



# TEN FOR 10'S

TEN PRACTICES FOR 9&10'S





## **PROGRESSIVE METHOD**

GREAT WAY TO TEACH  
THE "HOW"!

**PRACTICE #1**  
**THEME: DRIBBLING TO GET  
AROUND AN OPPONENT**

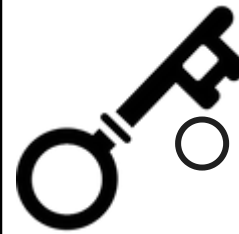
**PRACTICE #2**  
**THEME: DRIBBLING TO  
CREATE SPACE BY TURNING**

**PRACTICE #3**  
**THEME: DRIBBLING TO KEEP  
POSSESSION**

**PRACTICE #4**  
**THEME: PASSING (SHORT AND  
MEDIUM)**

**PRACTICE #5**  
**THEME: RECEIVING GROUND  
BALLS**

**PRACTICE #1**  
**THEME: DRIBBLING TO**  
**GET AROUND AN**  
**OPPONENT**



**When you go right, use your right!**  
**When you go left, use your left!**

**Go fast-slow-fast!**



**WELCOME**  
**YOUR**  
**PLAYERS!**





IGNITION ACTIVITY

## FAST AND SLOW DRIBBLING

Space: About 30x30

All players have a ball

Tell players to dribble their ball in the space

When you say "stop" they should be no closer than 5 feet from another player

Can they change their speed up to get away from someone?

Go fast-slow-fast!



SPOTLIGHT ACTIVITY

## IVI'S

Two teams. Two 15Lx10W grids with goals on ends

Teammate behind passes ball and then defends.

Player receiving pass dribbles and attempts to score in the small goal

Defender tries to win the ball as high up the field

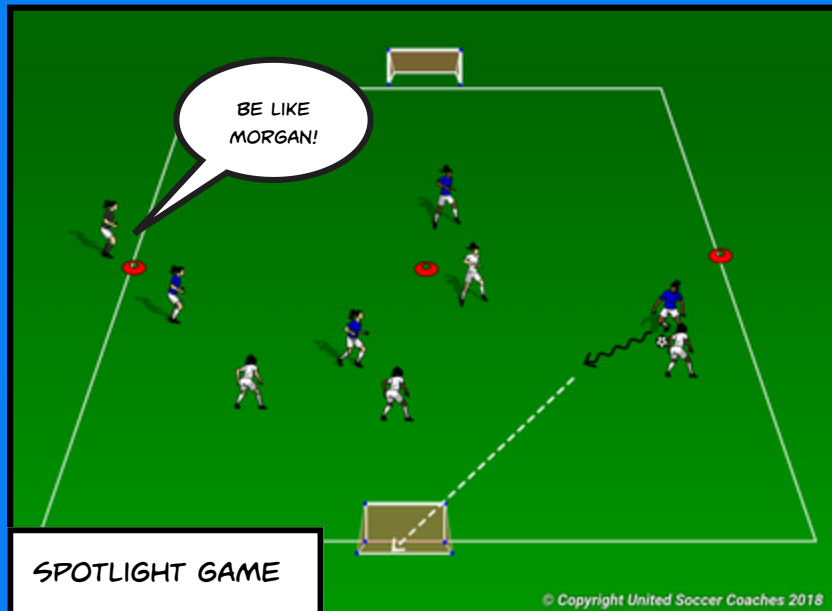
If defender wins the ball they try to score in their goal

Two points for attacker if they dribble around defender and scores

One point if they score in goal

Go fast-slow down to make a move-go fast again!





SPOTLIGHT GAME

## BE LIKE..... (LLOYD, MESSI, ETC)

Space: 40Lx25W

Play 4v4-5v5 with two small goals on ends

Play a normal game except there are no forward passes allowed in attacking half

Forward passing is allowed in defending half

Encourage players to be like (name a great dribbler)!  
Be brave!



GAME

## END GAME

Space: Appropriate for 5, 6, or 7 aside

Play a normal game to goals

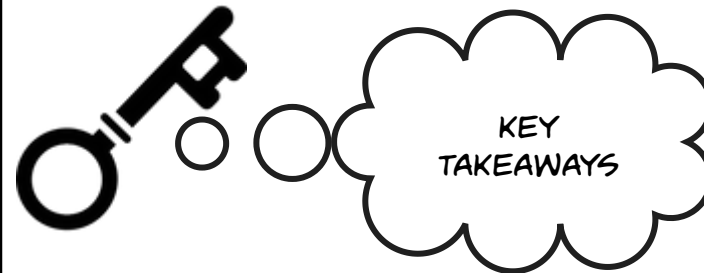
Reinforce the theme of dribbling to get around an opponent:

