



ACADEMY



7 v 7

Coaching guide

Grassroots development

EDUCATE . CONNECT. INSPIRE

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BRAND PILLARS

The Revolution Academy is founded on three pillars that guide our direction, philosophy, vision and definition of success:

EDUCATE CONNECT INSPIRE

VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.

Coaching philosophy

**PLAYER
CENTERED**

**DEVELOPMENT
BASED**

**EXPERIENCE
DRIVEN**

LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational,** and **positive** experience.

U10 five HELPFUL TIPS

- 1** – U10 players enjoy competition so introduce points systems for exercise/games, clearly explain rules and challenge players through fun competitions.
- 2** – U10 players move to 7v7 on larger field so encourage players to spread out to support player with ball.
- 3** – U10 players should continue to master the ball with moves, creativity and technical guidance to foster the love for the game.
- 4** – U10 players attention span lengthens, and they begin to understand connected group concepts/tactics through small sided games and exercises.
- 5** – U10 players still learn best when observing so demonstrate, a picture paints a thousand words. Utilizing an occasional freeze moment in games can help to guide players with larger pictures.

ELEMENTS OF A GRASSROOTS SESSION

Organized

Reviews session plan, exercises are set up in advance and easy to transition between.

Game-Like

Exercises are game realistic and reflect the objective of the session.

Repetitions

Keeps players engaged by maximizing the appropriate number of repetitions.

Challenging

Manages the exercise to find the right balance between too easy and too difficult.

**CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE
UTILIZING THE COACHING TOOLKIT**

Coaching

Communicates clear and concise coaching points using a variety of methods from toolkit

Enthusiasm

Demonstrates positive energy and enthusiasm with players.

U10 TRAINING

U10 "The Start of Us"

- ✓ Develop a passion for the game.
- ✓ Improve comfort with the ball.
- ✓ Improve relationship with teammates.
- ✓ Improve confidence to win the ball.
- ✓ Learn the functions of attacking, defending and transition.

Training B.L.O.C.K.S.

Bed-In the skill of the day.

Learn the new technical tools to enhance the skill.

Orientate the skill within the game.

Challenge the skill with a specific problem.

Knowledge Check for in-game knowledge of the skill.

Solve Can the players solve the problem.



ACADEMY

U10 - SESSION TOPICS & OBJECTIVES

- 1** **Topic** **Dribbling to gain space**
Objective Improve how to accelerate with the ball

- 2** **Topic** **Escaping pressure to keep the ball.**
Objective Improve basic escape moves

- 3** **Topic** **Shooting to score goals**
Objective Improve how to strike the ball in the corners

- 4** **Topic** **Defending to win the ball back**
Objective Improve how to pressure the ball

- 5** **Topic** **Passing to advance the ball forward**
Objective Learn how to pass to feet or space

- 6** **Topic** **Receiving the ball to keep possession**
Objective Learn how to scan and shield the ball while receiving

- 7** **Topic** **Combination play with a teammate**
Objective Learn how to combine 1-2 with a teammate

- 8** **Topic** **Shooting to score goals**
Objective Learn how to shoot low and with the correct foot

- 9** **Topic** **Challenging to win the ball back**
Objective Learn how to stick with an opponent and be strong

- 10** **Topic** **Dribbling to protect the ball**
Objective Learn how to shield, scan, and use the correct foot

Week 1 Dribbling to gain space

OBJECTIVE | Improve how to accelerate with the ball

COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space and teammate
3. Dribble into open space

GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?


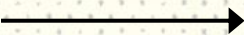
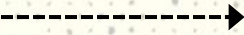
KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

Dribbling

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces;
Block 3: Accelerate, Ready Position



7v7

Play to develop passion

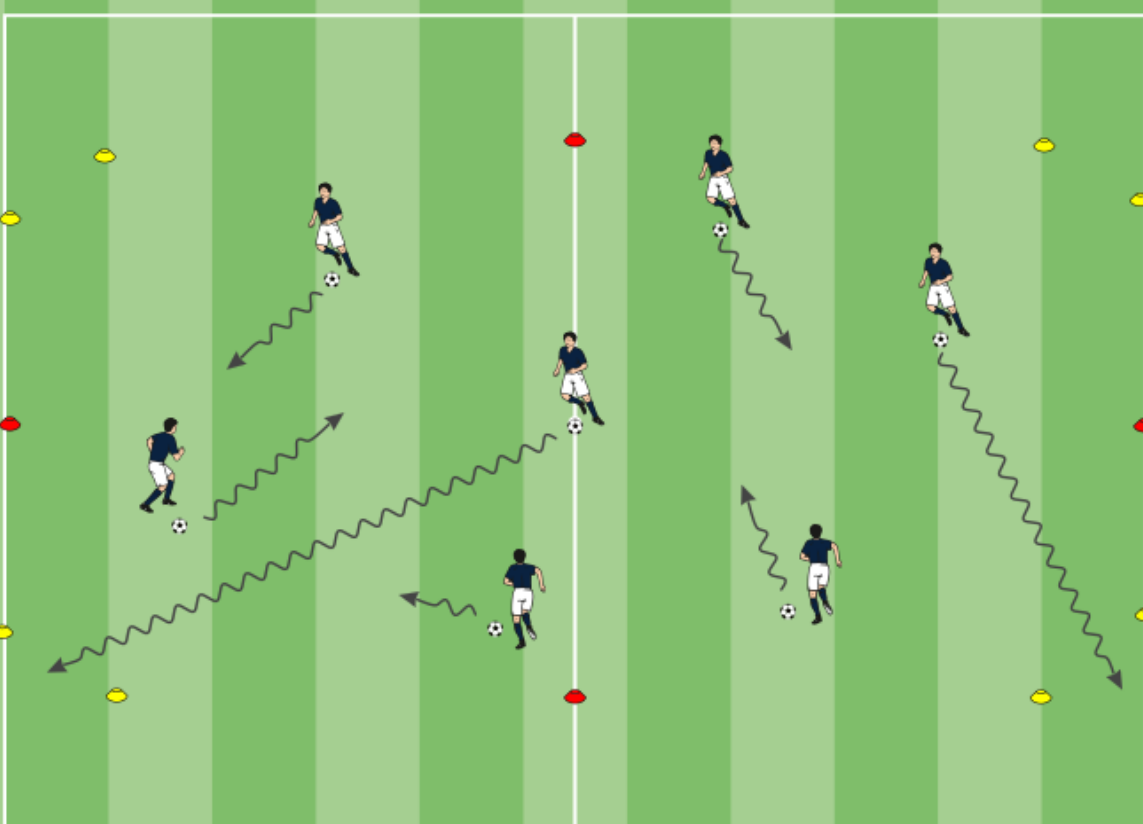
The start of us

Learn the functions of attacking, defending and transition as a team

Dribbling
Block 3

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30-yard area.

DESCRIPTION

All players start with a ball each dribbling and working on technique, changing speed and 1v1 moves in open space. Players should perform 1v1 move (fake and take, scissors) and then drive to dribble to open yellow gate by changing speed

