

Queen Anne Soccer Club

Age Group: U10/U11 Equipment: Balls/ Bibs/Cones/Markers

Week 1

Theme: *Dribbling and Passing*

Key: X = Player

o = Marker

20 = yards

→ = pass

----> = movement

Warm-Up: Players Name Game 10-15mins

Aim: Players move around the grid with the ball at their feet, when a call is made the players must produce the stretch that is related to the call.

Setup: Make a grid 20x20 using markers, have all the kids with balls dribbling inside the grid.

Calls: *David Beckham:* Pick up ball above head and bring down towards foot and pretend to kick. Do with both feet then carry on dribbling

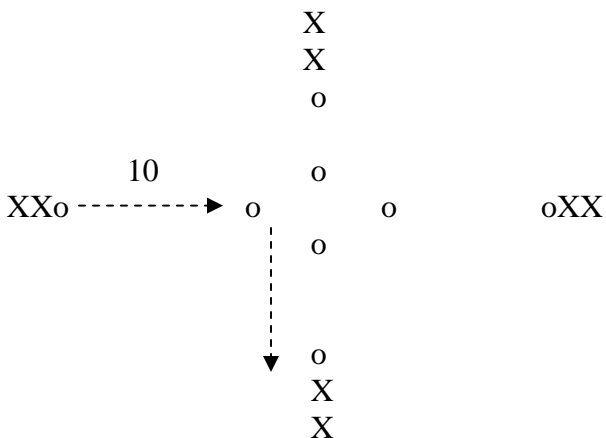
Kasey Keller: Pick up ball above head and begin to skip around the grid.

Ronaldinho: Stop ball and stand over it with legs apart and jump facing different directions.

John Terry: Pick up ball above head and pretend to jump and head the ball

Tips: Don't have the kids running round in circles, make them run in different directions.
Have players call the name of the player back to you.

Basic Dribbling and Turning: Maze Dribble 10-15mins



Aim: Dribble ball into the middle of the maze, turn left/right and dribble to the next line of people.

Technique: Ball close to feet

Head Up

Turn Quickly

Accelerate when turned.

Avoid others and the cone (defender)

Progression: Go left/right, use different turns

Time limits/races

Punish hitting the cone

Dribble up to cone don't go around it,

Use tricks when reaching the cone (scissors).

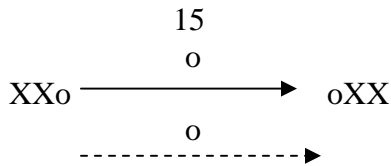
Add defenders to kick away loose balls

Move cones closer together

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Passing and Control: Gate Passing Relays 10-15mins



Aim: Pass the ball between the gates and follow the pass around the gate and join the back of the next line.

Technique: Use inside of foot (largest surface area)

Plant standing foot next to the ball

Head over the ball

Give pass good accuracy and weight (make sure it reaches the feet of the next Person but is not too strong so they can't control it)

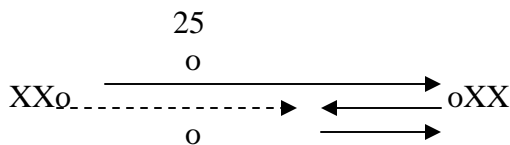
Control with the inside of the foot

Get it out of your feet

On your toes to receive the pass

Communicate

Progression:



Pass to partner and run to the middle receive the ball back from the partner then pass it back again. Get players to learn to receive pass whilst moving.

Further progressions: Time limits / races

Use opposite feet

Ask player to receive the second pass on an angle instead of running straight

SCRIMMAGE: 5-10mins

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Week 2

Theme: Shooting and Control

Key: X = Player

o = Marker

20 = yards

→ = pass/throw

----> = movement

Warm-Up: Ten Steps To Heaven 10-15mins

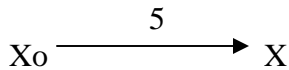
Aim: Players move around the grid with the ball at their feet, when a call is made the players must produce the skill that is related to the call.

Setup: Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

Calls: *Number 1:* Go for a run (jog around the grid), *2:* Sole of the shoe (toe-taps), *3:* Stop with the knee, *4:* On the floor (lie down), *5:* Staying alive (toe taps whilst doing the bee gees/ Saturday night fever dance and singing).

Tips: Don't have the kids running round in circles; make them run in different directions. Have players call the number and instruction back to you.

