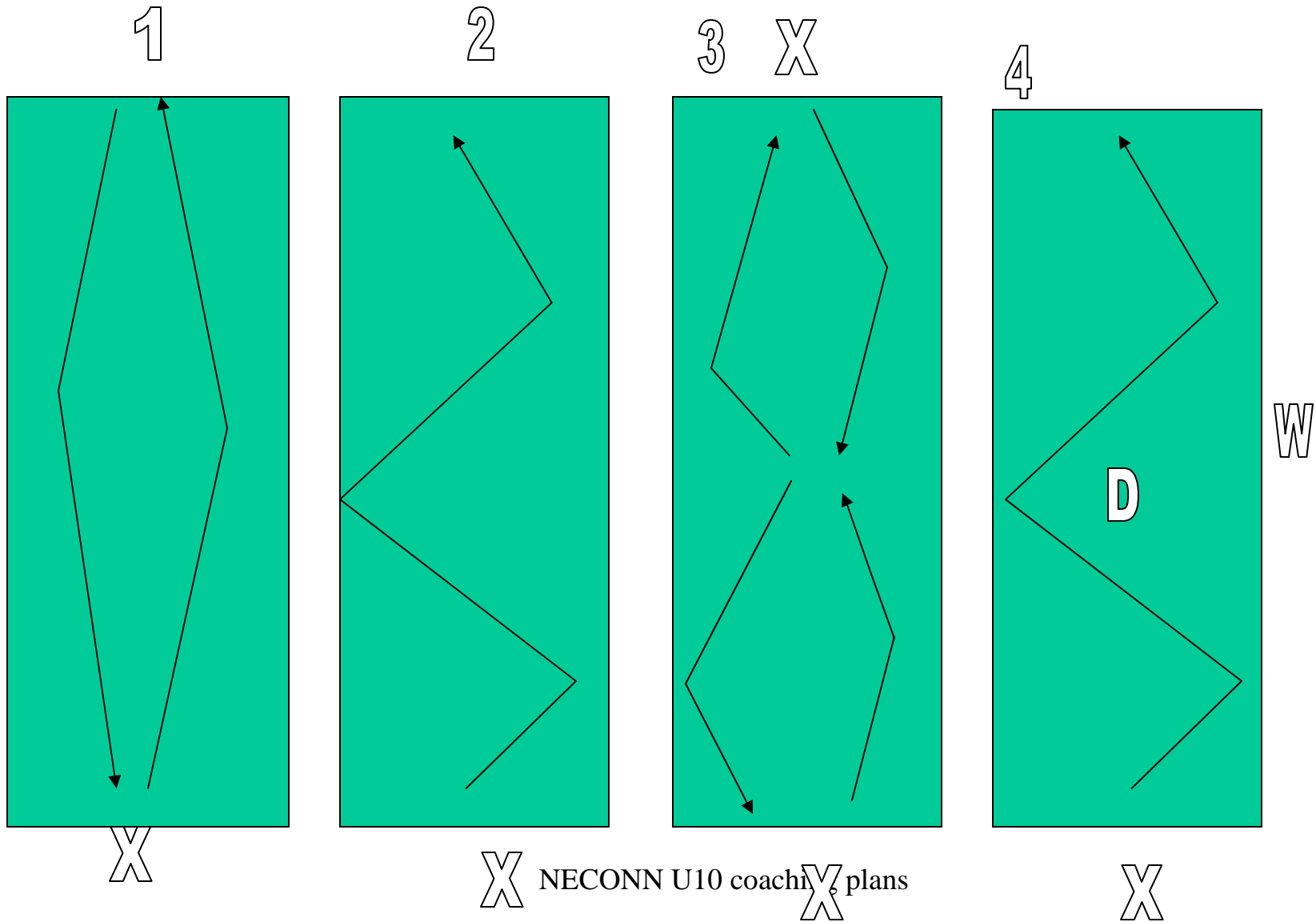
Finish with regular game for the last few minutes.

All equipment collected, field checked

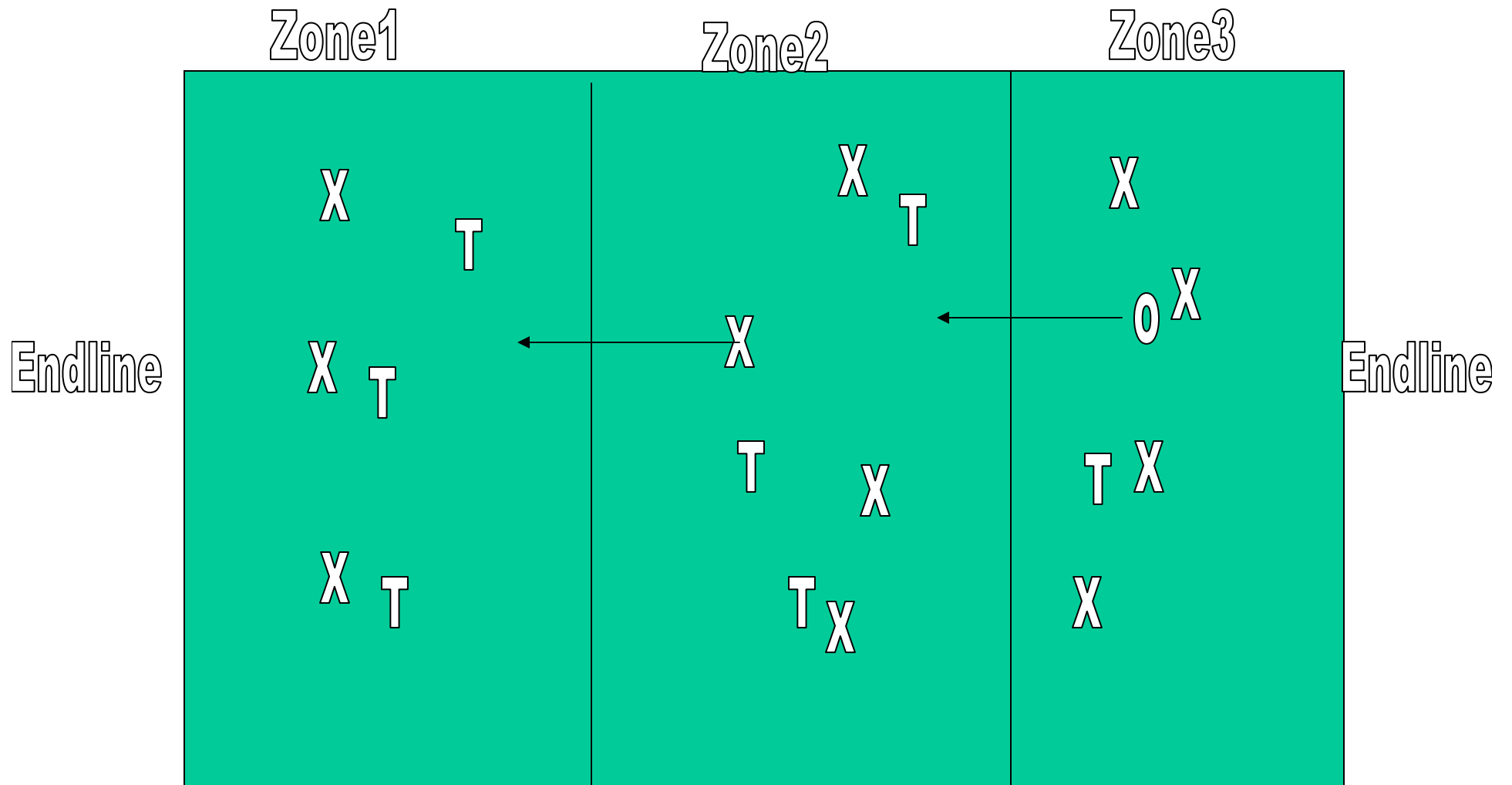
Coach leaves

X= player D= Defender W=Wall pass

Dribbling



Dribbling Two: Conditioned Game



X = Team1 T = Team2 O = Ball

Session Two: Passing

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommend that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