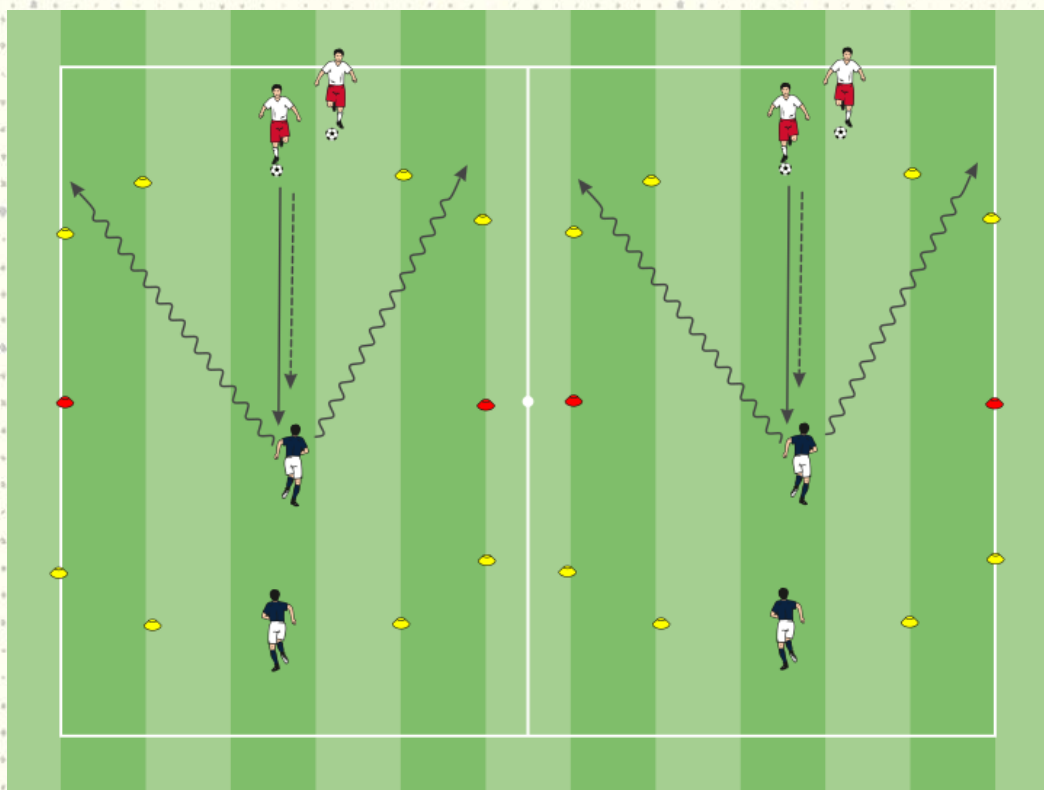
MORE CHALLENGING

Add defender/s who can steal ball, if you lose ball steal another player's ball.

Week 1 Dribbling to gain space

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

10 x 15-yard space x 2 grids

DESCRIPTION

Play 1v1 to multiple target gates. Defender passes ball to attacker to start the game.

SCORING

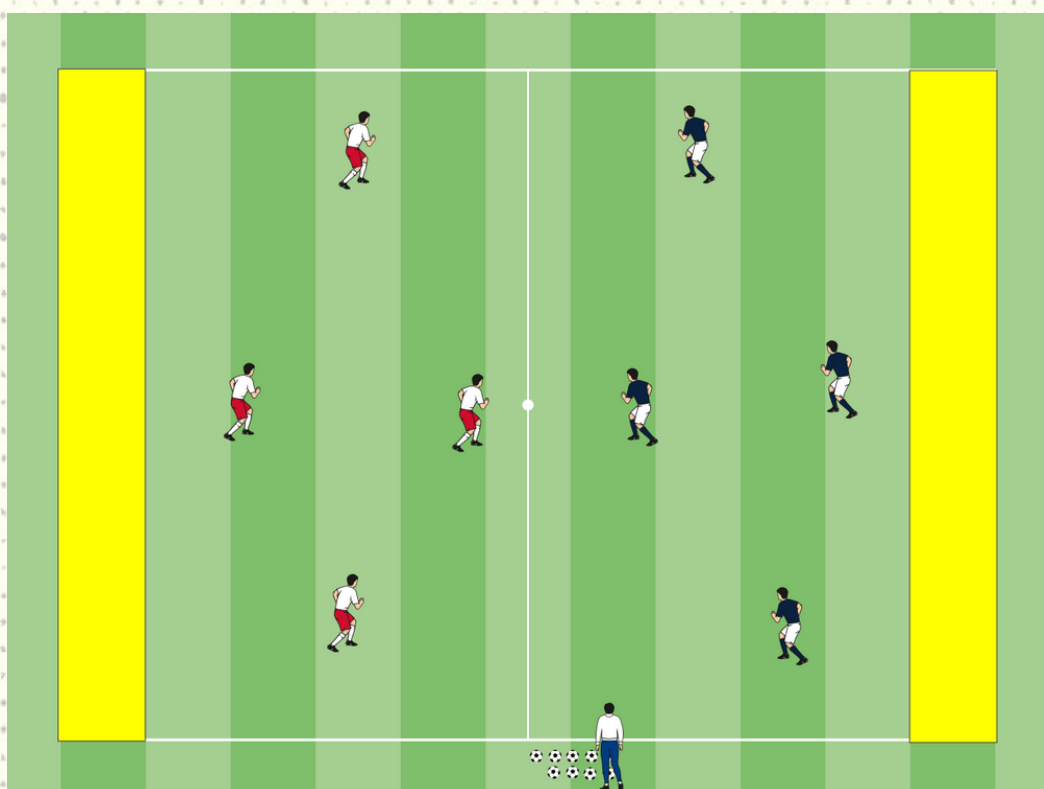
Dribble through a gate for one point. Defender scores if they steal the ball and score on opposite gates

MORE CHALLENGING

Play 2v2. Play to a goal and score point for beating defender and scoring.

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 30 yards, 5 yard end zone.

DESCRIPTION

Play 4v4 with end zones. Team in possession attempt to dribble into opponents end zone for a point. If ball goes out of play coach passes new ball in. Encourage players to look up and dribble into open space.

SCORING

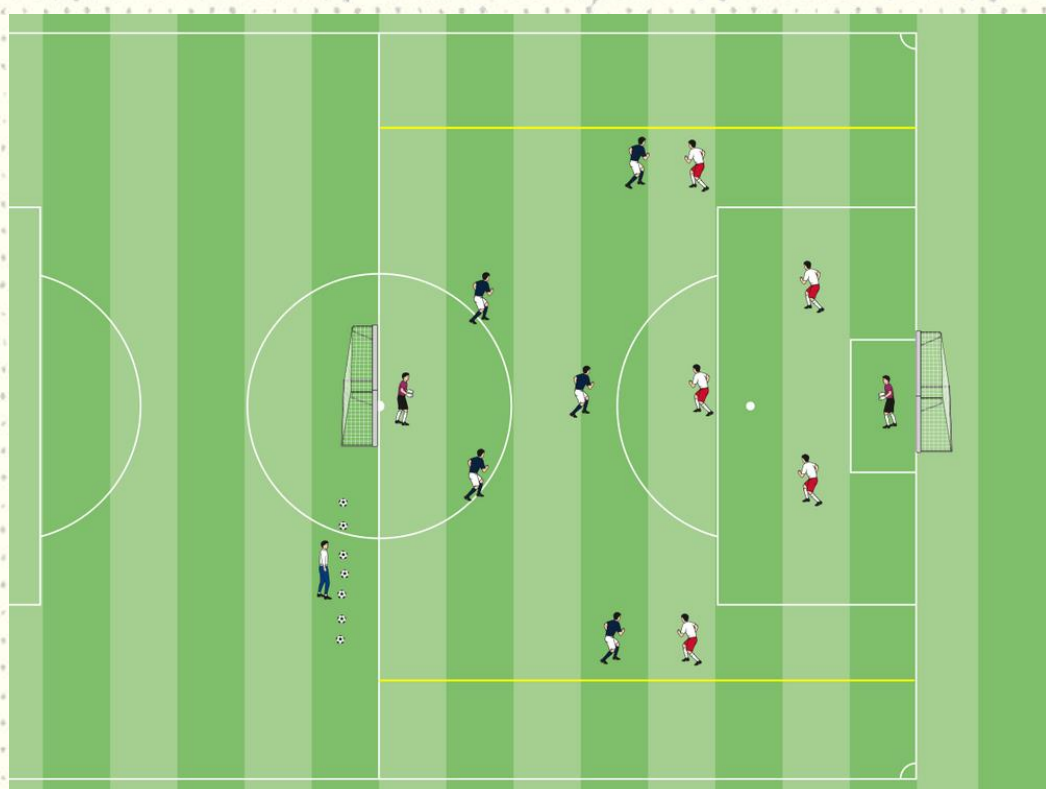
Dribble into endzone for a point.

MORE CHALLENGING

Add goal/s to score in.

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field

DESCRIPTION

Play 5v5 to 7v7 game based on numbers. Encourage players to find open space by scanning. .

SCORING

One point for a goal.

MORE CHALLENGING

Make field smaller

Week 2 Escaping pressure to keep the ball

OBJECTIVE | Improve basic escape moves

COACHING POINTS

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

GUIDED QUESTIONS

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move? Why?