*Go fast-slow down to make your move, go fast again*

*If you use your left foot around an opponent, use your left*

*If you use your right foot around an opponent, use your right*

**PRACTICE #2**  
**THEME: DRIBBLING TO**  
**CREATE SPACE BY**  
**TURNING**



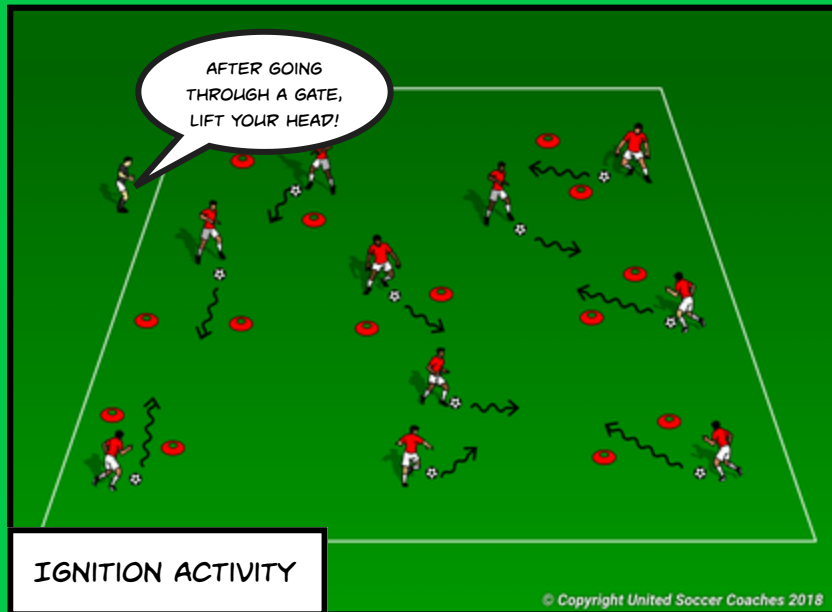
After you turn with the ball, lift your head so you can see

Hug the ball with the inside or outside of your foot when you turn



**WELCOME**  
**YOUR**  
**PLAYERS!**





## GATES

Space: About 30x30

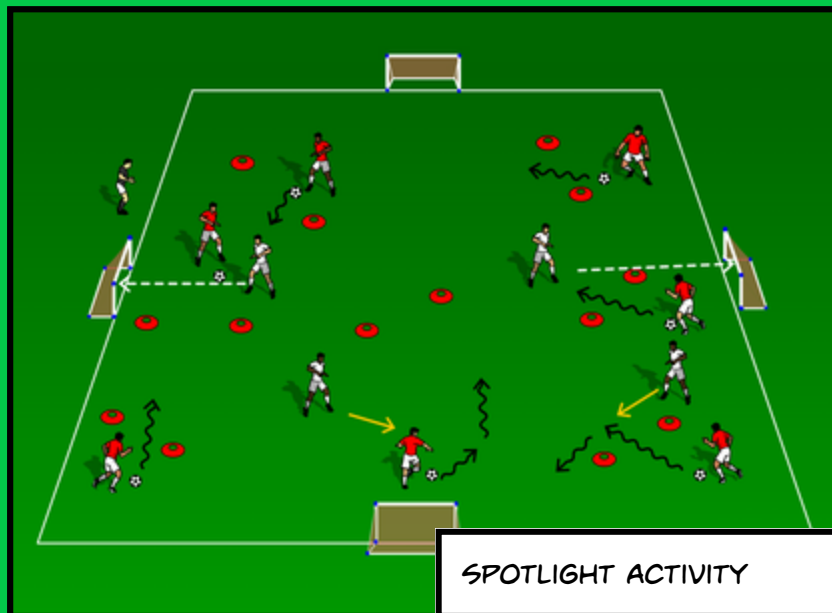
All players have a ball

Ask players to dribble their ball through gates made with cones

See how many they can get through in 15 seconds? 20 seconds?

Next have them go back through the gate before going to a new one

Challenge them to lift their heads up after they go through a gate



## FOXES AND HUNTERS

Same space as above

3-4 players now wear bibs/vests and do not have a ball

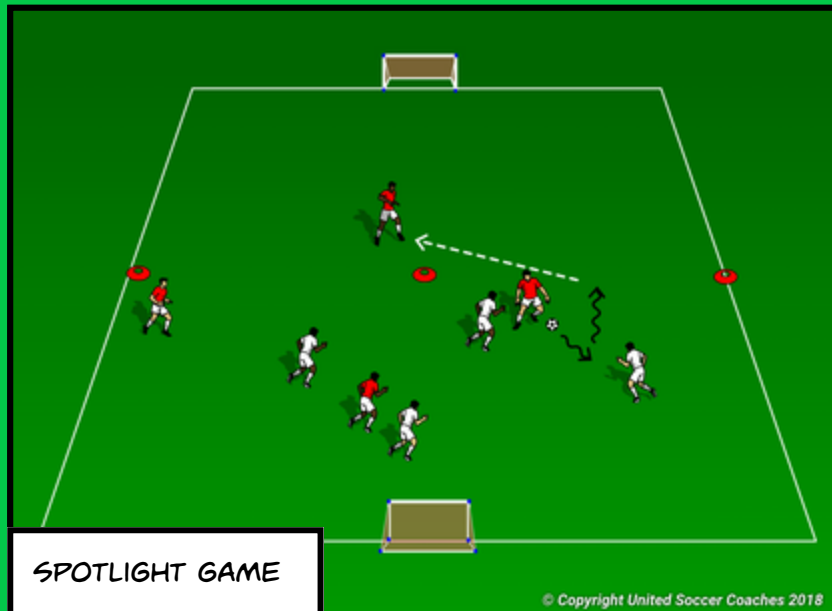
Place 4 goals on sides of the space/field

Those with a ball still try to dribble through as many gates as possible in 15, 20, or 30 seconds

If a player without a ball (hunter) they try to score in one of the goals on the side

If a player with a ball (fox) loses their ball they now go and help other foxes

Switch foxes and hunters



## "AT LEAST 3"

Space: 40Lx25W

Play 4v4-5v5 with two small goals on ends

Play a normal game except when players are in their attacking half they must take at least 3 touches before passing or shooting. The only exception is if they are trying to score 1 touch

No touch restriction in defending half

Hug the ball when they turn it to get away from the opponent



## END GAME

Space: Appropriate for 5, 6, or 7 aside

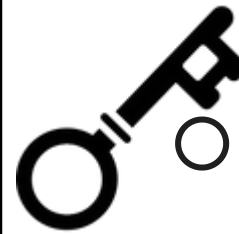
Play a normal game to goals

Reinforce the theme of dribbling to create space by turning the ball into safety

Be alert when the ball is in the attacking half



**PRACTICE #3**  
**THEME: DRIBBLING TO**  
**KEEP POSSESSION**



**Make your body a shield between the defender and the ball**

**When you are shielding, get low like sitting in a chair**



**WELCOME**  
**YOUR**  
**PLAYERS!**



**WHO HAS A**  
**GOOD JOKE?**



## LIKE MAGNETS

Ask players to dribble in space of approx. 30x30.