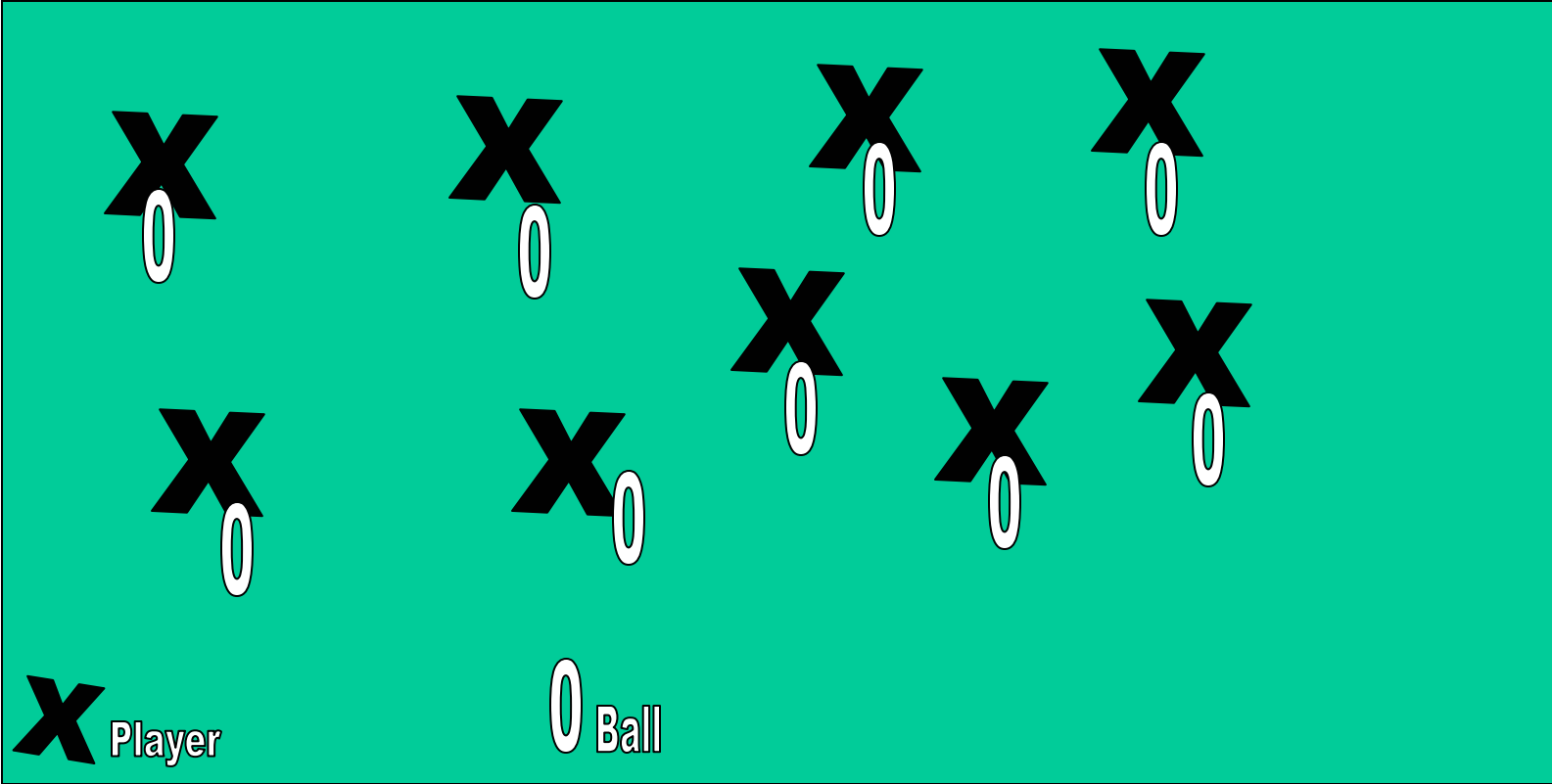
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Switch. Leave your ball find another players ball

Outcomes:

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation,, using different part of the foot and change of speed.

Footwork: Session Two



Session Two: Passing

1

Pass the ball to your partner, who then controls it and passes it back to you (10x20 grid)

Coaching Points

Stay on your toes, non kicking foot next to ball, slightly turned to allow swing, ankle locked, knees bent, push through the middle of the ball, **Weight and accuracy important.**

2

Passing in threes

Control, look up and pass. Ball is controlled with the inside of the foot not the sole. Players to keep moving during this practice. Pass the ball in your partners path and move into another space. Always face the ball. In addition, explain good communication and reiterate the above coaching points

Progression.

Add defenders, first passive then active to make players comfortable passing the ball. Players try to make 5 passes before defender can touch ball. Switch defenders and players.

Conditioned Game(30x40)

No goal keepers: Goal scored by either team making 5 continuous passes or passing to team mate on oppositions endline.

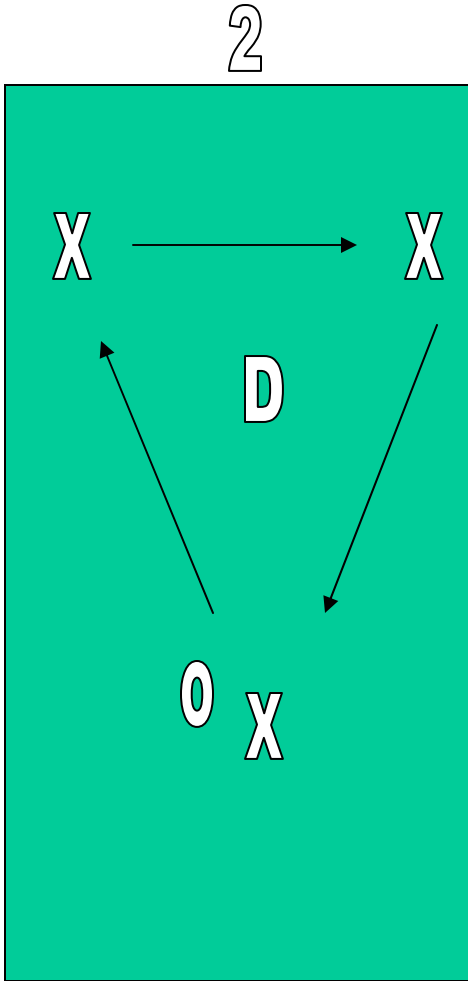
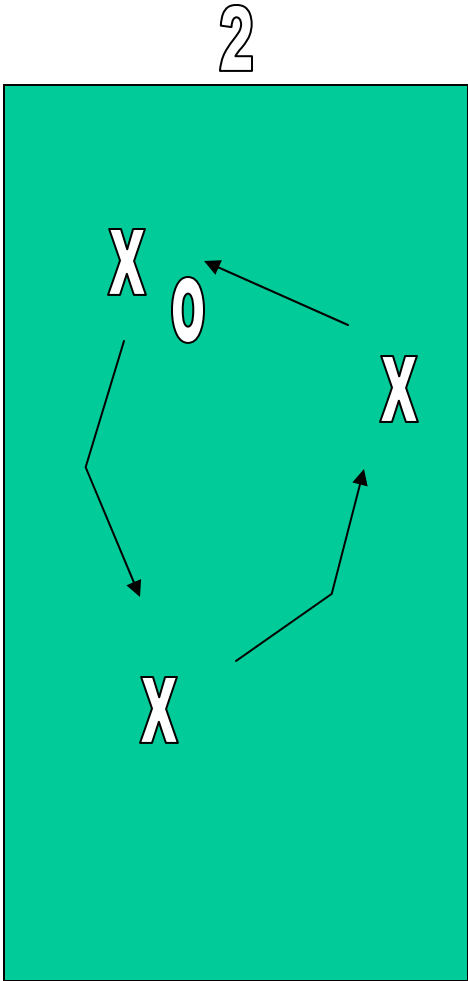
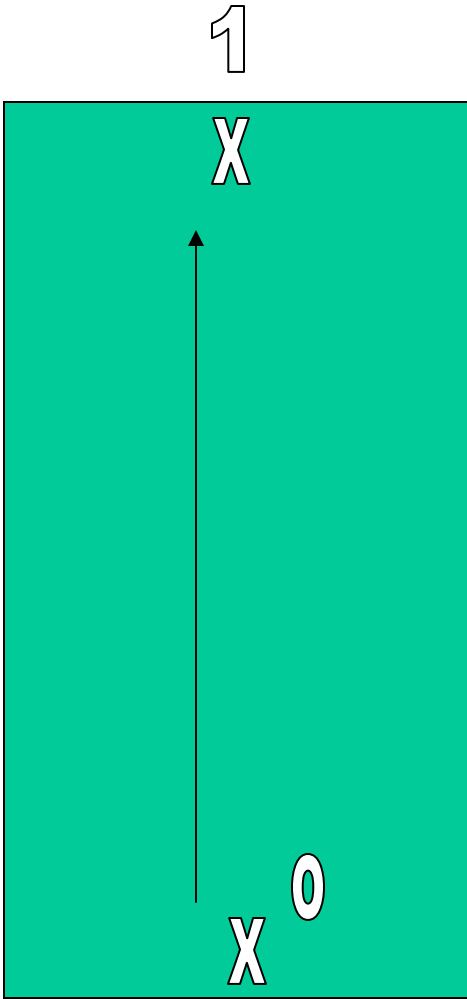
Finish with regular game

