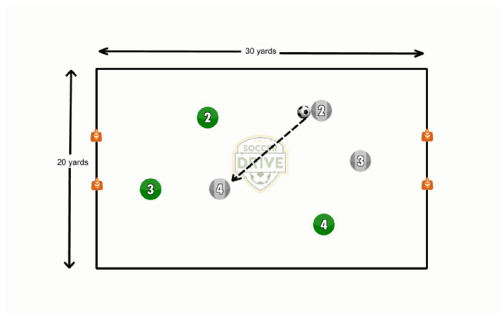




# SUPPORTING RUNS

AGE LEVEL: U10 TIME: 60 MINUTES



### 3 VS. 3 PLAY

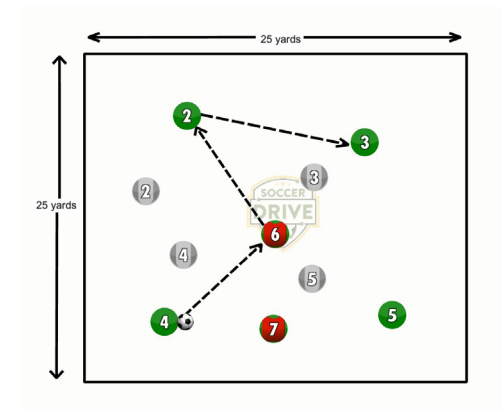
**TIME** 10 minutes

#### SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 3v3. Play three-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play. If you have less players, play 2v2 or 3v3.

#### COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



### 4 VS. 4 PLUS 2

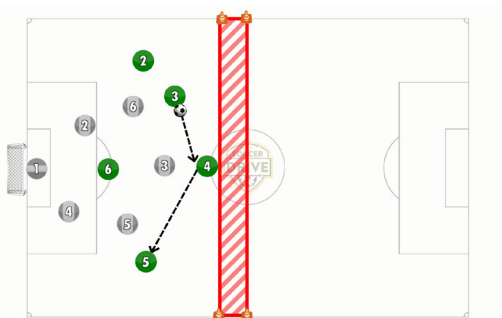
**TIME** 15 minutes

#### SETUP

- » Create a 25x25 yard grid (depending on numbers/ability). Play 4v4 with 2 players as neutral.
- » The neutral players are always on the team with the ball creating a 6v4 game at all times.
- » Team gets a point for every four successful passes they complete without losing the ball.
- » If ball goes out of bounds, pass count restarts from zero.
- » Can progress to a two touch restriction depending on the ability of players.
- » Play for 3 minutes, and restart game changing the neutrals.

#### COACHING POINTS

- » As soon as the ball is won, players off the ball need to get bigger on the field, and look around to find where open space is. The more space you can receive the ball in, the more time you will have to make a decision on what to do with it once you receive it.
- » Look over your shoulder, and open up your body to see all options available before receiving a pass.
- » Communication! Verbal and non-verbal are important to make sure you and your teammates are on the same page.
- » Speed of play. How fast can you play while still being in control? Make the opposition chase the ball!



### ONE GOAL + ENDZONE

**TIME** 15 minutes

#### SETUP

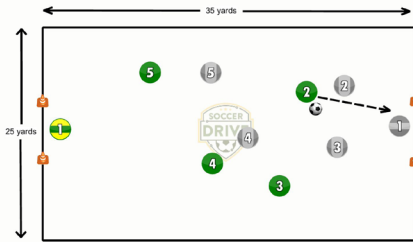
- » Split players into two teams playing 6v5. Team defending the large goal plays in a 2-3 (+gk) formation. Team attacking the big goal plays in a 3-2 formation.
- » Team attacking the large goal tries to score.
- » Team defending the large goal tries to dribble into the endzone.
- » All normal rules are in effect, including goalkicks and corners.
- » Ball restarts with coach if a goal is scored.

#### COACHING POINTS

- » Communication (verbal vs non-verbal).
- » Movement off the ball when ball is initially won.
- » Recognizing space away from defenders.
- » Looking over shoulder, and opening body before receiving ball.
- » Speed of play. Encourage your players to play and make decisions as fast as their technique will allow them.



# SUPPORTING RUNS



## 5 VS. 5 SCRIMMAGE

**TIME** 15 minutes

**SETUP**

- » Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- » Cones for goals are 5yds wide and use goalkeepers.

**COACHING POINTS**

- » None! Just sit back and let them play.
- » Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

## END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions.

- » Why is finding space away from defenders important? (because it gives you more time with the ball to make a decision before you get pressure).
- » Why is looking over your shoulder and opening your body important before receiving the ball? (so you can make decisions quicker on what to do with the ball next).
- » What are examples of verbal and non-verbal communication (Shouting for the ball vs. pointing where you want it/running into space).
- » Why should you play as fast as your able to with the ball (it causes the opposing team to react to what you're doing, and chase the ball).