Basic Control: Full Body Control 10-15mins



Aim: One player stands on the marker and throws the ball underarm to their partner, who will control the ball so it lands at their feet and pass it back. Perform each move five times then swap throwers.

Technique: *Foot* - Use inside of foot

On toes ready to receive the ball

Get in line with the ball

Soft touch to bring the ball to your feet

Knee - Use thigh

Produce a bike ride motion to softly touch the ball

Do not go at the ball with your thigh

On your toes and get inline

Chest - Create a wide area by having the arms out like wings

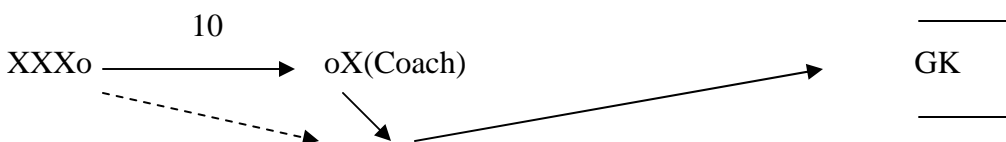
Cushion the ball with the chest

Do not go at the ball

On your toes and get inline

Progression: Add a marker in front of the person, who is controlling the ball, they must control the ball to one side of the marker before passing it back. Further progression may be to get the thrower to call the side they want the ball to be taken too.

Shooting: Give and Go Shooting 10-15mins



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Age Group: U10/U11 **Equipment:** Balls/ Bibs/Cones/Markers

Aim: Players will pass to the coach who will distribute the ball either left or right depending on the dominant foot of the player. The player will then run onto the ball and shoot towards goal. Once shot they will collect their ball and make their way to the back of the line.

First start with no goalie! Place cones in the corner of the goal to make little corner goals as a point of reference for players to aim at.

Place a slalom along side the drill for players to dribble through once they have completed their shot before they join the back of the line

Technique: Place standing foot next to the ball

Use your laces (laces are for aces)

Head and knee over the ball

Strike the ball through the centre

Direction of your standing foot will determine the direction of the shot

Shoot into the corners

Look up before you shoot

Communicate which foot you want to shoot with

Make sure the pass is accurate and of a good weight

Progression: Add a goalie

Take the line to once side of the goal

Shoot with opposite foot

SCRIMMAGE: 10-15mins

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Week 3

Theme: *Passing and Moving/Keep Ball*

Key: X = Player

o = Marker

20 = yards

→ = pass

-----> = movement

Warm-Up: Traffic Lights 10-15mins

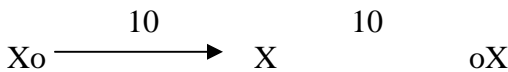
Aim: Players move around the grid with the ball at their feet, markers are held up.

Setup: Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

Cones: *Red* – Stop, *Yellow* – Slow down and turn, *Green* – Accelerate into space

Tips: Get kids to look up, make sure that they understand to slow down before turning and stopping.

Passing and Moving: Pass and Run 10-15mins



Aim: Players from the outside and pass to the middle person who turns and passes to the opposite outside player.

Technique: Passing and control technique

Players on their toes

Communication

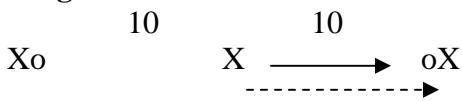
Players turning with wide low body position

Try to turn in one movement with ball on the inside of the foot

Before passing get ball out of feet

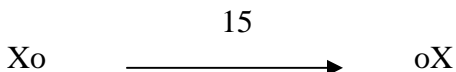
Outside players to control the ball to one side of their marker before passing

Progression:

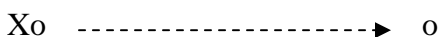


Middle player passes to outside player who holds onto the ball, the middle player runs around the back of the player holding the ball. Once round them the outside player will return the ball into the path of the middle player, who will make a pass to the opposite outside player. Encourage communication!

Passing: Passing Square 10-15mins



XD



Queen Anne Soccer Club

Age Group: U10/U11 **Equipment:** Balls/ Bibs/Cones/Markers

Aim: To pass ball around the square without the defender (XD) touching the ball. Passes can only go to the corner, not diagonally. Players must move to create an option by moving to the spare marker.

