



## U10-U16 AGE DIVISIONS

### **DRIBBLING:** Emphasis...

- Touch the ball with both feet as much as possible
- Elevate the head so that the eyes are not solely focused on the ball
- Encourage the use of all parts of the foot (inside, outside, bottom & top)
- Begin introducing 'skill' moves such as":
  - Shielding (or Protecting the Ball) Moves
    - Inside of foot & outside of foot turns, pull-back turns
  - Attacking Moves
    - Step-over, pull-back & scissors
- Examples of skill moves can be found online here:
  - <http://youtu.be/VAijz1IF2k>
  - <http://soccerman.com/>

### **PASSING & RECEIVING:** Emphasis...

- Passing
  - The 'RUN' dictates the pass, meaning that the 'OPEN PLAYER' should move to a position where he/she can receive it BEFORE the pass is made (off-the-ball movement)
  - Make eye contact with teammate
  - Plant non-passing foot next to the ball (approximately 6-8 inches.)
  - Step into the pass, follow through with passing foot
- Receiving
  - "Dead Touch" vs. "Live First Touch"
    - Dead touch stops the ball just in front of the foot
    - Live first touch slows the ball and re-directs the ball

### **SHOOTING:** Emphasis...

- Two types of shooting:
  - LACES: Toe pointing down, lock the ankle, laces touch ball
    - Planting foot matters, too far in front, loss of power, too far behind ball elevates
  - INSIDE OF FOOT: Twist toes out, lock the ankle, inside of foot touches the ball
- Focus on shooting targets (not just the goal):
  - Inside either goal post (1 to 2 yards)
  - Close to the ground if possible (harder for goalkeepers to get down fast)

### **DEFENSE:** Emphasis...

- Attack the ball and DON'T be afraid of it
- DO NOT use hands (or extended arms) against the opponent

### **TACTICS:** Emphasis...

- Spacing between players
  - Close together on DEFENSE (makes hard for the opponent to get near the goal)
  - Spread apart on OFFENSE (opens up gaps in the defense to get near the goal and attack the goal)