



## U10 Session Planning

Category: Technical: Attacking and Defending Skills

Difficulty: Beginner

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### Circle Skill Work (10 mins)

#### Passing and Receiving

2/3rds of the players outside with a ball, 1/3rd inside without a ball. Inside players must run through coned square before finding open player to receive a pass from. return pass and run through cones again.

Skills: 1 touch passing, 2 touch passing, right foot, left foot, receive turn and dribble towards cones - turn and pass back, volleys, headers, chest control pass back.

Switch players every 2 minutes.

Outside players waiting for a player to pass to can complete skills: toe taps, rolls, pendulum, pullbacks

Progression: Inside players have ball, dribble through cones to pass to outside player without ball. Outside player now dribbles in and through cones looking for open outside players.

Coaching Points: Call for ball, change speed through cones.



### 2v1's (5 mins)

#### 2v1 to goal

Dribbling forward reading the defender. if they pressure the ball, release it to open teammate. If defender plays off, keep the ball and dribble past with speed.

If defender wins the ball have them dribble drive past the start line.



### 3v2's (5 mins)

#### 3v2 to goal

3 attackers going forward try to create 2v1 to simplify the attack, overlapping runs, cross face runs. Same concept as 2v1's, attract the defender to release the ball to open man.

Defenders try to create a 2v2 situation by positioning, if they win the ball pass through the gate or dribble past the start cones.



## Offense vs Defense (15 mins)

### Offense vs Defense

Work on how you want to attack and how you want to defend.

**Attacking principals:** Forward passing, forward runs supporting the ball. Numbers up = have more players than them in areas. Play outside to play inside.

**Defending principals:** Pressure the ball, help support man pressuring the ball, stay compact as a group. Defend ball side, goal side and try to keep the ball in front of you. Force attackers to go wide. Win the ball go forward right away to counter attack.



## Game (20 mins)

### Finish with a Game

4v4 5v5 6v6 depending on players showing up to training.  
Re-enforce practice coaching points.