Review of session

All equipment collected, practice area checked

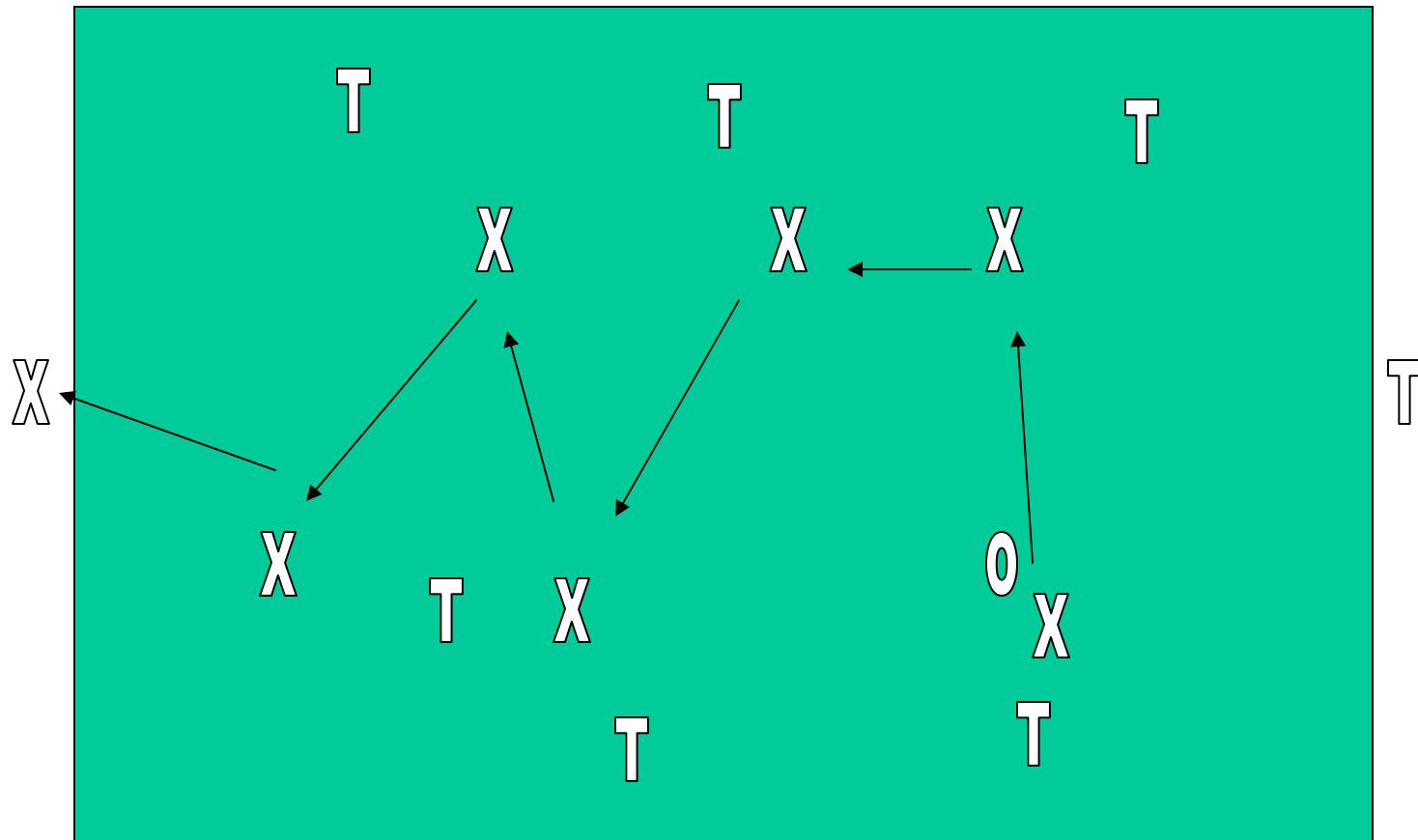
Coach Leaves

Session Two: Passing



NECONN U10 coaching plans

Session Two: Passing Conditioned Game



X=Team1 T=Team2 o=Ball

Session Three: Shooting

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

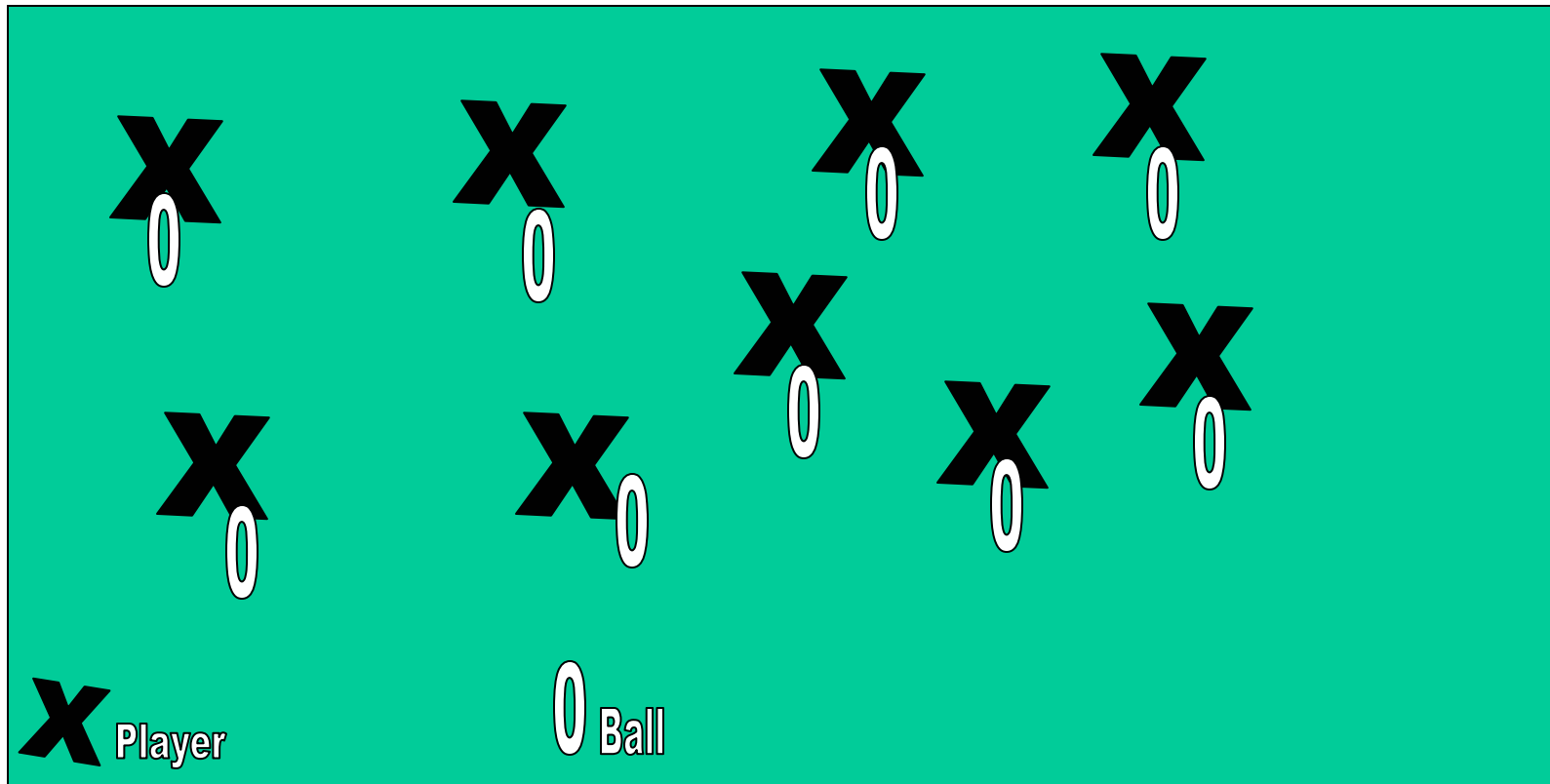
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Switch. Leave your ball find another players ball

Outcomes:

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Footwork: Session Three



Shooting: Session Three

1

Player takes a shot a goal keeper. Switch positions. Distance, will depend on age and ability of the players.

Coaching Points

Angle of approach, body position turned slightly sideways to allow full back swing. Non - kicking foot next to ball, strike the ball with your instep and through the centre of the ball. In addition, lean forward when you strike the ball and knees should also be bent and follow thorough. Keep the ball low, stress the accuracy of the shot and to aim for the corner of the goal(Target area TA)

2

Progression

Add third player to serve the ball, from side, from behind and from in front. I.e. Strike the ball whilst it is moving and to shoot first time.

3

Server can become defender. Passive at first then full defence. Rotate players.

Conditioned Game

Regular game, however with no goal keepers to encourage shooting (from a specified distance) or have larger goals to encourage confidence in shooting first time.