Have players dribble but tell them to stay away from each other.

Next tell players that when they get near another player to repel like magnets away from each other. How can they turn and to get away?



## KNOCKAWAY

Every player has a ball. Make two different sized grids.

Everyone starts in the biggest grid. Players are trying to knock another player's ball away.

If a player's ball gets knocked away or out of the area that player goes to the smaller grid and awaits another player. Whoever gets knocked out of initial grid goes to other grid. Other grid continues to play.

Continue until you have 1 winner in the bigger grid.

Then start the next game in the smaller grid. Can they make their body into a shield to keep from getting knocked out.



SPOTLIGHT GAME

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## ALL UP

Small-sided game to goals.

Field is 30-35Lx25W

Play a normal game except in order for a goal to count everyone on attacking team has to be at least halfway up the field.

Vary the next game by making the field more narrow or shorten the length.



GAME

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## GAME

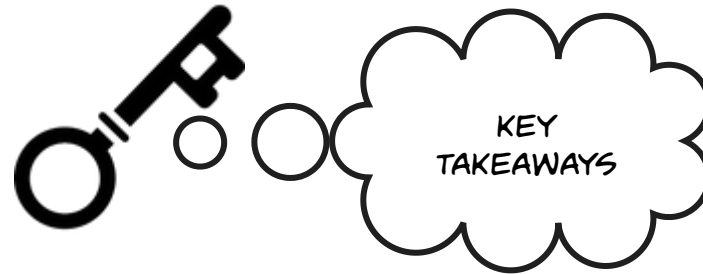
Play 5, 6, or 7 aside game to goals.

To encourage more opportunities to see if they are getting better at dribbling to keep possession make the field either more narrow or shorter.

When they are being defended and have to shield, do they use their bodies to protect the ball?

When they are shielding are they getting low like sitting in a chair?

**PRACTICE #4**  
**THEME: PASSING (SHORT**  
**AND MEDIUM)**



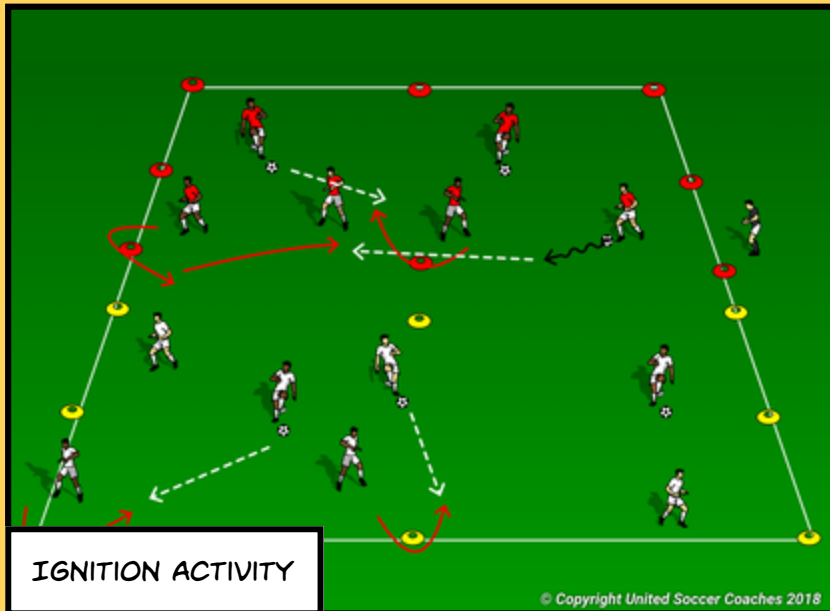
To make a push pass, take your foot off  
the gas pedal

Make sure you "step" into your pass



**WELCOME**  
**YOUR**  
**PLAYERS!**





IGNITION ACTIVITY

## "CHECKOUT"

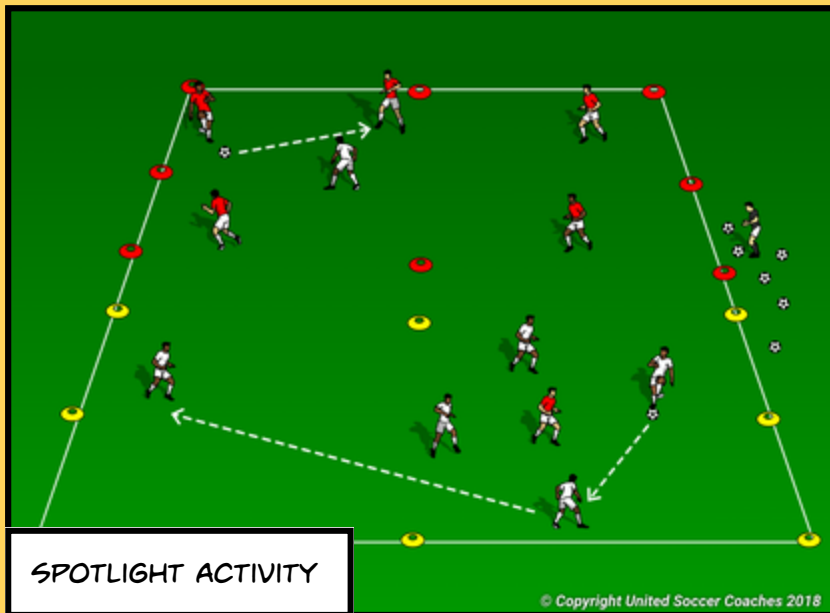
Make two grids. Put a team in each grid. Within each team players pair up with a ball between the two.