KEY WORDS

Protect, Drive, Take Space, Pick head up

PLAYER ACTIONS

Escape Pressure

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Shield; **Block 2:** Accelerate, Basic Escape Moves;
Block 3: Scan, Correct Foot



7v7

Play to develop passion

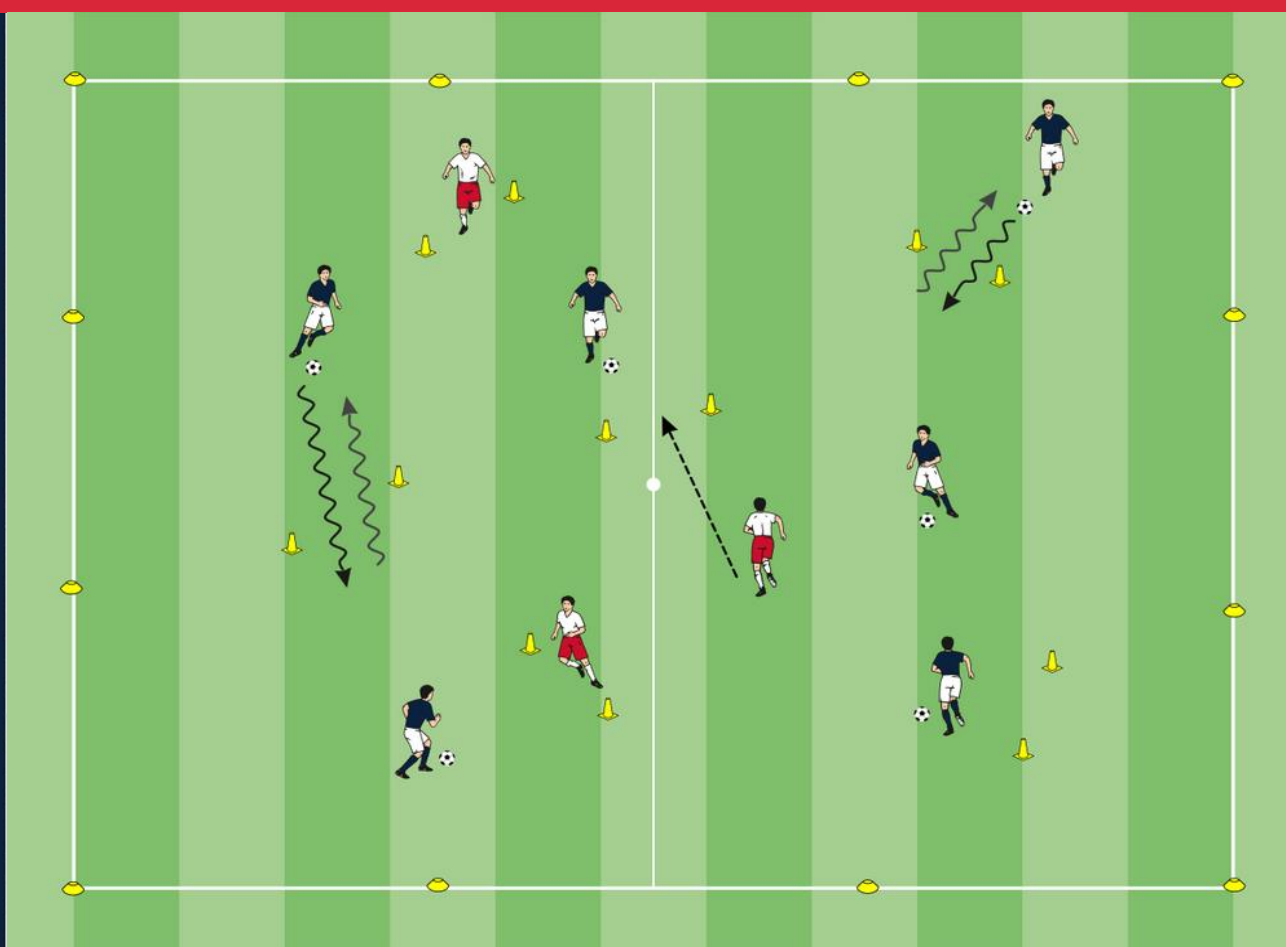
The start of us

Learn the functions of attacking, defending and transition as a team

Escape Pressure
Block 2

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30-yard area.

DESCRIPTION

Players dribble through gates performing different 1v1 escape moves and change of directions (pull back, inside cut, outside cut)

SCORING

How many gates can you complete in one minute?

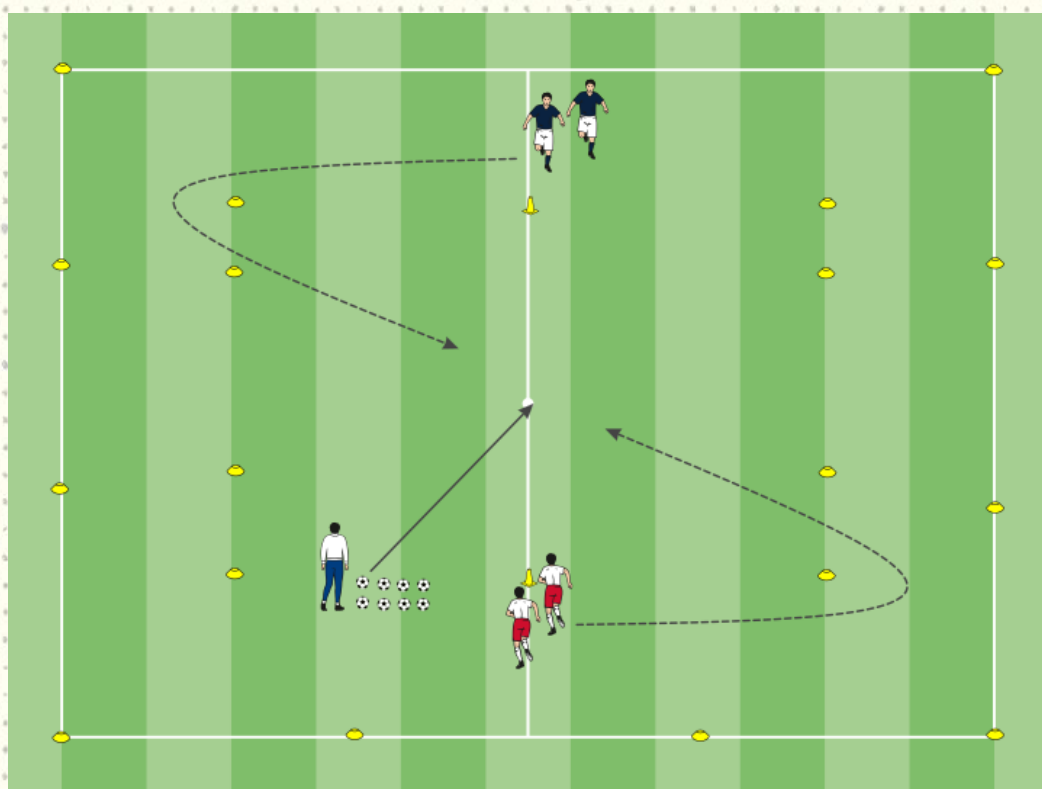
MORE CHALLENGING

Add defenders who can steal ball, 10 sole taps to get back into game.