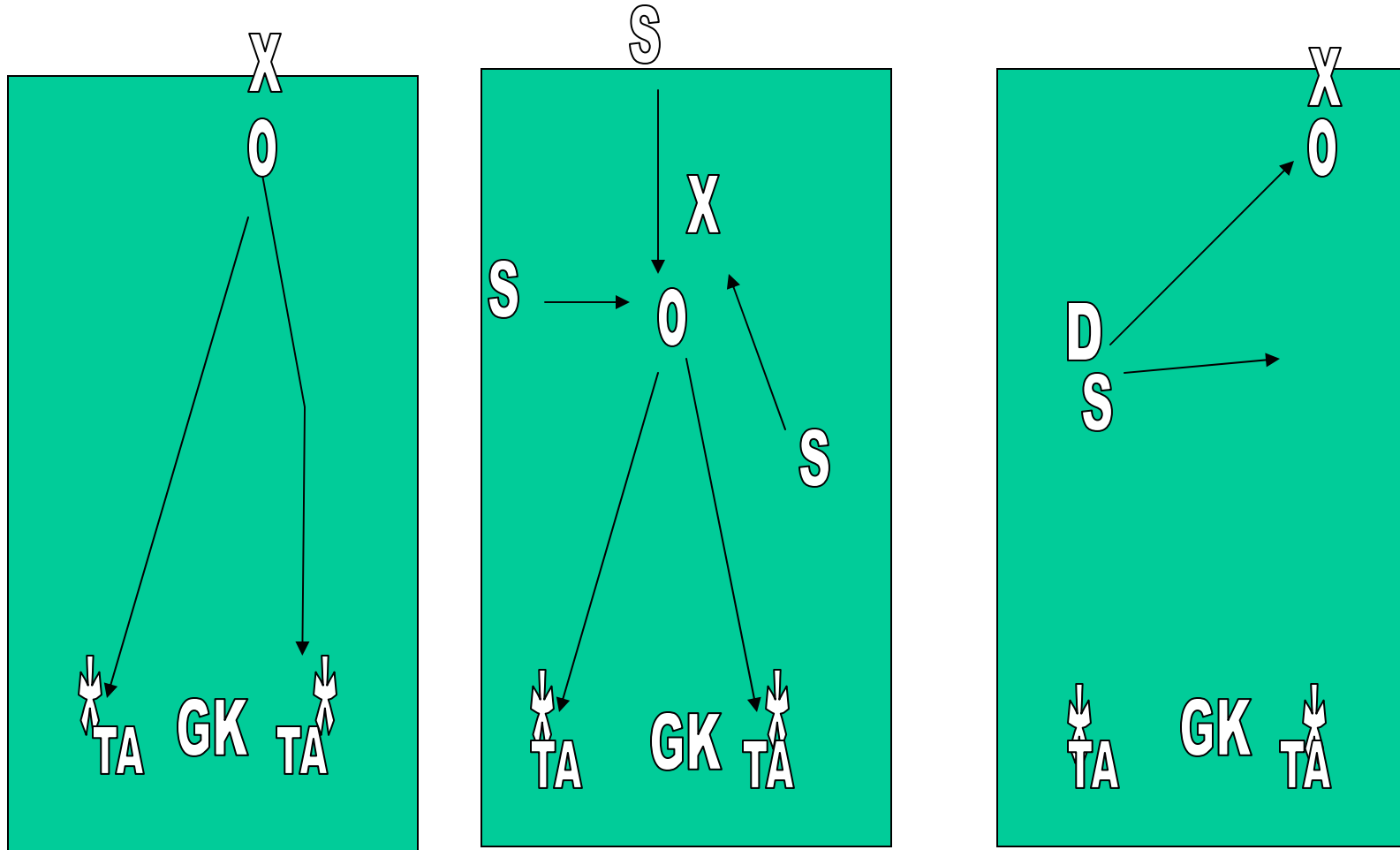
Finish with Regular game

Review Of Session

All equipment collected and the field checked

Coach Leaves

Shooting: Session Three



X=Player GK=Goal Keeper S= Server D=Defender o=Ball TA=Target Area

Session Four: Heading

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

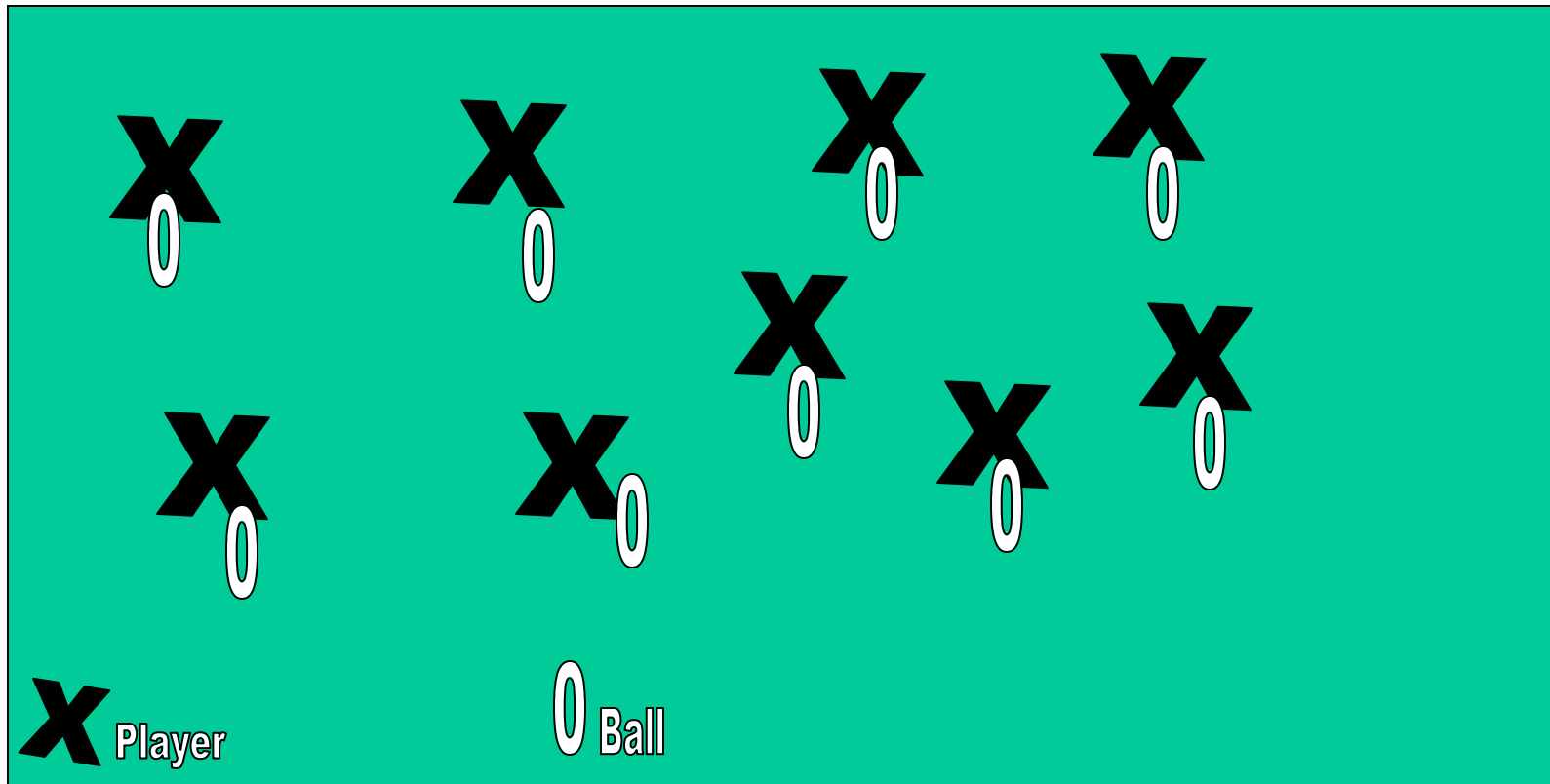
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Switch. Leave your ball find another players ball

Outcomes:

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation,, using different part of the foot and change of speed.

Footwork: Session Four



Heading: Session Four

Working with one ball each

Players to stand in a boxer's stance (one foot in front of the other), bent knees, on your toes and lean back from the waist. Hold to ball in front of you, using both hands then bring it back to your forehead. Do not throw the ball to your forehead. Players to keep eyes on the ball, mouth closed make contact with forehead through the middle of the ball.

Once comfortable with this, players can throw ball slightly above their own head, head the ball and catch it

1

In Pairs. Player 1 serves to player two. Reiterate the above coaching points. Each player has 5 turns and switch.

Progression

Server, serves ball a various heights.

Player has to run to meet ball. If server catches ball 1 point, if player heads the ball over the server(defensive header) 1 point.

Once server has served ball he or she can become a defender

2

In three's. One goal keeper, One Server and One player

Server, feeds ball to player, player must head ball past goal keeper. Rotate each player

Emphasis attacking the ball, heading it down.

Progression

Server becomes defender, smaller goals, add extra defender.

Serve from both sides of the goal

Conditioned Game: Regular game: Bigger goals to encourage heading. Also 2 goals if goal is scored with a header.

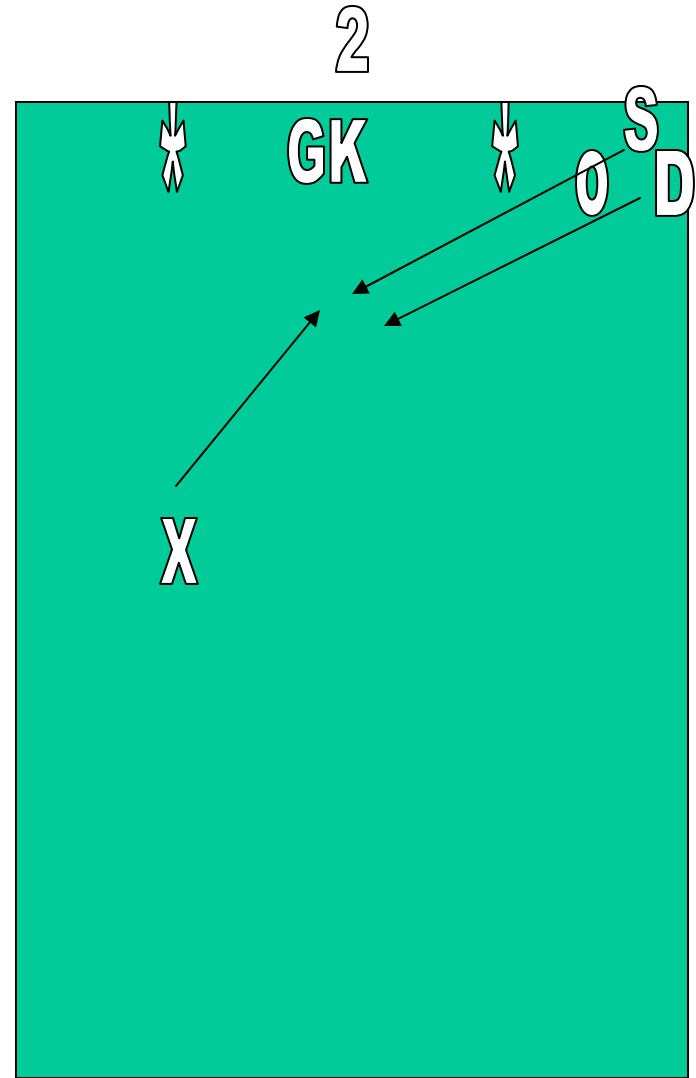
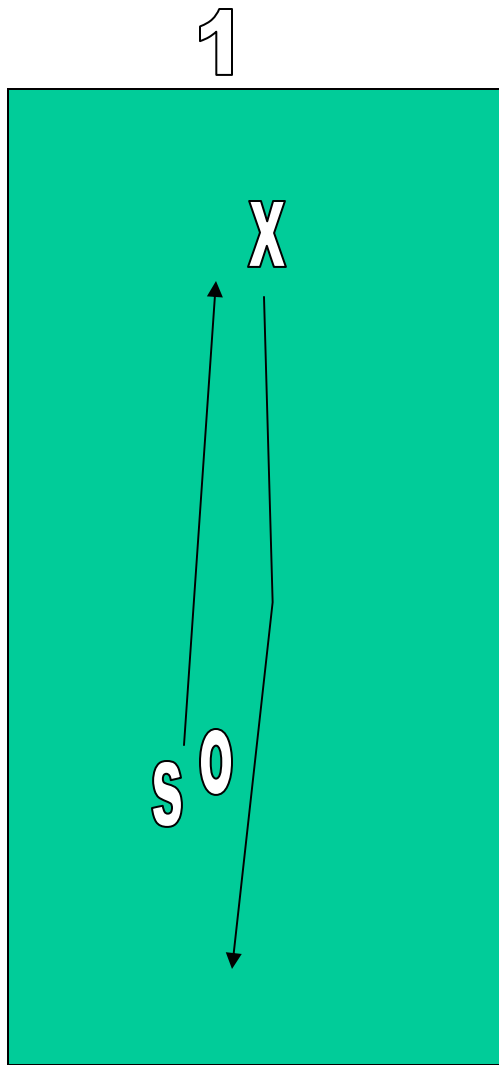
Finish with a regular game.

Review sessions, coach led.