Players pass and move with their teammate. After the pass is made, they have to "checkout" which means they have to run around a cone.

After the run is made around the cone, that player receives the pass. The first passer now "checks out" and runs around a cone but on a different side.

"Foot off the gas pedal to make a push pass"

"Step into your pass to your teammate"



SPOTLIGHT ACTIVITY

## FIVE IS ALIVE

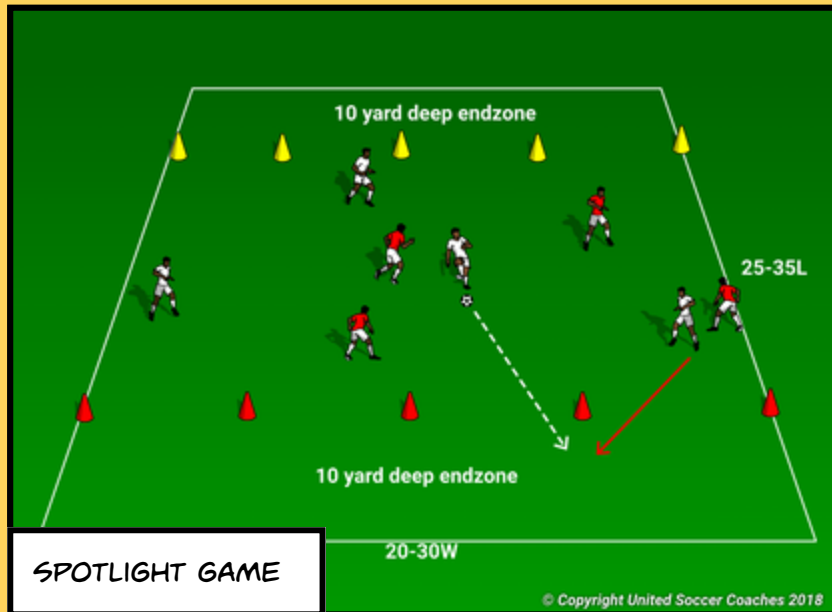
Using the same spaces use one ball per grid.

Players are instructed to pass and move within their grid.

Whoever makes the 5th pass has to run over to the other grid to defend. They are trying to simply poke the ball out of the area.

The team in possession tries to keep the ball from the one defender. Whichever team keeps the ball in bounds the longest wins a point.





## ENDZONE PASSING GAME

Make a field with two 10 yard deep endzones. Use stand up cones, mannequins, etc to mark the front of the endzone.

Two teams of 3, 4, or 5 players.

The objective is to try and pass the ball to a teammate who is running into the endzone. The player must be entering/running the endzone and not standing. If the ball hits the cones at the front of the endzone, no point is given.

Give an extra point if the run and the pass go through a different gate as shown.



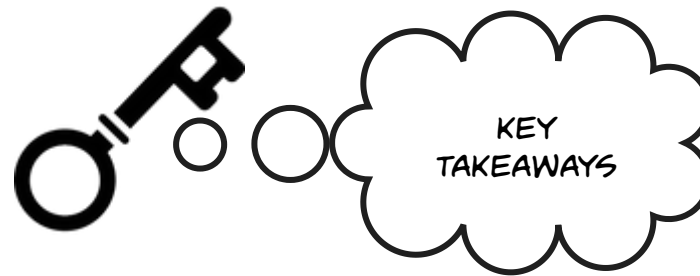
## GAME

Play 5, 6, or 7 aside.

Play a game to goals.

As a coach, watch how they are making passes and provide them with necessary technical information to improve.

**PRACTICE #5**  
**THEME: RECEIVING**  
**GROUND BALLS**



Let the ball "kiss" your foot

Take the ball somewhere "new" when  
you receive it.



**WELCOME**  
**YOUR**  
**PLAYERS!**





IGNITION ACTIVITY

## TRIANGLE RELAY

4-5 players with one ball. Make a 10x10 triangle with cones. Have 2-3 triangles set up.

Player at starting cone passes to next player. Players pass and follow around the triangle. When the player that started the activity gets back to their original starting location the activity is over.

Go right then left. After this, then make it a relay race against the other groups. When the person that started the activity gets back to their original location the race is over.



SPOTLIGHT ACTIVITY

## 3V1 COMPETITION

Using the same triangles, each team sends 1 player to defend inside the triangle.

The team of 3 try to pass the ball through the triangle to get a point. They must stay outside the triangle. The defender stays inside the triangle and tries to intercept passes. If they intercept they dribble out of the triangle to get a point for their team.

Rotate until all players have played defense. Add up all of the points for each team to see who wins.



**SPOTLIGHT GAME**

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## 3V3 WITH BUMPERS

Field space is 35-40Lx25-30W. Place two small goals on each end.

Play 3v3 in middle. Each team has 3 bumpers that are their teammates on the sides.

If the ball is passed to the bumper they have no more than two touches to pass it into someone on their team. If they pass the ball into someone then the player that passed them the ball replaces them on the side. The player that was a "bumper" now comes on the field.

Encourage them to take the ball somewhere new when they receive it.



**GAME**

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## GAME

Play 5, 6, or 7 aside.

Play a game to goals.

As a coach, watch how they are receiving passes on the ground.



## **WHOLE "PLUS" METHOD**

GREAT WAY TO TEACH  
DECISIONS AND/OR APPLYING  
THE TECHNIQUE!