Week 2 Escaping pressure to keep the ball

PHASE 2 – Activity 1 | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

16 x 12 yard area with 4 gates

DESCRIPTION

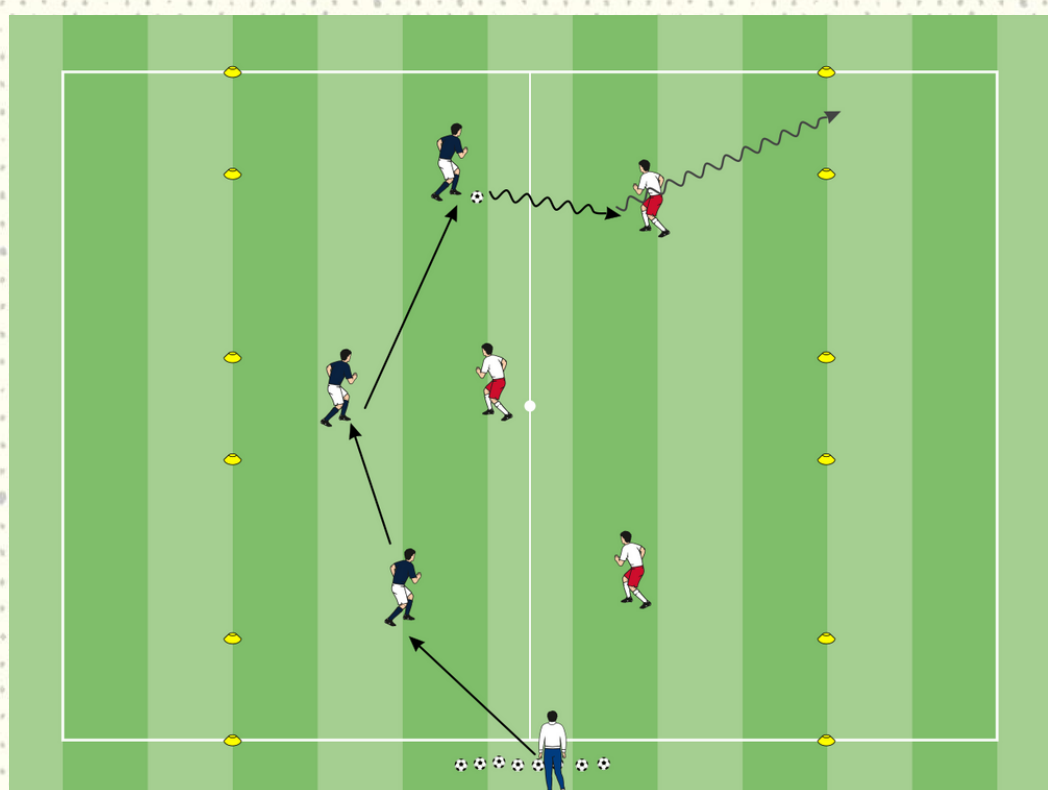
The ball starts in the middle. On the coach's command, players sprint around the gate and into the grid, coach passes ball in and both players try to score by dribbling through the opposing players gates. Use a change of direction move to lose defender. Progress to being able to score in all 4 gates.

MORE CHALLENGING

Play 2v2

PHASE 3 – Activity 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 15-yard area with 3 gates on each end line.

DESCRIPTION

Play 3v3 game encouraging player on the ball to find one of the open gates.

SCORING

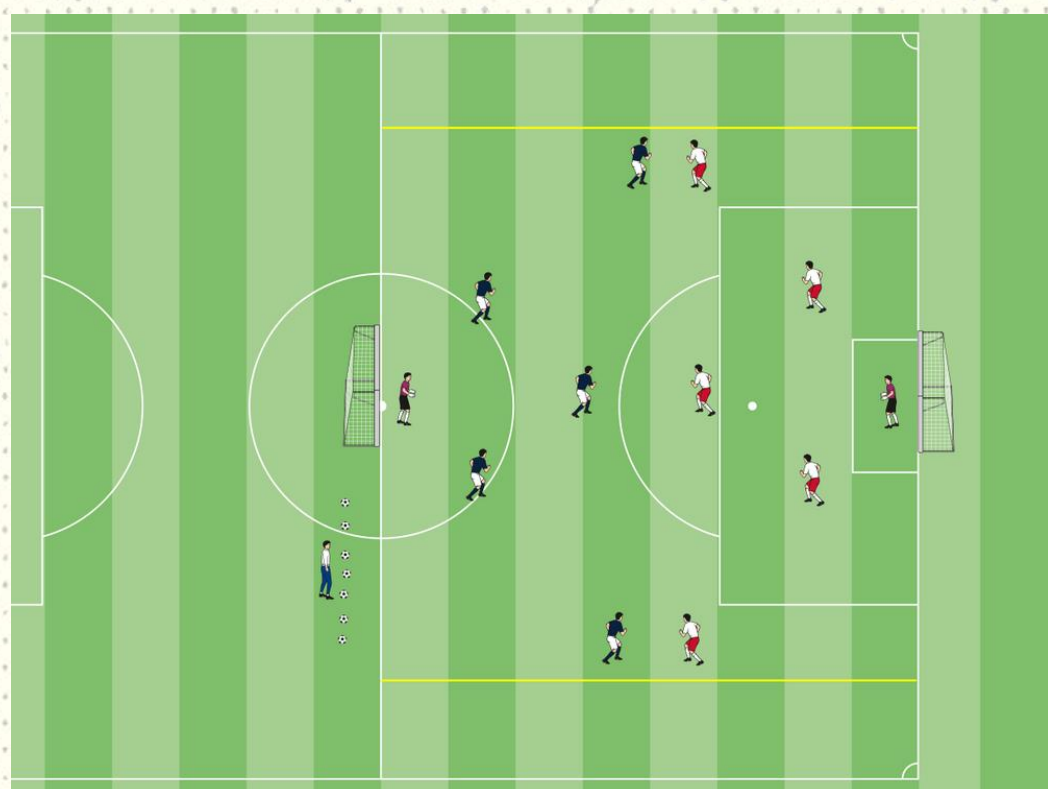
Dribble through a gate for 1 point. If a team score quickly pass in a new ball for opposite team.

MORE CHALLENGING

Make the space smaller, Play 4v4

PHASE 4 – GAME | 20 MINS

8 MINUTES PLAY | 3 MINUTE REST



AREA

Half Field

DESCRIPTION

Play 5v5 to 7v7 game based on numbers. Encourage players to use escape moves to find and exploit space.

SCORING

One point for a goal.

MORE CHALLENGING

Make field smaller

Week 3 Shooting to score goals

OBJECTIVE | Improve how to strike the ball in the corners

COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?




KEY WORDS

Hit it hard, Make the keeper work, Be confident

PLAYER ACTIONS

Shooting

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Kick the ball to the goal; **Block 2:** Organize feet, Find corners **Block 3:** Strike low, Correct foot



7v7

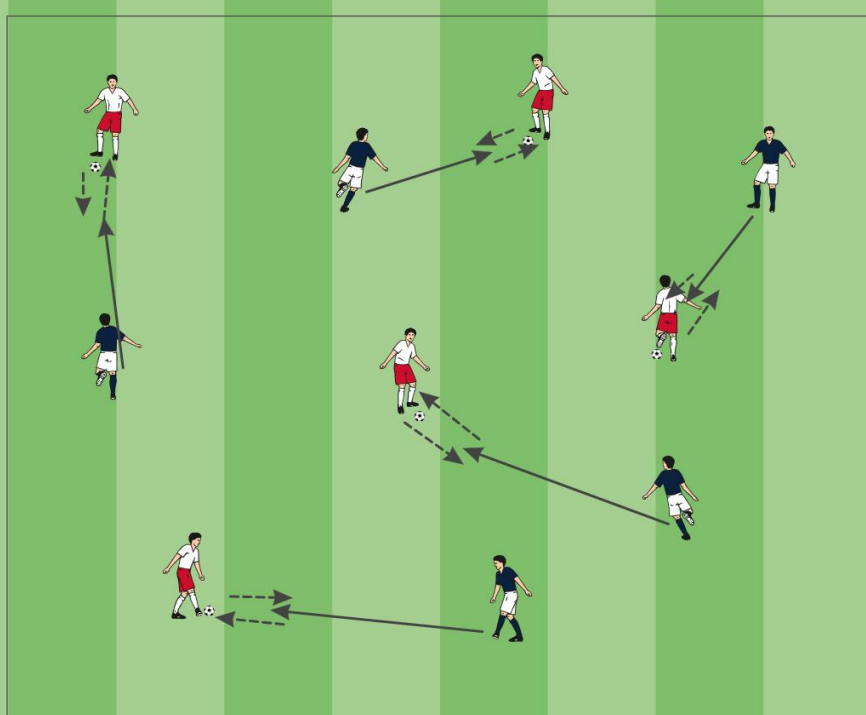
Play to develop passion

The start of us

Learn the functions of attacking, defending and transition as a team

Shooting
Block 2

PHASE 1 – WARM UP | 15 MINS



3 MINUTES PLAY | 1 MINUTE REST

AREA

20 x 25-yard area

DESCRIPTION

Players dribble then pass to partner with different striking technique e.g. inside foot, laces, volley, curled shot.

SCORING

Pair who can complete the most in one minute win.