All equipment is collected, practice area checked

Coach Leaves

Heading



x=Player Gk=Goal Keeper S=Server O=Ball D=Defender * *=Goals

Session Five: Control

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

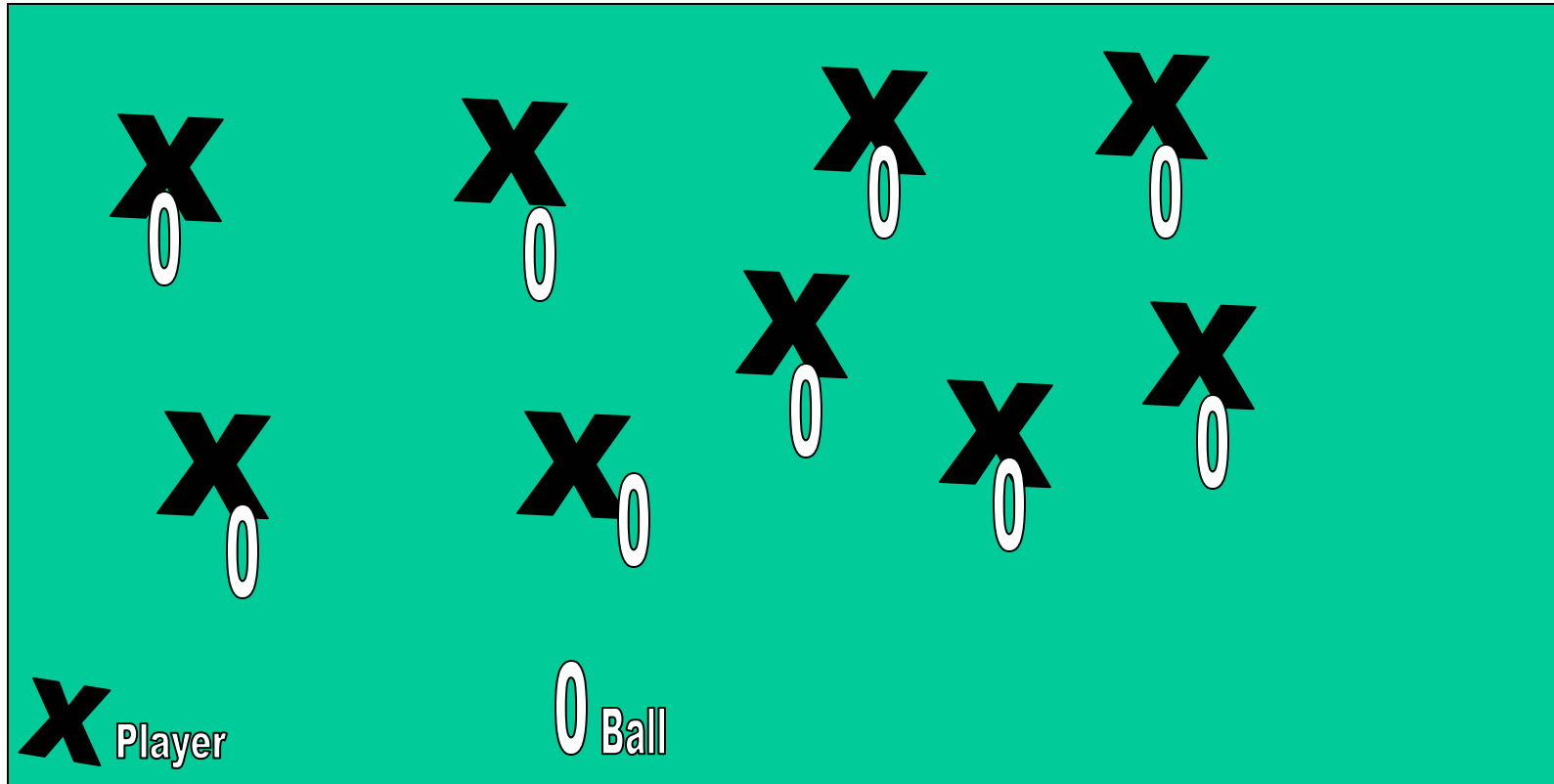
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4. toe taps
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6. toe taps going backwards
7. toe taps going forwards

Switch. Leave your ball find another players ball

Outcomes:

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation,, using different part of the foot and change of speed.

Footwork: Session Five



Control: Session Five

1

In pairs, partner will serve you the ball, control the ball with your feet and pass the ball back to your partner.

Coaching Points

Player receiving the ball to stay on your toes, get in line with ball, body slightly turned to side to allow a comfortable first touch.

When you make contact with the ball, lean forward to help keep the ball down. Direct the ball forward and to side of your body (approx 45 degrees) so that it is ready to pass with your next touch. Rotate

Progression

1. Control the ball with one foot, pass back with other.
2. Introduce controlling the ball using different parts of the body, thigh and chest and reiterate above coaching points
3. Add defender (passive at first) more ability players.

2

Player 1 passes to player two. (Limit to two touches were possible). Player two controls the ball and passes it back to the player 1 and follows the pass to join that line.

Coaching points

As above, in addition, encourage the players to think ahead as they receive the ball and where your first touch is going to play the ball (create a good passing angle, with your first touch).

Try to keep the players moving continuous do not allow them to stop, look up and then pass the ball.

Progression

Add defender (passive at first) or a smaller grid.

Conditioned Game.

Regular game. Allow players only two touches, to encourage good control. If ball goes out of bounds, allow team a free pass, to control the ball. Once under control game restarts

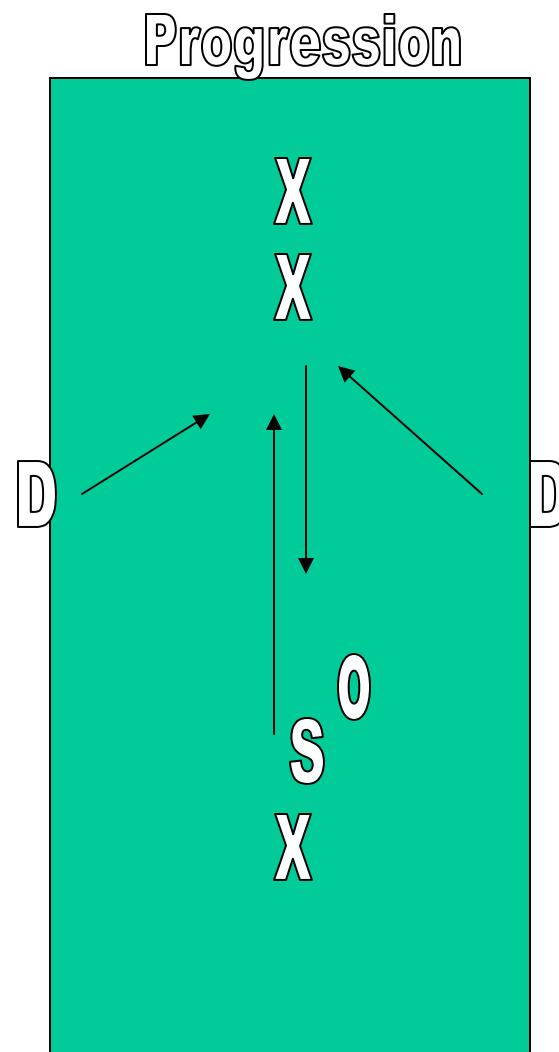
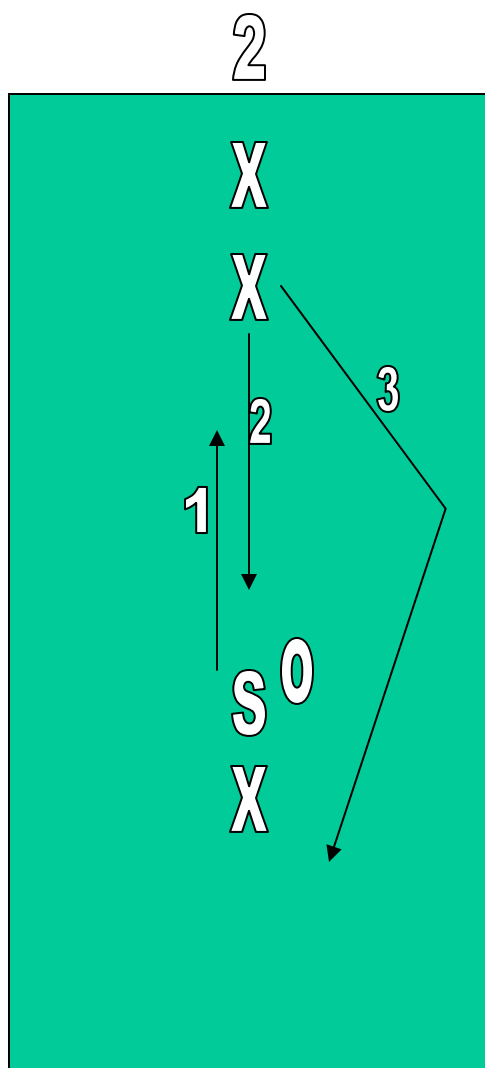
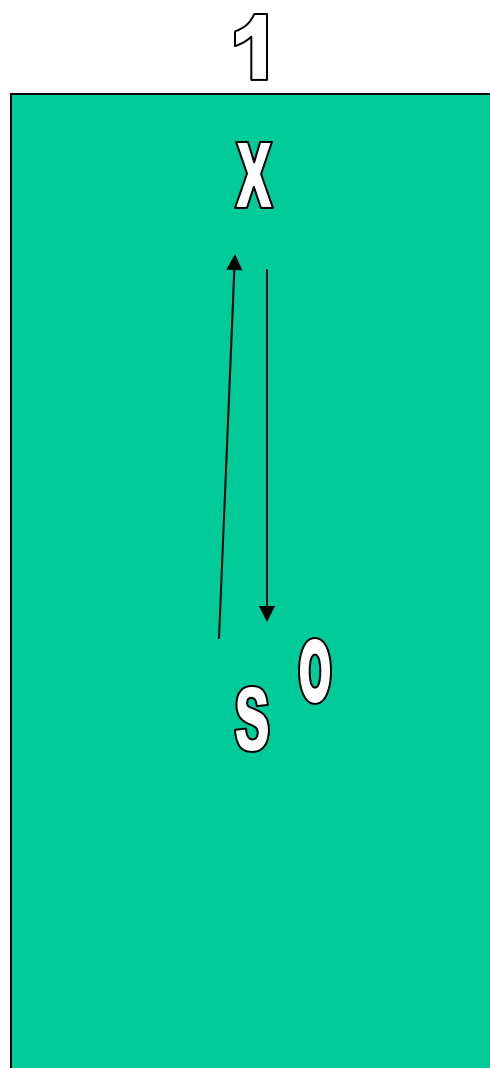
Regular game to finish

Review of session, coach led.

