

Williamson County Soccer Association
U9/U10

Ball Retrieval

Player in fours with one ball. Coach throws ball out and gives directions as to how they should return the ball. 4 passes, 2 passes each, 4 body parts, 8 passes, etc. Be Creative so all four players must work together.

Network

1 leader, 3 followers- the leader does different moves, turns etc. that the other 3 players must do. Switch after 30 seconds.



Boxes

4 Players in boxes 10x10 (each box in different color bibs)

All Players dribbling

Progression: Players switch balls on coach's direction

Progression: each player given a number- switches occur when the number the coach calls out decides to switch

Progression: coach calls out a number. That player leaves his ball and has to tag others in box on the knee (who is first to tag all players).

Progression: Same as above but the tagger now has to dribble ball

Progression: 1 player without ball. He tries to steal from any of the other three players

Players Play 3v1 in the box



Win the Ball (30x40 yards)

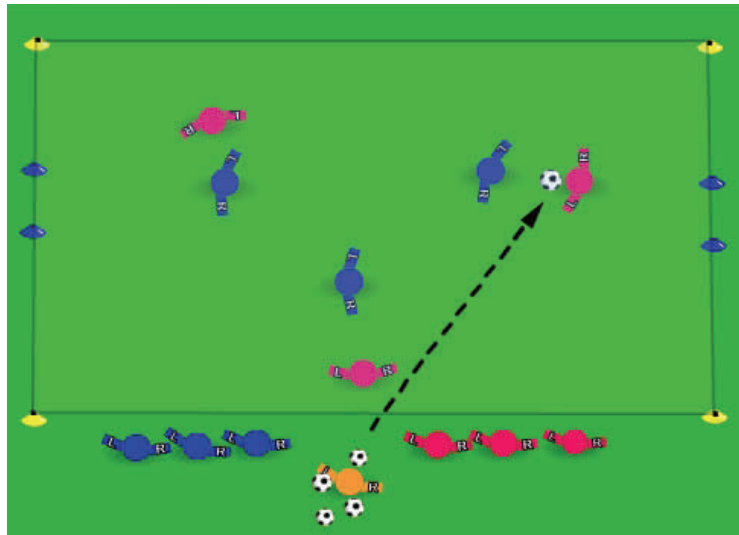
Play to coach

Players are separated into two teams
Each team lines up on the sideline with the coach and balls between them
A coach plays a ball into the grid and calls out a number (1-4). The corresponding number of players from each team enter the field and try to get the ball back to the coach (ie if the coach calls out 3, the first 3 players in line from both teams enter the field and play 3v3 until one team can play the coach).

If the ball goes out of bounds or is played to the coach, all players return to the back of the line for their team and the coach calls out another number

Play to goals

The same setup and rules as above with the exception of the teams are no longer looking to play the coach but now are looking to score on the goal on the opposite side of their team
Goals count only if they are scored knee height or below



FOCUS ON GROUPS OF 3-4

Scrimmage

Let the players play to goals