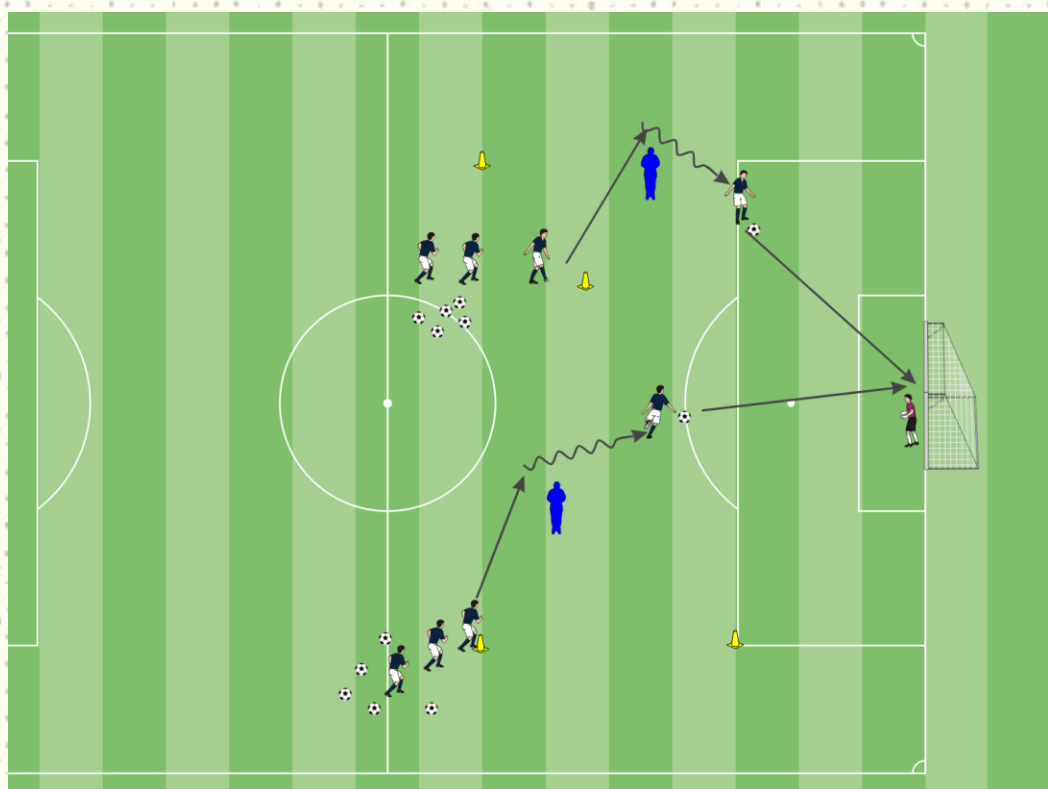
MORE CHALLENGING

Lengthen the distance of passes required.

Week 3 Shooting to score goals

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

Two sets of shooting routines left and right of goal. Adjust distance from goal based on level of players.

DESCRIPTION

Players receive a pass and score. Vary the start point of passing players and the shooting player to change angles/distance and finishing technique required.

SCORING

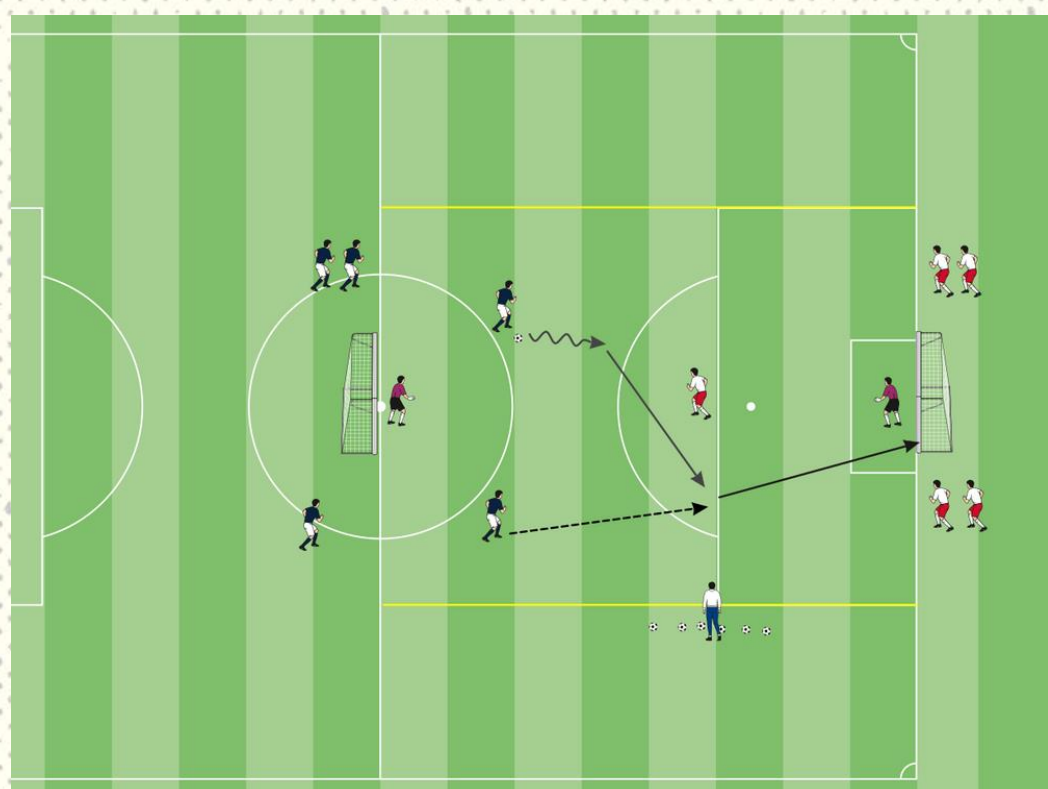
Left VS Right. First to 10 goals wins. Swap sides.

MORE CHALLENGING

Add goalkeeper or progress to one touch finish.

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

25 x 35 yards

DESCRIPTION

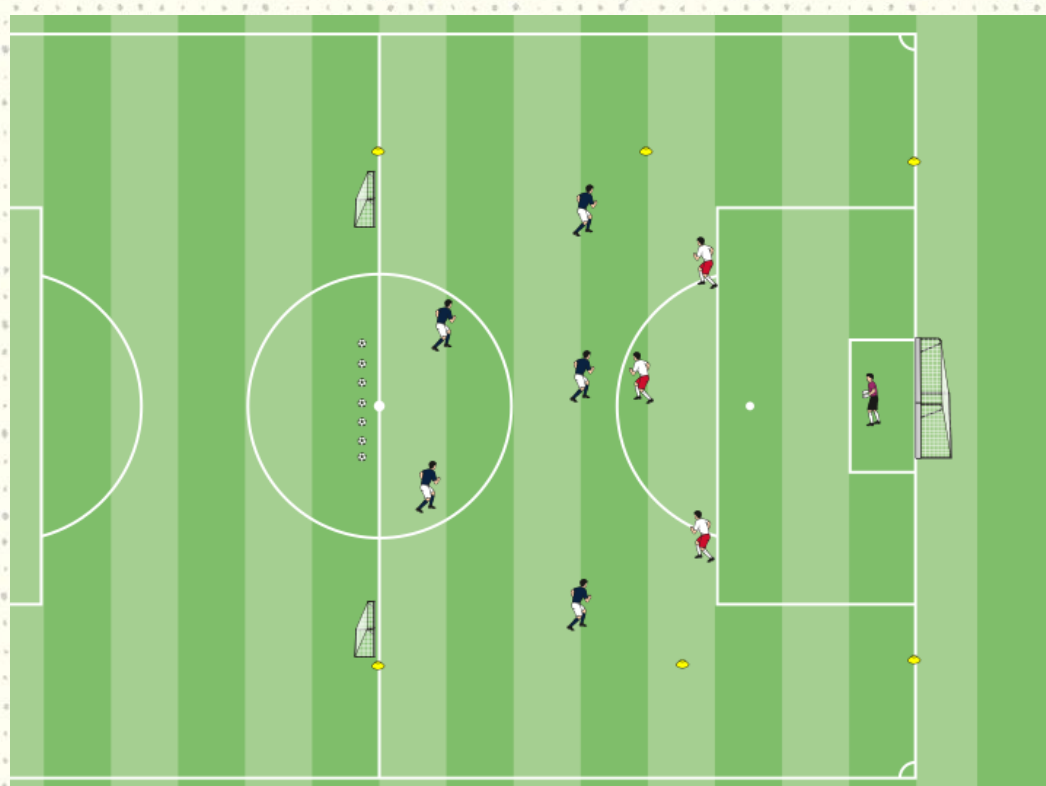
2v1 to start, blue dribbles in 2v1 to goal encouraging player with ball to look for opening with a dribble or pass based on the defender. If blue scores OR ball goes out, coach passes to red defender who goes 1v0 to goal other direction. If red wins ball, attack opposite goal. Switch red and blue.