All equipment collected, practice area checked

Coach leaves

Control



X=Player S=Server O=Ball D=Defender

Session Six: Passing

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

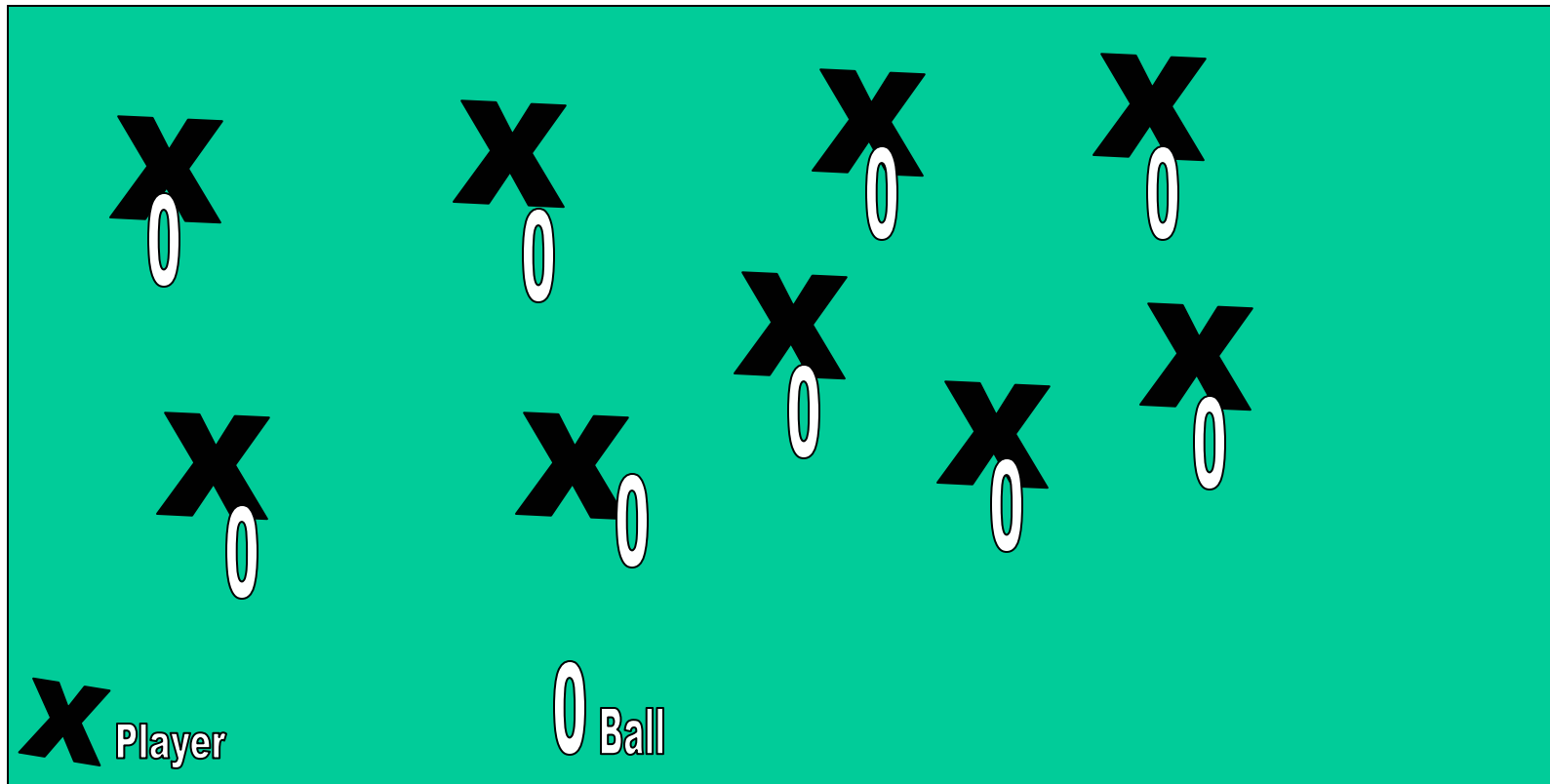
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3. increase their speed.
4. toe taps
5. tick tocks
6. toe taps going backwards
7. toe taps going forwards

Switch. Leave your ball find another players ball

Outcomes:

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation,, using different part of the foot and change of speed.

Footwork: Session Six



Passing: Session Six

1

Pass the ball to your partner, who then controls it and passes it back to you (10x20 grid)

Coaching Points

Stay on your toes, non kicking foot next to ball, slightly turned to allow swing, ankle locked, knees bent, push through the middle of the ball, **Weight and accuracy important.**

2

Players form a circle (max eight in one circle) Initially players pass the ball around the circle, but are not allowed to pass the ball to the person next to them.

Variations

Limit the number of touches. Two to start with, then down to one touch (depending on ability)

Players pass the ball and follow the pass and stand behind the person they have just passed to. (**I.e. the circle is kept at all times**)

Add a defender passive at first, then active.

Introduce another ball (or even two, depending on ability of group)

Coaching Points

Control, look up and pass. Ball is controlled with the inside of the foot not the sole. Players to keep moving during this practice. Pass the ball in your partner's path and move into another space. Always face the ball. In addition, explain good communication and reiterate the above coaching points

Conditioned Game

Regular game, however, limit the number of touches, five passes and team scores a goal. No throw ins, if ball goes out of bounds players must pass in it.

Finish with regular game

Review of session, coach led

All equipment collected, practice area checked

Coach leaves

Session Seven: Shooting

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.

COMMANDS

Players will dribble ball around the grid in any direction. When coach calls out various numbers and commands

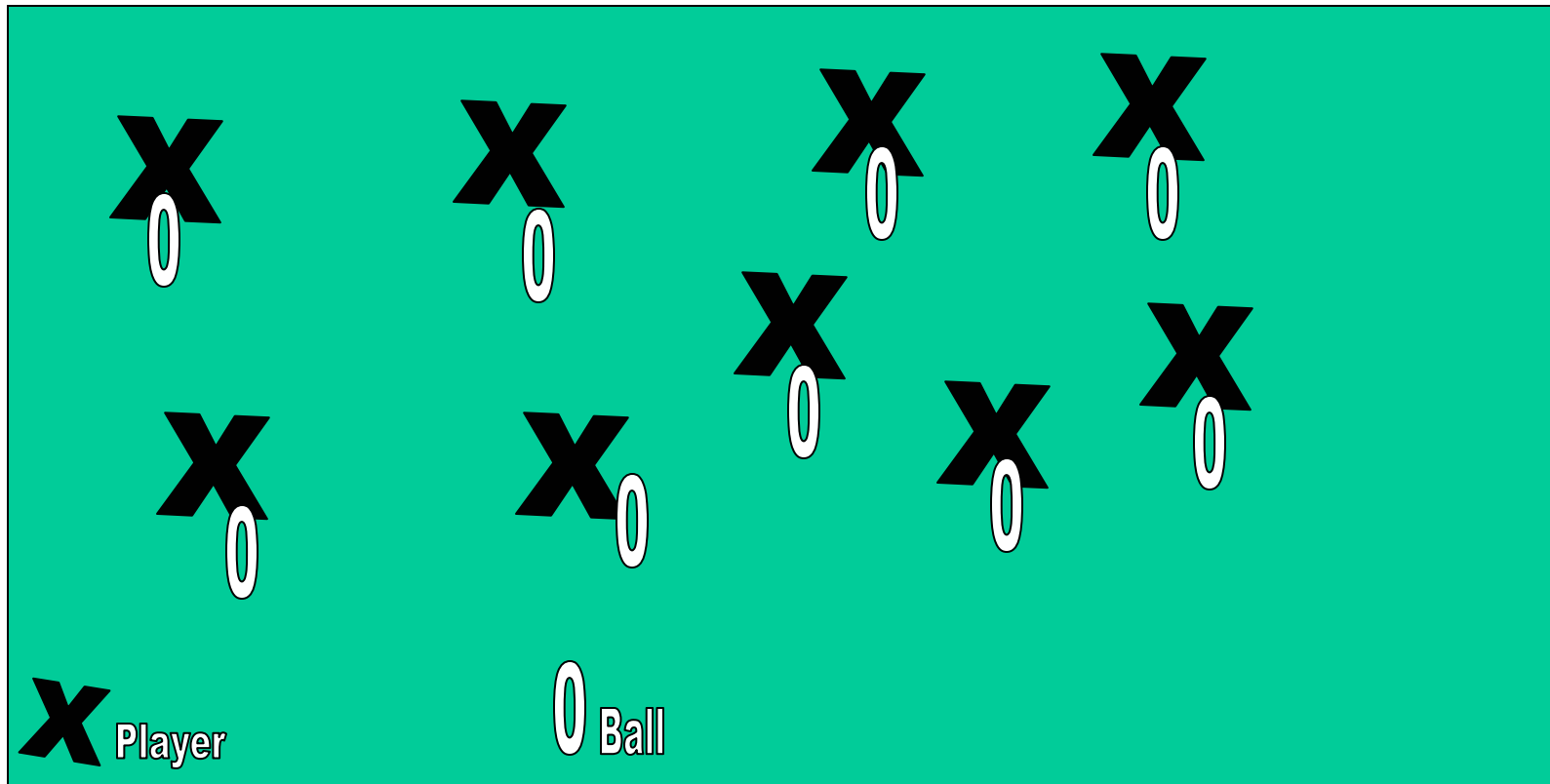
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Switch. Leave your ball find another players ball

Outcomes:

Great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation,, using different part of the foot and change of speed.