**PRACTICE 6**  
**THEME: DECIDING WHEN TO**  
**DRIBBLE TO GET AROUND AN**  
**OPPONENT**

**PRACTICE #7**  
**THEME: WHEN TO PASS**  
**FORWARD VS. PASS TO KEEP**  
**POSSESSION**

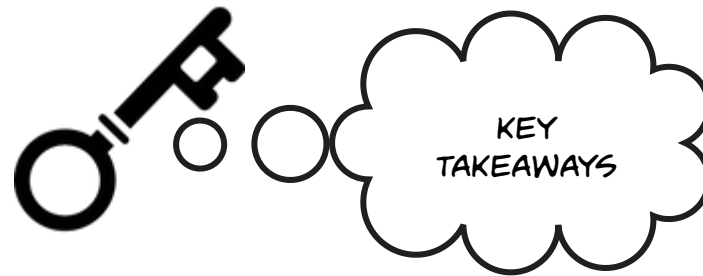
**PRACTICE #8**  
**THEME: WHEN TO RECEIVE TO GO**  
**FORWARD VS. KEEP POSSESSION**

**PRACTICE #9**  
**THEME: WHEN TO RECEIVE**  
**AND TURN OR NOT TURN**

**PRACTICE #10**  
**THEME: WHEN TO SHOOT VS.**  
**PASS OR DRIBBLE**



**PRACTICE #6**  
**THEME: RECEIVING**  
**GROUND BALLS**



When you see space behind the defender  
in the attacking half try to get around  
them

Don't lose your "gift" close to their goal



**WELCOME**  
**YOUR**  
**PLAYERS!**





"WHOLE"

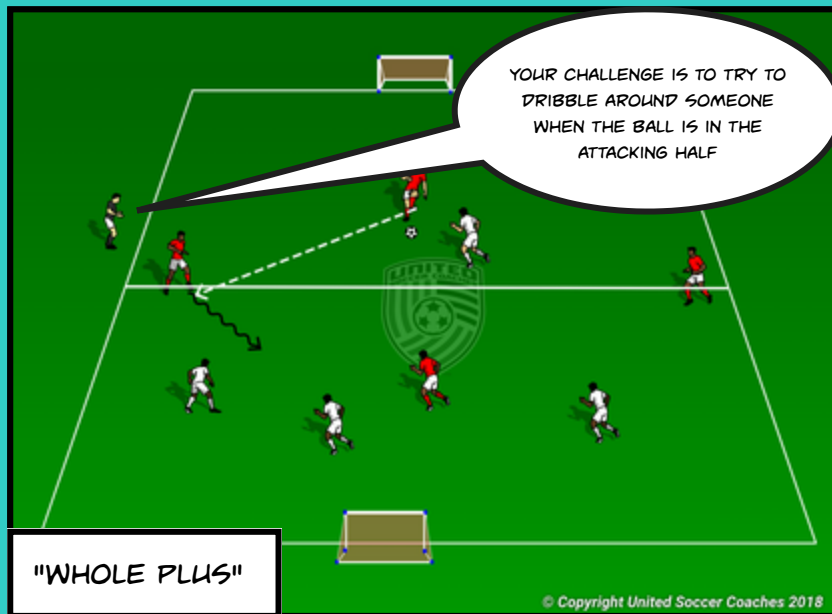
## WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 5v5.

Free play for approximately 5-7 minutes. Rotating players every 2 to 2:30.



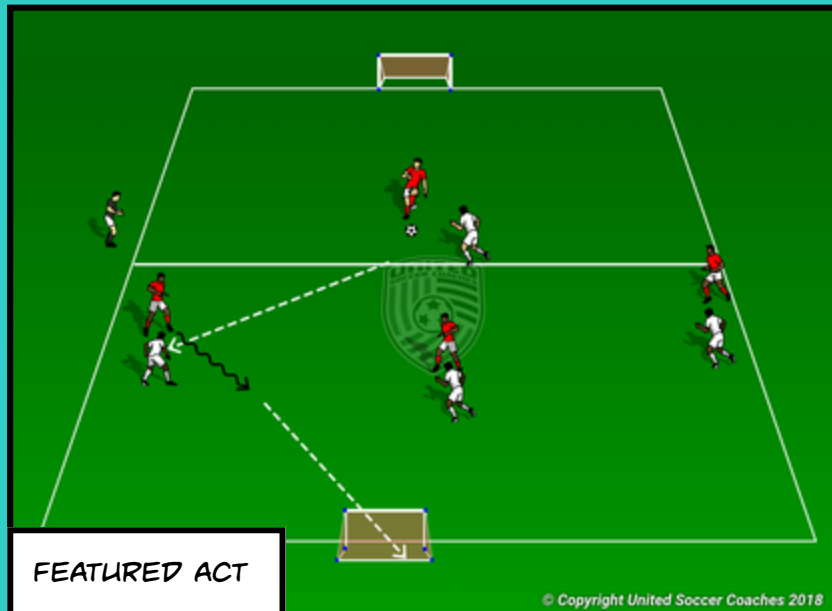
"WHOLE PLUS"

## WHOLE "PLUS"

Play a 3v3-4v4 Game.

Since the theme is dribbling to get around an opponent, think of something that would encourage them to do so.

Before they play challenge them to try to get around someone when the ball is in the attacking half.