MORE CHALLENGING

2v2, 3v2

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half field game with narrow sidelines with cones.

DESCRIPTION

Play 5v4 to goal encouraging the attacking team (blue) to create and take chances in the attacking 1/3 of the field. Ball starts with blue team.

SCORING

One point for a goal. One point for defending team scoring on mini goals.

MORE CHALLENGING

Make field smaller

Week 4 Defending to win the ball back

OBJECTIVE | Improve how to pressure the ball

COACHING POINTS

1. Start fast, end slow, shorten strides.
2. Start tall, end small, balance low to the ground.
3. Approach on an angle to force play inside or outside.

GUIDED QUESTIONS

1. How fast should we approach the ball?
2. What should our body shape look like as we approach?
3. How close should we get before trying to win the ball?


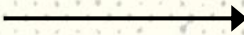

KEY WORDS

Get close, Be strong, Communicate

PLAYER ACTIONS

Pressure

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Run to the ball;

Block 2: Approach run, Slow in, Slow out



7v7

Play to develop passion

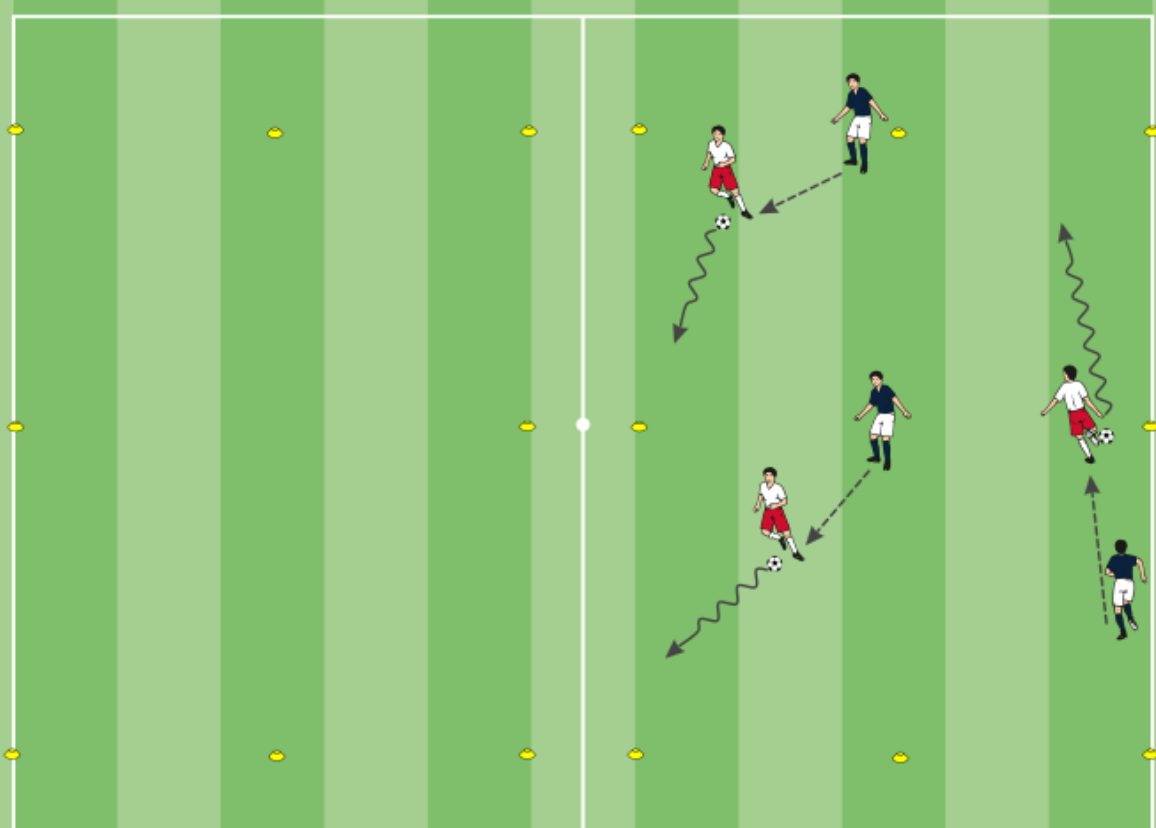
The start of us

Learn the functions of attacking, defending and transition as a team

Pressure
Block 1

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15-yard area (set up 2nd area for next phase)

DESCRIPTION

Defenders “follow” their partner without stealing the ball. Stay as tight as possible. Challenge players to move feet, get close and get low.

SCORING

When coach shouts freeze, defenders who can reach their partner in 3 steps or less win.