Footwork: Session Seven



Session Seven: Shooting

1

Player takes a shot a goal keeper. Switch positions. Distance, will depend on age and ability of the players.

Coaching Points

Angle of approach, body position turned slightly sideways to allow full back swing. Non - kicking foot next to ball, strike the ball with your instep and through the centre of the ball. In addition, lean forward when you strike the ball and knees should also be bent and follow thorough. Keep the ball low, stress the accuracy of the shot and to aim for the corner of the goal.

2

Player 1 serves to player two, who meets the ball first time shoots. GK turns and receives a shot form player 3(server to vary service, roll, bounce or in the air). Players encouraged to shoot first time, but allow one touch, depending on ability. Rotate players

Variation

Server can become defender. Passive at first then full defence, make goals smaller.

3

Two attackers v one defender. Ball is served into area, from different angles attackers must try to shoot.
Rotate players

Coaching points

Attack ball, first touch must face goal (to create a threat), shoot first time, if not lay of to team mate.
Stress accuracy of shot ball must be on target to score

Conditioned Game

Split field into three zones. In third zone only two attackers and one defender allowed, to encourage players to shoot

Finish with Regular game

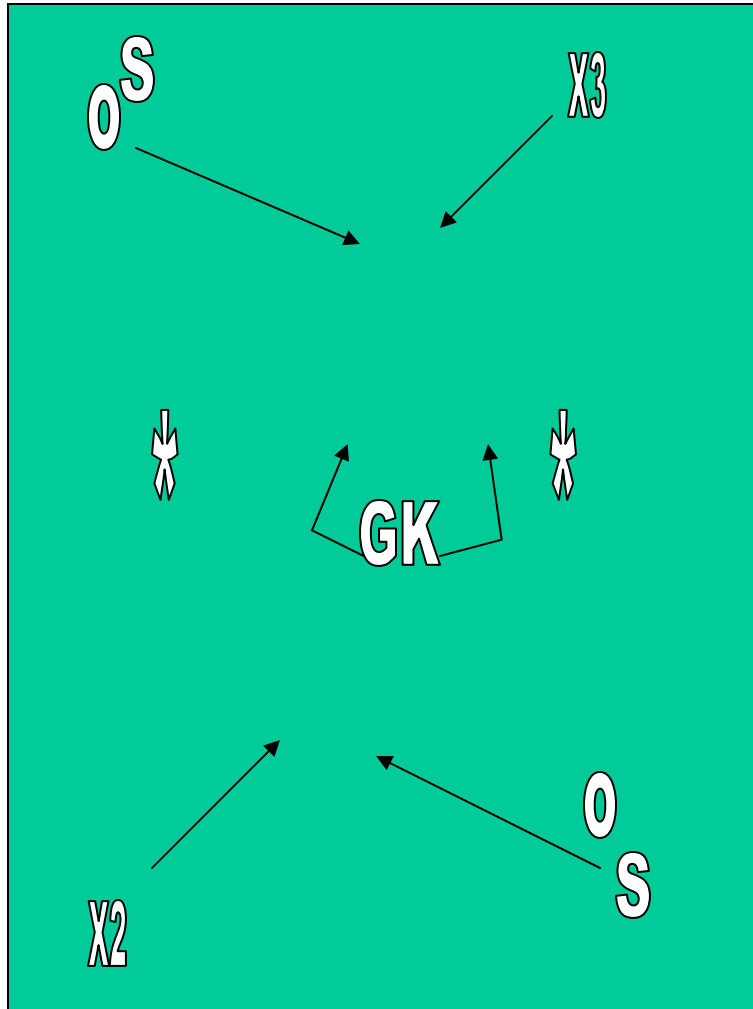
Review Of Session, coach led

All equipment collected and the field checked

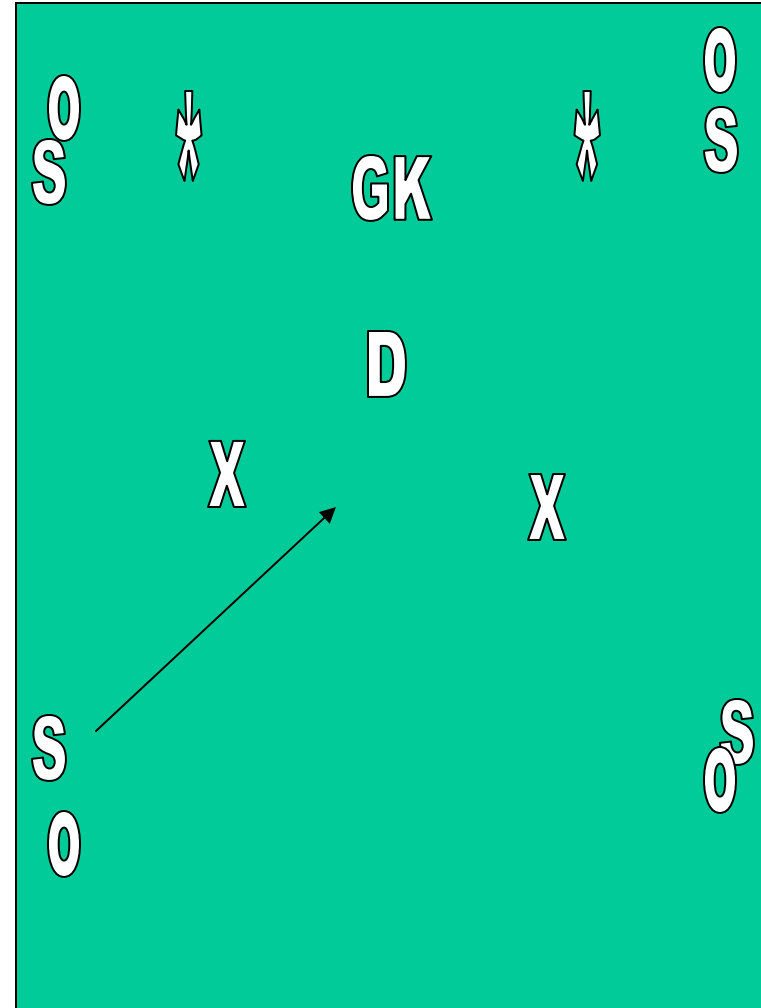
Coach Leaves

Session Seven: Shooting

2



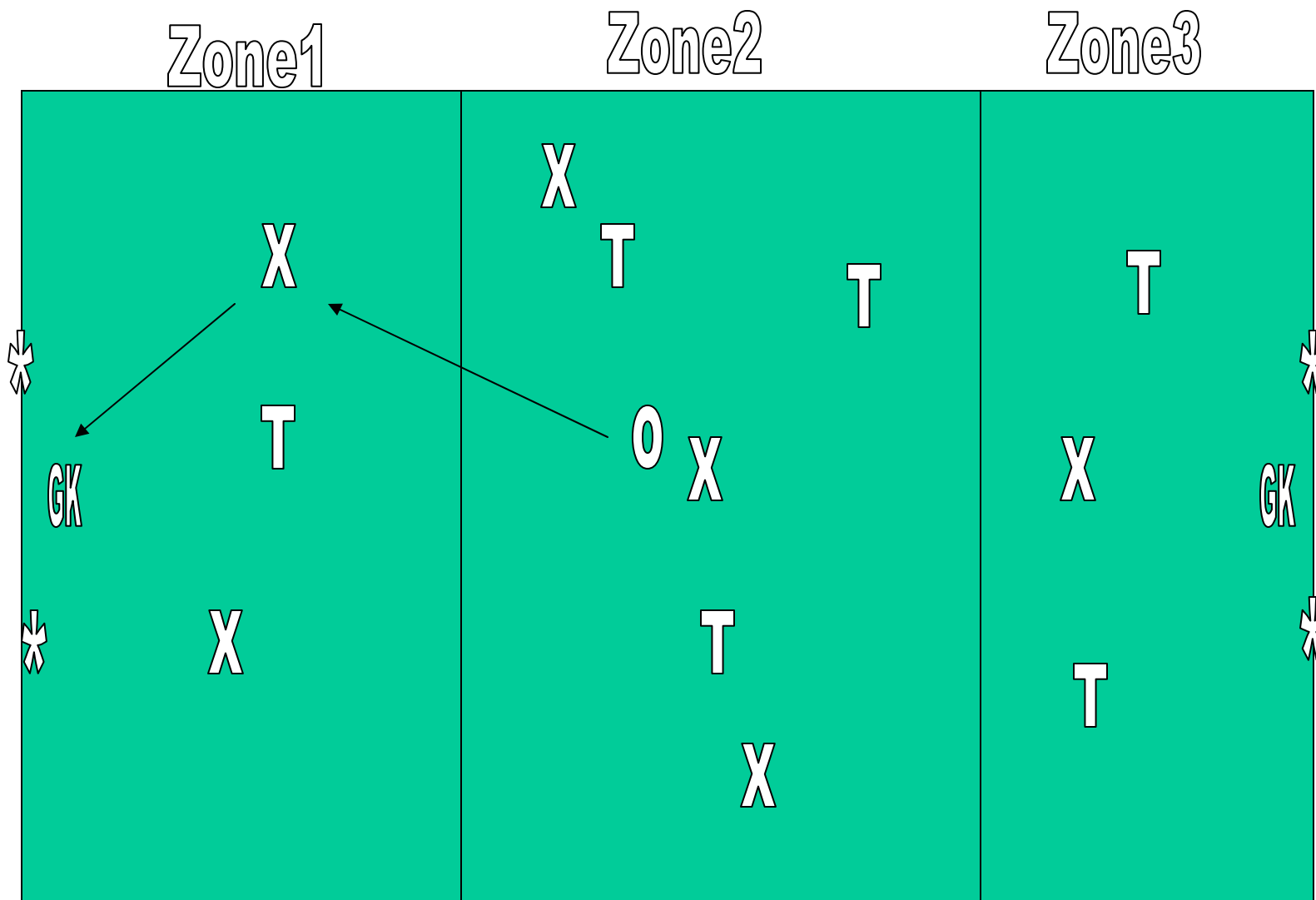
3



X=Player o=Ball D=Defender GK= Goal Keeper S=Server * *=Goal

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Session Seven: Shooting Conditioned Game