Technique: Use inside of foot (largest surface area)

Plant standing foot next to the ball

Head over the ball

Give pass good accuracy and weight (make sure it reaches the feet of the next Person but is not too strong so they can't control it)

Control with the inside of the foot

Get it out of your feet

On your toes to receive the pass

Open up body

Communicate

Progression: Play in open play so players can go anywhere in the grid. Look to create options just like in the drill.

SCRIMMAGE: 5-10mins

Queen Anne Soccer Club

Age Group: U10/U11 **Equipment:** Balls/ Bibs/Cones/Markers

Week 4

Theme: *Control/ Dribbling to Shoot*

Key: X = Player

o = Marker

20 = yards

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----> = movement

Warm-Up: Ten Steps To Heaven 10-15mins

Aim: Players move around the grid with the ball at their feet, when a call is made the players must produce the skill that is related to the call.

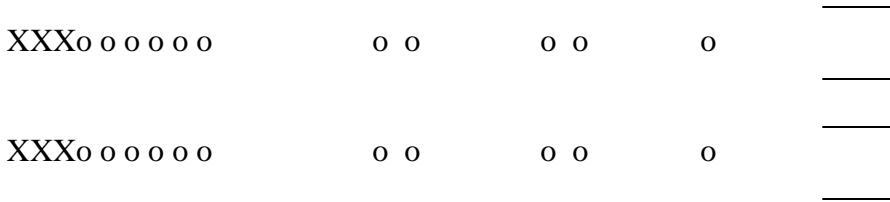
Setup: Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

Calls: Continue from week 2.

6 – Do a trick (scissors), 7 – Up in heaven (throw ball up and head it), 8 – Pass to a mate (find a partner and swap balls), 9 – Mine o’ mine (keep ball and kick everyone else’s out of the grid), 10 – Start again!

Tips: Have players call the number and instruction back to you.

Control: Alleys Alley 20-25mins



Aim: Get players to first make their way around the marker cones without a ball to get used to the idea of the alley.

When they have the hang of it players must dribble the ball around the slalom then shoot towards goal.

Technique: Close control around the slalom

Ball close to feet

Head up

Speed up when gap increases

Slow down and stop when reaching the next slalom

Get players to do different skills when reaching the two marker slalom

Skills: Rolling foot over the ball, side to side.

Progression: Make slalom markers closer together

Time limits / races

Give points for completing each section and scoring

SCRIMMAGE: 5-10mins

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Week 5

Theme: 3v1 to Shoot

Key: X = Player

o = Marker

20 = yards

→ = pass

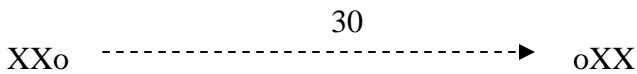
-----> = movement

Warm-Up: Lions Den 10-15mins

Setup: 20 x 20 grid, get players into pairs, pairs must find space in the grid and lie face down. Take one pair, one is the lion, one is the meat. The lion needs a pinny.

Aim: The meat must not get caught by the lion. To stop being the meat you can lay next to another pair and the player on the far side (not the middle player) will become the piece of meat. If caught the meat becomes the lion and the lion becomes the meat.

Running with the ball: Relays 5-10mins



Aim: Players must run the ball in relays

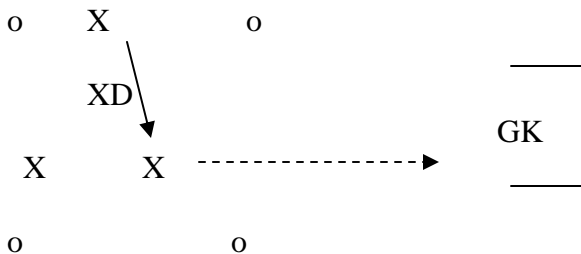
Technique: Different to dribbling

Use the outside of the foot to dribble the ball

Outside of the foot increases stride length

Head up

3v1 Running to Shoot 15-20mins



Aim: Players must play keep away from the defender (XD), when the opportunity arises to take the ball towards goal the players must move out of the grid and go to shoot on goal.

Technique: Passing technique

Open up the body

Create options

Running Technique

Shooting Technique

Progression: Have the defender chase down the striker.

Tip: Dependent on numbers set up another grid and goals facing the other direction, once a team has finished there run they can join the back of the queue on the next run.

SCRIMMAGE 5-10mins

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