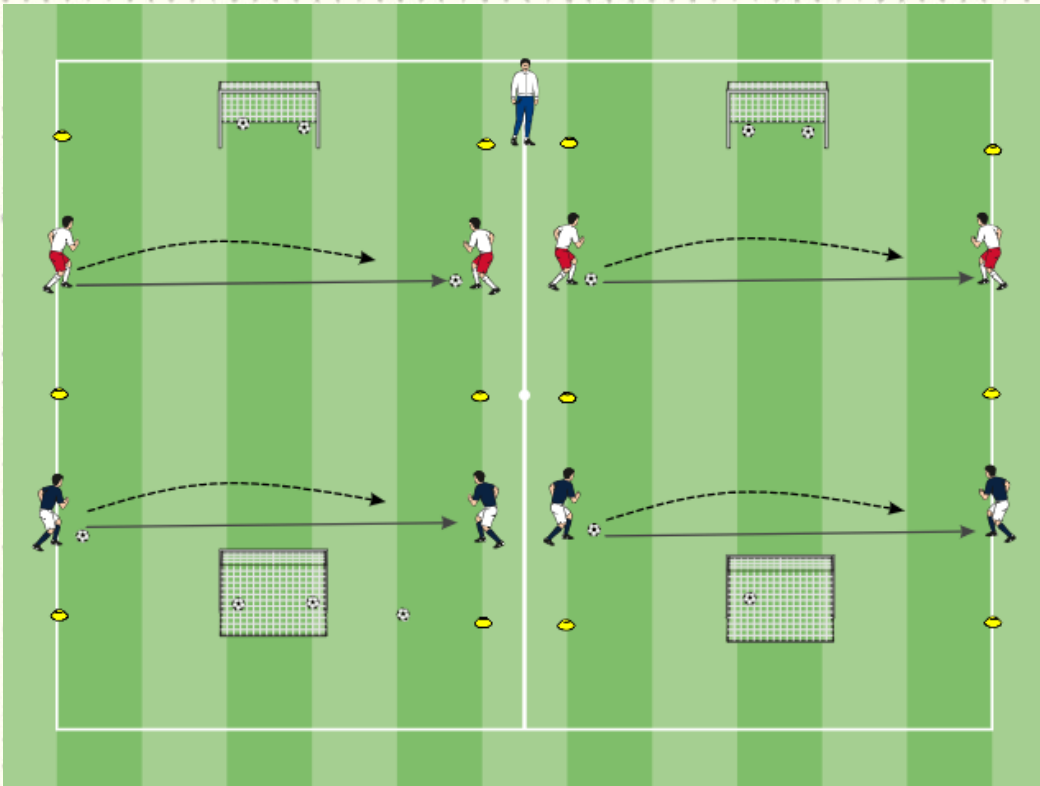
MORE CHALLENGING

Play in both 20x15 yard areas making space larger

Week 4 Defending to win the ball back

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

Lanes 15 x 10 yards

DESCRIPTION

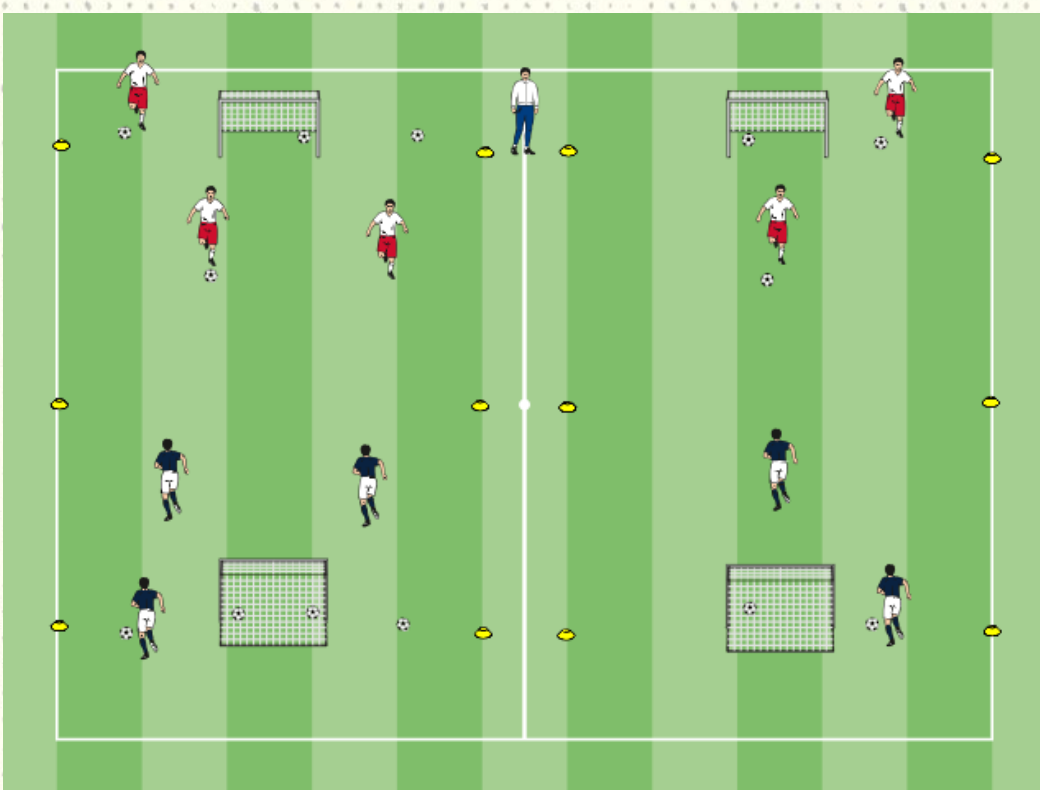
Begin by passing in twos. Now one player stops (squish) ball after 2-3 passes. Their partner now presses to touch ball with toe. Fast to slow, tall to small. Progress to passing across and practicing pressing to halfway across field then going 1v1opposed.

MORE CHALLENGING

Playing 1v1 to dribble over end line for a point.

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

18 x 12 yard fields (adjust for 2v2)

DESCRIPTION

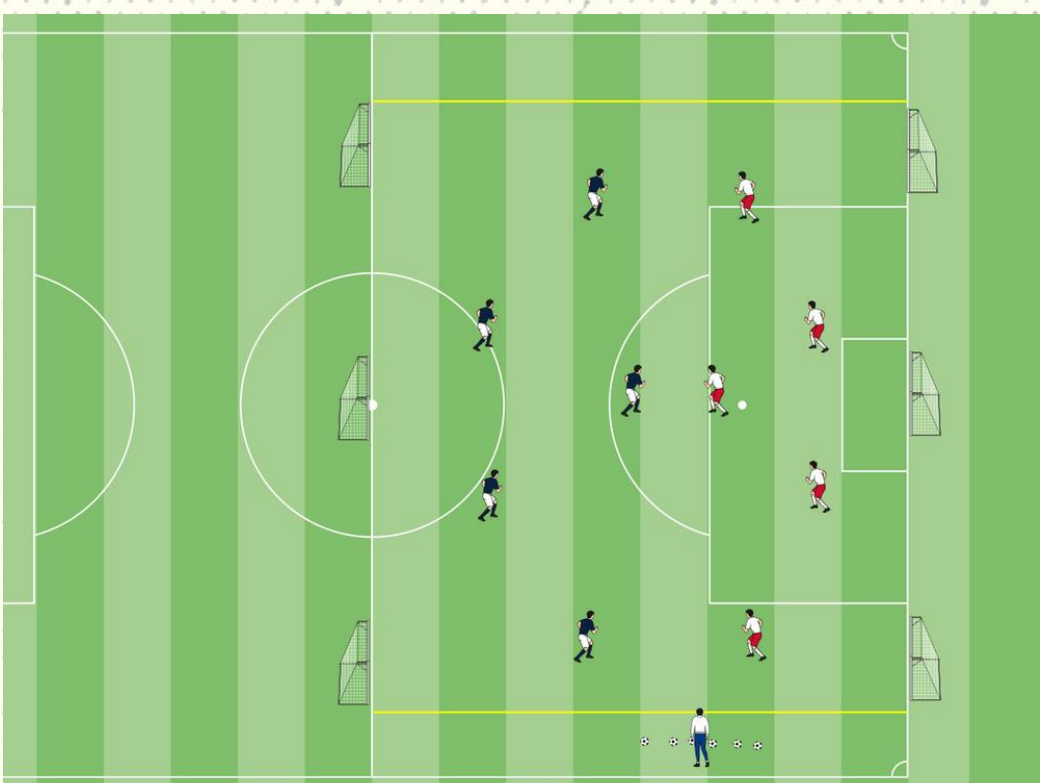
Begin with 1v1 games starting with blue team every time. As soon as goal is scored OR ball goes out of play, new red plays new blue, switch starting team after 2 minutes. Emphasis on 1v1 defending and focus on the defender actions. Short rounds, lots of quick defending.

MORE CHALLENGING

Progress to 2v2 or 2v1 for advanced defenders.

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

40 x 45 yards (adjust based on numbers)

DESCRIPTION

6 goal (gates) game. Working on defending team's pressure and cover defending. Finish with a full game to two goals.

SCORING

One point for each goal scored on a mini goal

MORE CHALLENGING

Make field bigger.

Week 5 Passing to advance the ball forward

OBJECTIVE | Learn how to pass to feet or space

COACHING POINTS

1. Make eye contact with the receiver
2. Balanced when making contact with the ball
3. Lock ankle, high toe/heavy heel

GUIDED QUESTIONS

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?


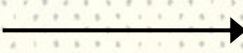
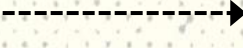
KEY WORDS

Find feet, Relax and be balanced, find the runner

PLAYER ACTIONS

Passing

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Find a teammate; **Block 2:** Pass to feet, Pass to space; **Block 3:** Possess, Progress, Penetrate