X=Team1 T=Team2 Gk=Goal-Keeper o=Ball * *=Goal

Session Eight

Warm Up: Footwork

The size of the grid will depend on your player's ability. Stronger players: smaller grid

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COMMANDS

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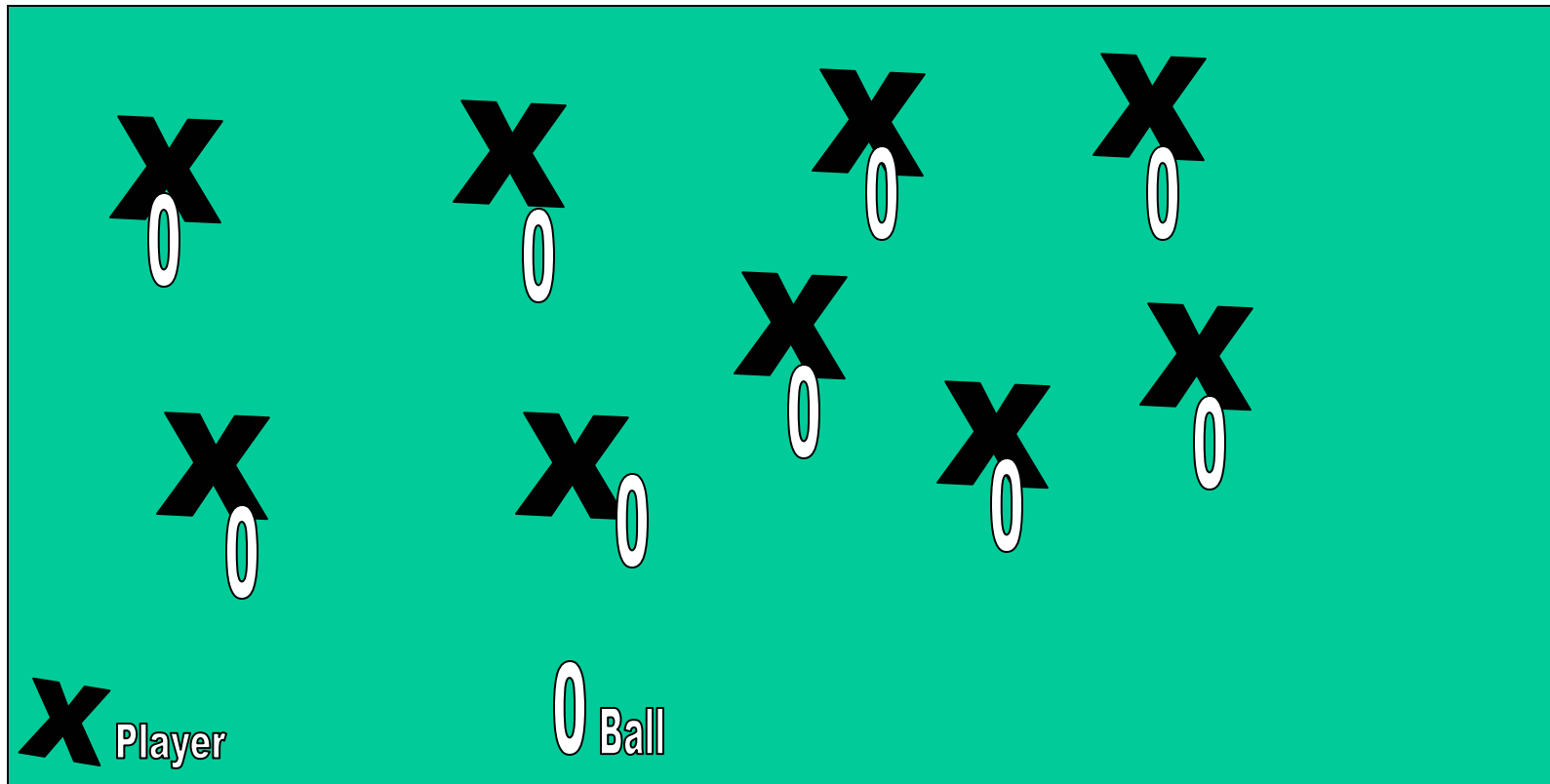
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Switch. Leave your ball find another players ball

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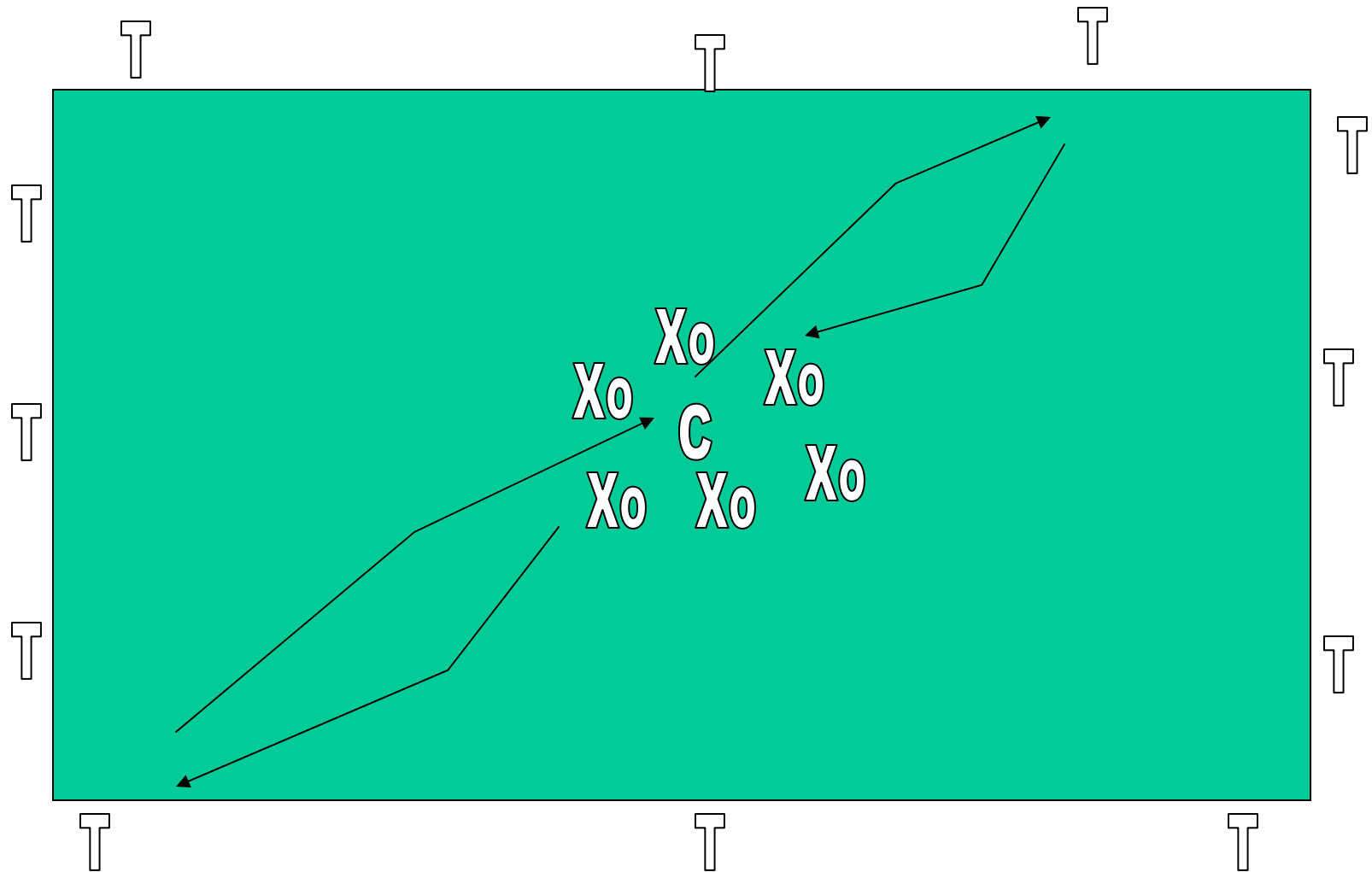
Footwork: Session Eight



Session Eight: Dribbling

- Players(X) start in the centre of the grid.(40x40) They dribble around the grid pass the ball to a player outside the grid (T) Receive the ball back from T and dribble through the grid to another player(T).
- At each point the player with the ball must pass the centre (C) before going to another player on the outside.
- **Coaching Points:** Take your time, plenty of touches and keep the ball within your touching distance. Try to get the ball to travel in little zig zag motions.
- **Variations.**
- 1. Time the players
- 2. When passing the ball to T, X runs round T and receives the ball back from T. Then goes to another player via the centre (C)
- 3 Once X passes the ball to T, they switch positions, therefore T will dribble around the grid via the centre (C) .
- Finish of with a conditioned game (small sided i.e. 4 v4). No goals. Goal scored if player dribbles past endline.
- Finish with regular game for the last few minutes.
- Feedback on session, coach led.
- All equipment collected, field checked
- Coach leaves

Session Eight: Dribbling



X=Player o=Ball T=Player c= centre

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