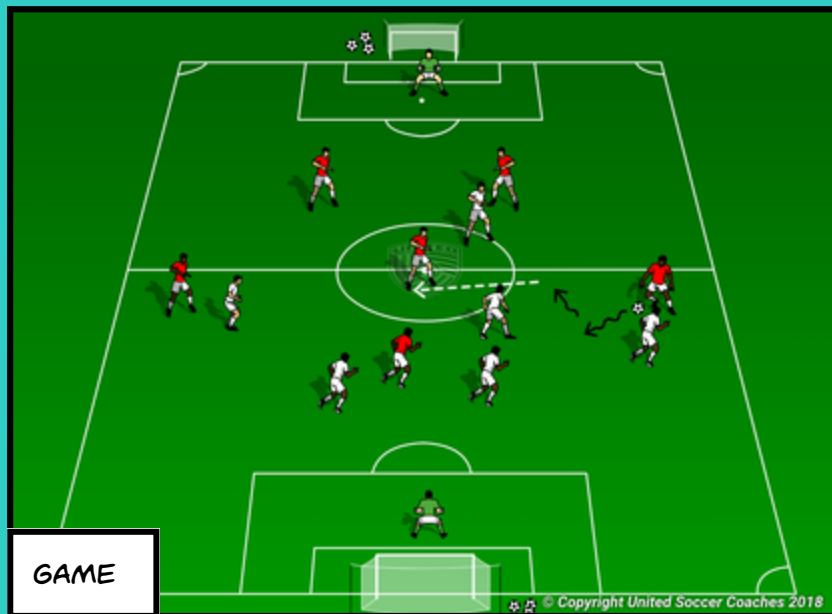


## MATCH MAKER

Play a 3v3-4v4 Game.

Before the start of play, have players "match" up against someone. The rule is that the only player that can take the ball away is the player you are matched up against. This will create many 1v1 battles within a small game.

Finding the "when" and "when not to" moments to try and get around an opponent.



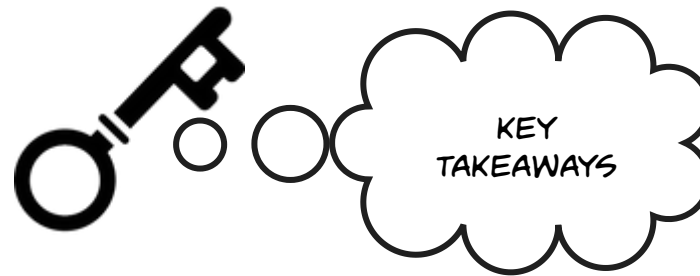
## GAME

Play 5, 6, or 7 side game to goals.

To encourage more dribbling, make the field shorter than normal.

Encourage the "when" moments for trying to dribble to get around an opponent.

**PRACTICE #7**  
**THEME: WHEN TO PASS TO**  
**GO FORWARD VS. PASS TO**  
**KEEP POSSESSION.**



First thought, can you pass your gift  
(ball) forward?

Second thought is if you can't pass the  
gift forward then keep it in your family



**WELCOME**  
**YOUR**  
**PLAYERS!**





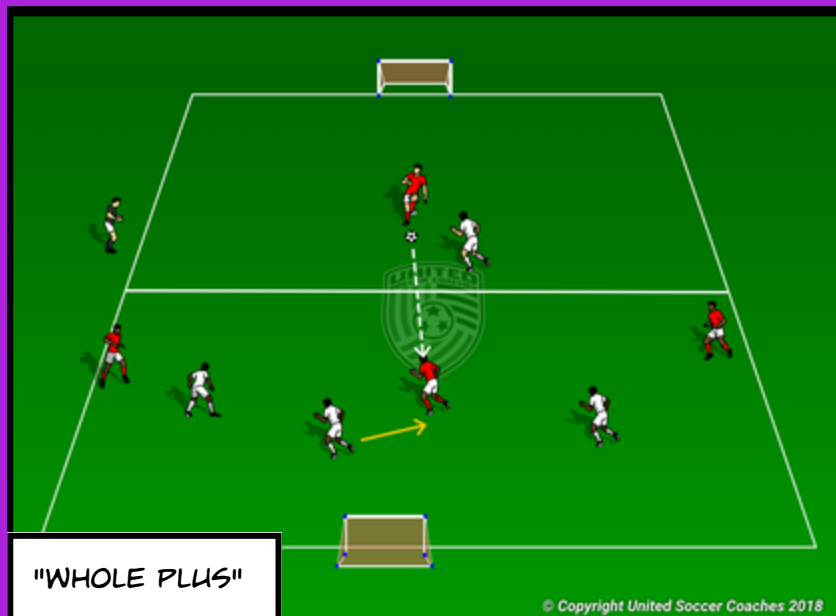
## WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 5v5.

Free play for approximately 5-7 minutes. Rotating players every 2 to 2:30.



## WHOLE "PLUS"

Play a 3v3-4v4 Game.

Since the theme is passing to go forward, think of something that would encourage them to do so.

Before they play challenge them to try and pass to a teammate from their defending half into the attacking half before scoring.





## 3V2-2V2 GAME

5 players per team. In defending half it is 3v2. In attacking half it's 2v2.

Players are restricted to their halves unless they successfully pass the ball forward from the defending half into the attacking half.

The extra player in the defending half runs off when their team is not in possession. When their team is in possession they run on but on the defending half.



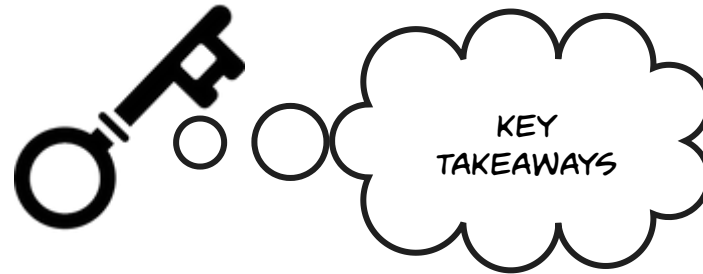
## GAME

Play 5, 6, or 7 aside.

Make the field more narrow than wide to encourage forward passing.

Encourage them to look to pass forward when they have the ball. If not, at least give it to someone in their own family (team).

**PRACTICE #8**  
**THEME: WHEN TO RECEIVE**  
**TO GO FORWARD VS. KEEP**  
**POSSESSION**



Can you move in a way to see as many people as possible

Can you receive with your "vision" foot?  
Receiving across your body



**WELCOME**  
**YOUR**  
**PLAYERS!**





## WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 5v5.

Free play for approximately 5-7 minutes. Rotating players every 2 to 2:30.

