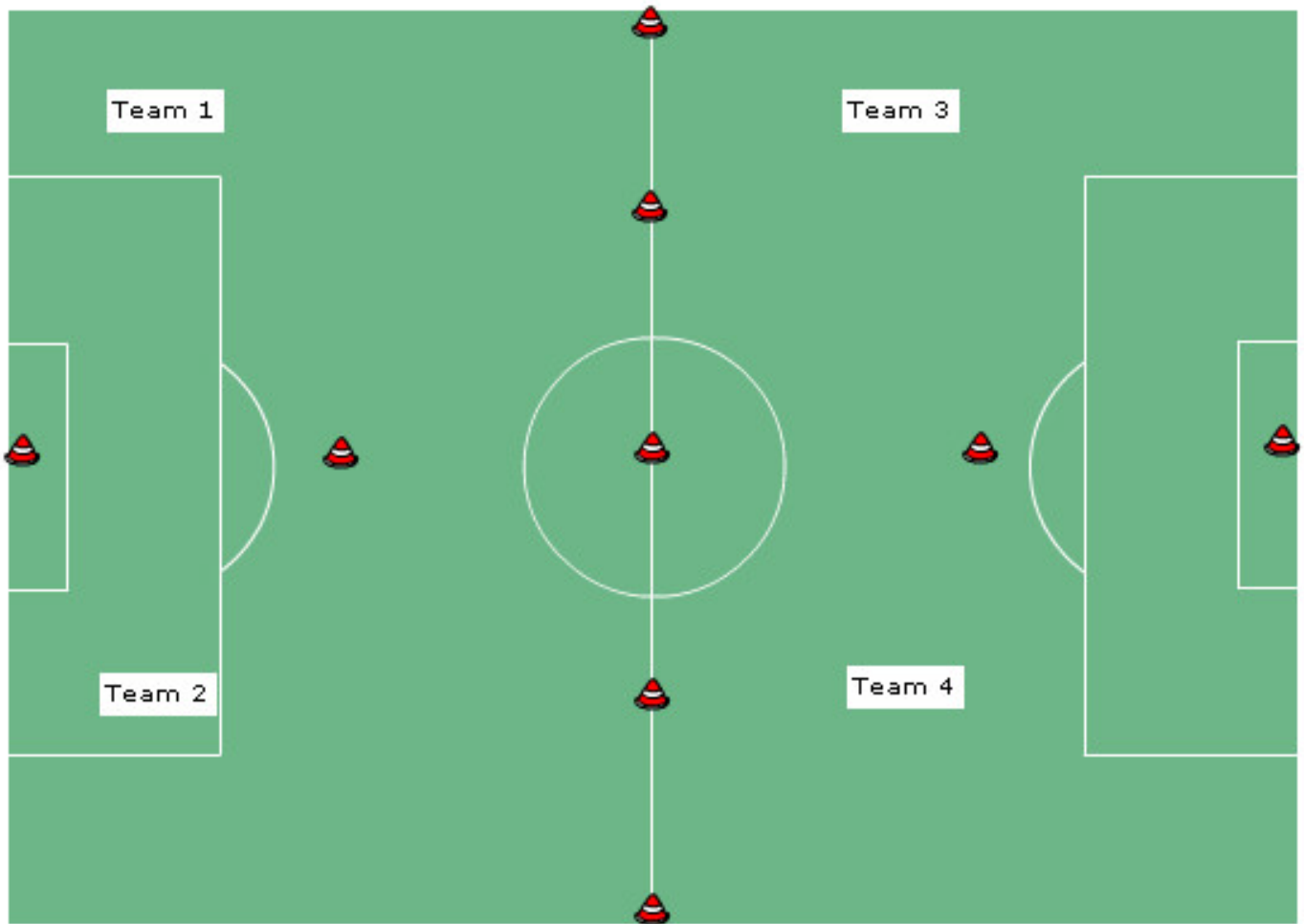
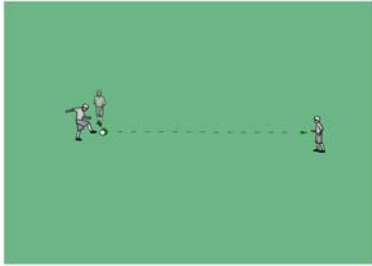
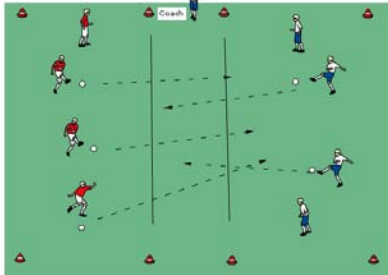


Topic: U10 “Academy” Style Training
Theme: Striking/Shooting



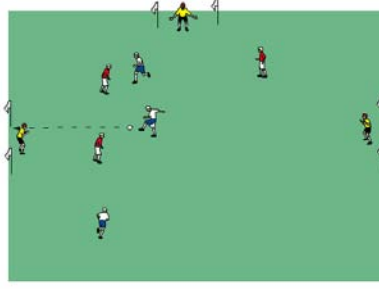
Setup

1. Divide full field into four. There are 4 teams of 10-12 players each.
2. Each team takes a square or a section
3. Warm up/Cool Down all players together

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Warm-Up</p> <p>1) Elbow Tag 2) Individual 3) Three's</p>	<p>1) Elbow Tag Game</p> <p>2) Individual-players sit down and strike ball with laces. Give them different challenges</p> <p>3) "Cave" Shooting-Groups of 3. One player has ball in their hand. 2nd player stands next to the player with the ball and holds out their arm. The 3rd player stands about 10-15 yards in front of the player with the ball. The player with the ball strikes it out of their hands, and then goes under player number 2's arm (cave). When player number 3 receives the ball they catch it and then player number 1 becomes the "cave" while player 3 strikes to player 2.</p>		<p>"Make a fist with your foot" to help lock your ankle.</p> <p>Strike the ball with the laces</p>
<p>2.</p>			
<p>Small Sided Game "Junkyard" Soccer</p>	<p>Divide team into two teams.</p> <p>Team 1 plays against Team 2. Team 3 plays against Team 4.</p> <p>Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Variation: Require a pass to be made to a teammate before the ball can be struck back to the other half.</p>		<p>What part of the foot can you use? (inside, laces)</p> <p>How do you make sure the other side can't strike the ball back? (get head up and strike ball past someone on the other side)</p>
<p>3.</p>			

**Small Sided Game
“Three Goals”**

Each team now divides itself into 3 separate teams of 3-4 players each. They do this within their own team. A player from one team (Team A) will each take a role as goalkeeper in one of the three goals. The other two teams play against each other and try to score in any of the three outside goals. The only rule is they can't score on the same goal until another goal is scored on. Play for a period of time and then switch the teams around. See which team can score the most goals.



-How can you work together? (spreading out, find a teammate)

-When one goal is defended What can you do? (go to another goal)

4.

6v6

Play a normal match and observe.

Play across the field.
Team 1 plays against Team 2
Team 3 plays against Team 4.

Academy Director/Staff could make it a round robin competition.