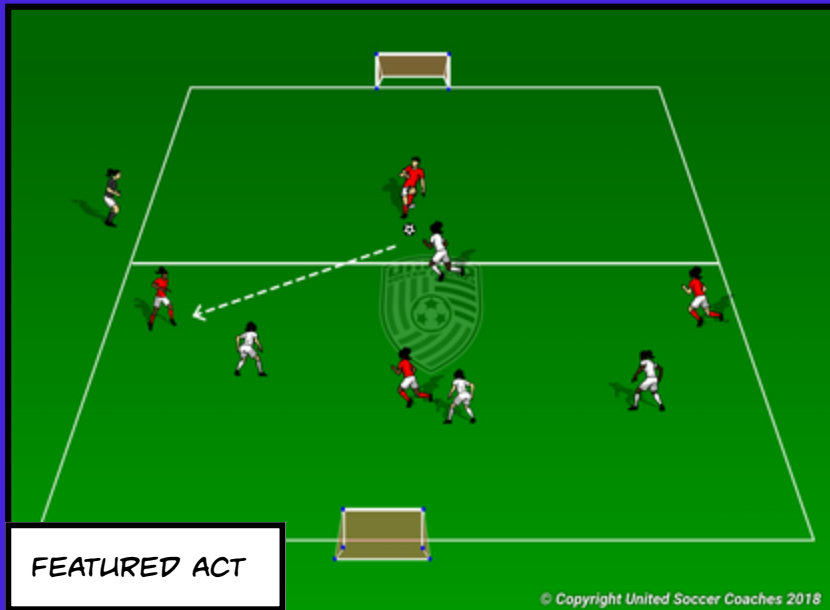


## WHOLE "PLUS"

Play a 3v3-4v4 Game.

Since the theme is receiving to get forward, think of something that would encourage them to do so.

Before they play challenge them receive the ball in a way where they can see as many people as possible.



## SILENT SOCCER

Play a normal game of 3v3-4v4.

The only rule is that it's a game of silent soccer. No talking, clapping, etc. If they do, it's the other team's ball.

Because of the rule, it should force them to see if they can go forward when they receive the ball or keep it.

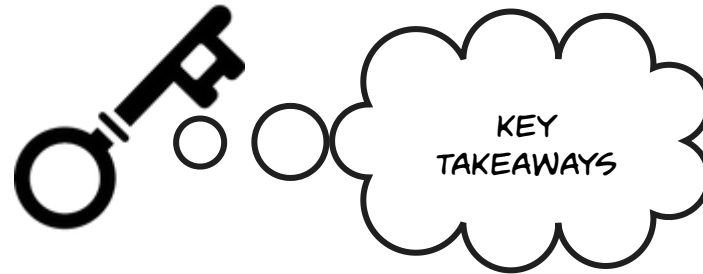


## GAME

Play a game of 5, 6, or 7 aside.

Play without restrictions. See if they are trying to receive the ball to go forward. If not are they receiving it so at least their team keeps possession.

**PRACTICE #9**  
**THEME: WHEN TO RECEIVE**  
**AND TURN OR NOT TURN**



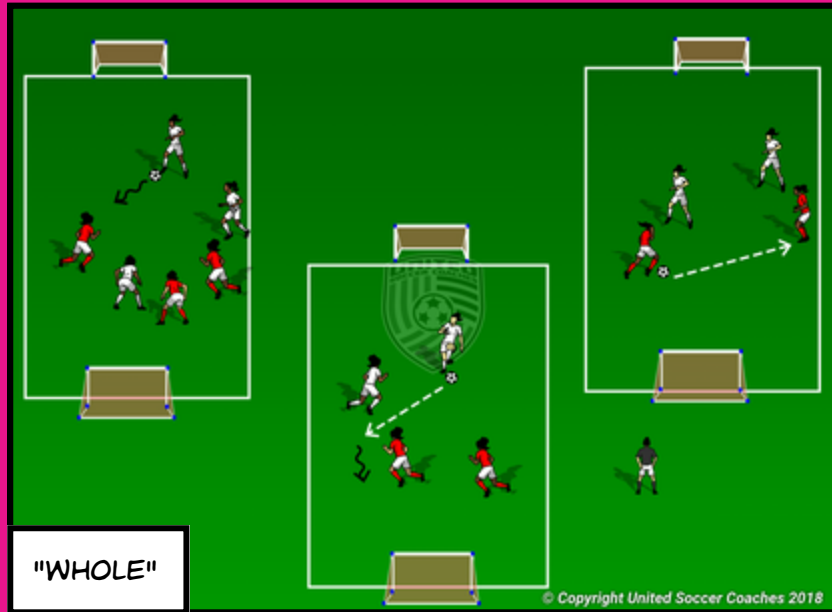
If you can't turn when you receive, then  
play the way you face

Can you take a picture with your eyes  
before you receive



**WELCOME**  
**YOUR**  
**PLAYERS!**





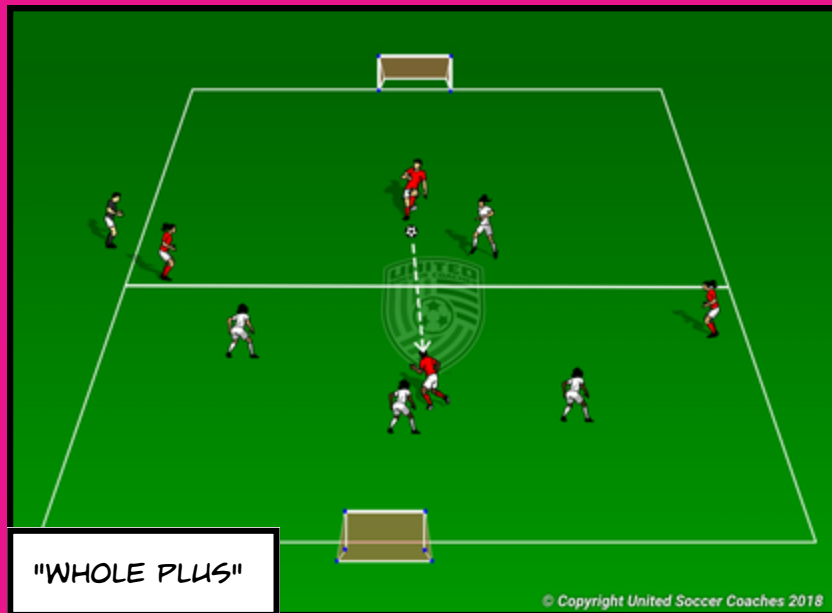
## WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 5v5.

Free play for approximately 5-7 minutes. Rotating players every 2 to 2:30.



## WHOLE "PLUS"

Play a 3v3-4v4 Game.

Since the theme is receiving to get them to think about turning or playing the way the face think of a way to bring this out.

Before they play challenge them to pass the ball from the defending half to the attacking half.





## 2V2-2V2

Play a normal game of 4v4 with 2 players assigned to a half.

Players stay in their half. If a pass is played from the defending half to the attacking half then the player that didn't pass the ball can go into the attacking half

If the player receiving the ball can't turn then either play the way they face or keep it.

Rotate the players so they each get an opportunity to play in both halves.

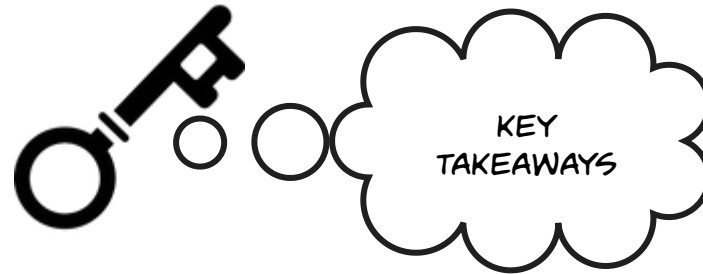


## GAME

Play a game of 5, 6, or 7 aside.

Play without restrictions. See if they are trying to make the correct decision if they should turn with the ball or not turn when they receive it.

**PRACTICE #10**  
**THEME: WHEN TO SHOOT**  
**VS. PASS OR DRIBBLE**



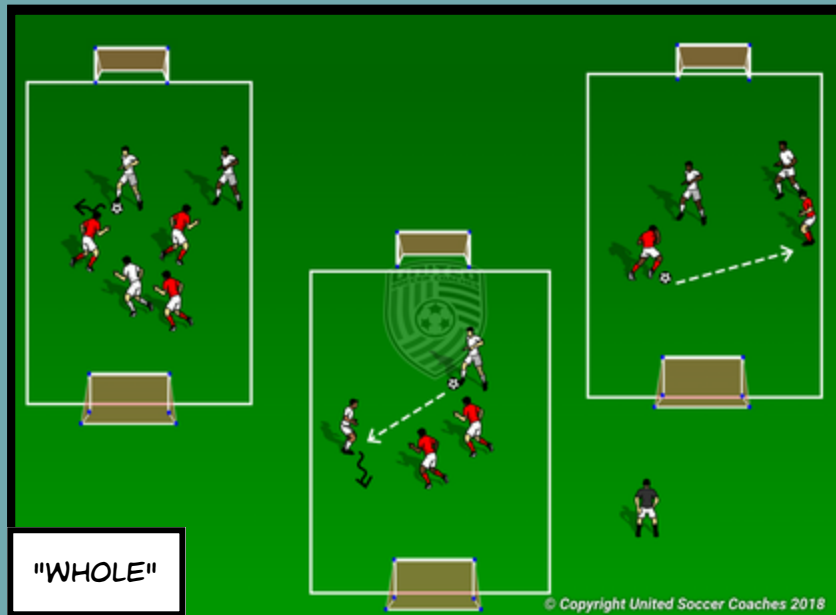
When are near the goal, can you shoot?

If you can't shoot, get it to a teammate  
who can or keep the ball moving by  
dribbling



**WELCOME**  
**YOUR**  
**PLAYERS!**





## WHOLE

Have goals and fields set up.

As players arrive have them go on those fields and play.

Try to get no larger than 5v5.

Free play for approximately 5-7 minutes. Rotating players every 2 to 2:30.



## WHOLE "PLUS"

Play a 3v3-4v4 Game. One player from each team puts on a different colored bib/vest and plays goalkeeper. Rotate these goalkeepers after 2-3 minutes.

Since the theme is shooting and deciding when to shoot vs. pass or dribble try to come up with an idea that will get them to shoot.

Before they play challenge them to try and shoot within 4-5 passes. It's not a restriction but a challenge.



FEATURED ACT

## SECRET GOALS

Play a normal game of 3v3, 4v4, or 5v5.

Before starting talk to each team separately and give them different ways to score goals. The other team doesn't know and will get a different set of ideas. Example: Score off the dribble, score after passing the ball back to a teammate, Score after a diagonal pass, the same player can't score twice in a row, etc.

After a period of 3-4 minutes, give each team a new idea.

Since you know what you gave each team, you should be able to see if they are making decisions as to when to shoot vs. pass or dribble.



GAME

## GAME

Play a game of 5, 6, or 7 aside.

To encourage more opportunities to shoot, shorten the field. This should put them closer to goal and encourage them to try and score.

"Soccer and hockey are one of the few games you can miss a shot and your parents still clap for you. If you miss or shoot an air ball in basketball, you get embarrassed, kick a field goal inches wide and you get booed. So don't worry if you shoot and miss!"





**THANKS!**