7v7

Play to develop passion

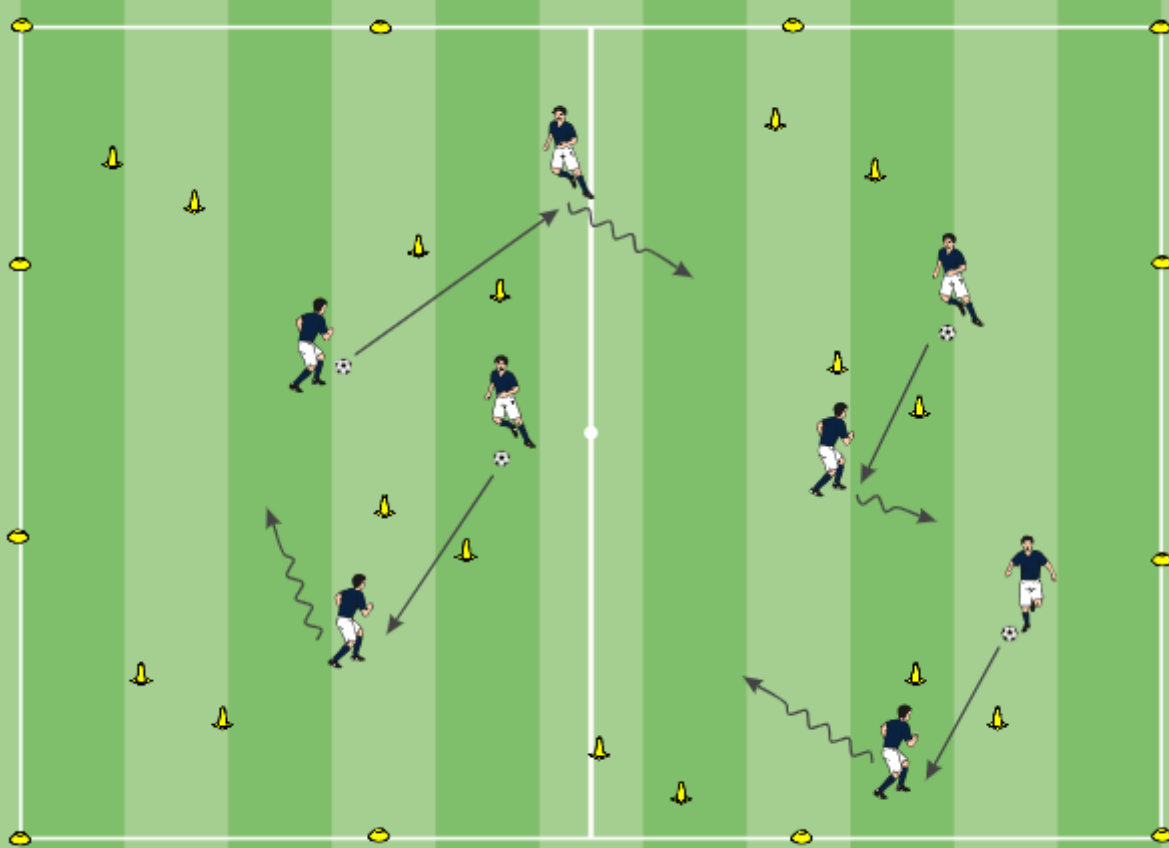
The start of us

Learn the functions of attacking, defending and transition as a team

Passing
Block 2

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

30 x 20-yard area.

DESCRIPTION

Players begin working in pairs passing ball through gates working on passing technique. After 5 passes one player dribbles ball to new gate, partner follows and repeat.

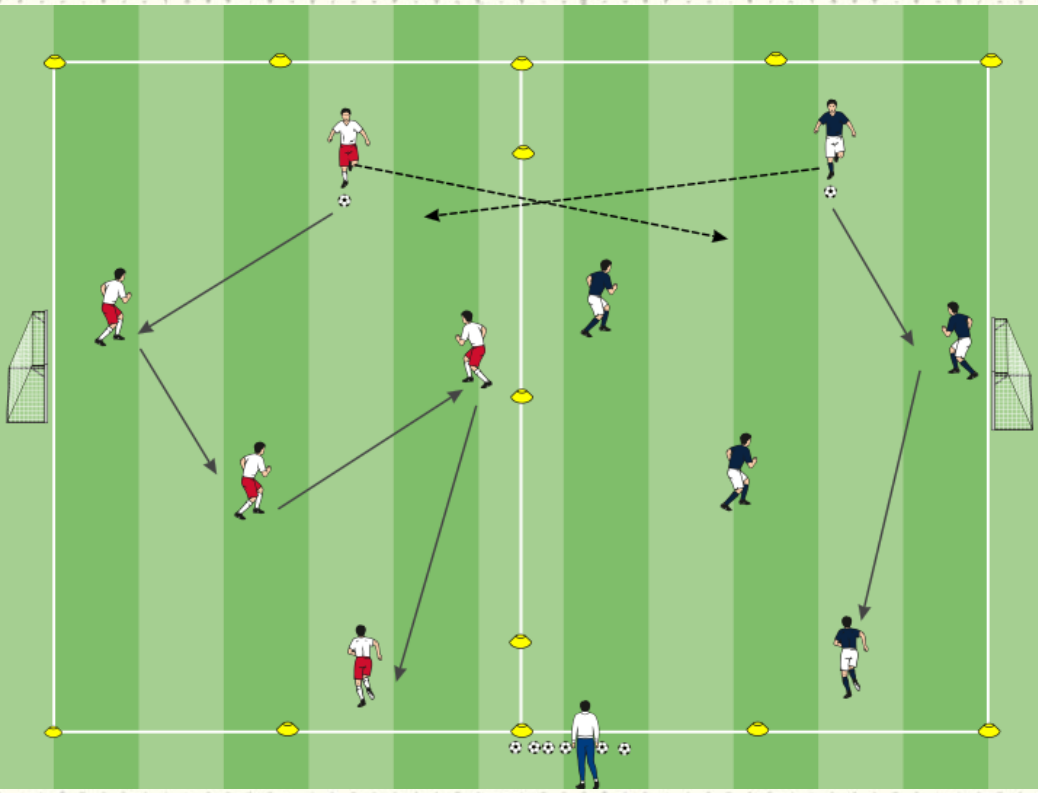
MORE CHALLENGING

Make gates smaller.
Add defender/s

Week 5 Passing to advance the ball forward

PHASE 2 – ACTIVITY 1 | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

30 x 20 yards.

DESCRIPTION

Part 1 - Two teams pass and move (run around a yellow can after passing to encourage movement)

Part 2 – Now players pass and move, when coach calls a number, that player goes to the opponent side and tries to steal the ball. Which team can keep ball longest?

SCORING

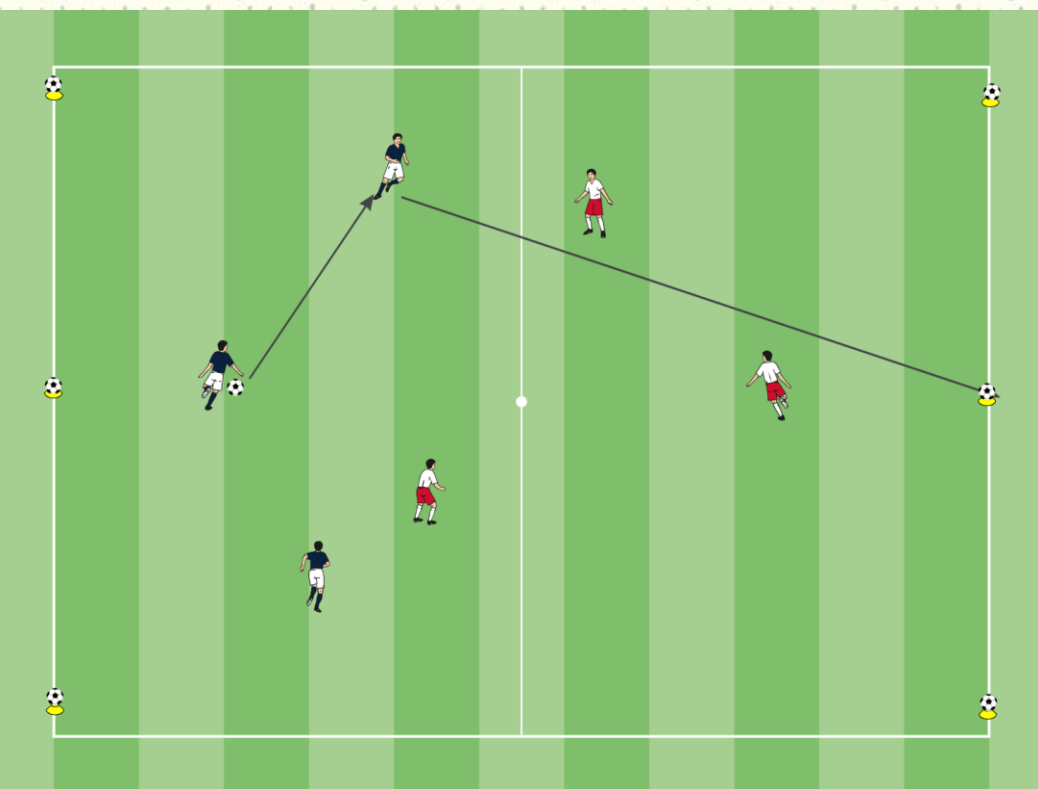
Team that keeps ball longest gets a point Defender steals the ball to score in mini goals for a point.

MORE CHALLENGING

Send more than one defender.

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

30 x 20 yards.

DESCRIPTION

3v3 game with balls on cones as a target. Play 3v2 or numbers down to make less challenging. Coach plays in new ball if ball goes out of play.

SCORING

Pass the ball accurately forward to knock a target ball down to score.

MORE CHALLENGING

Move the target balls further away from the end of the field.

PHASE 4 – GAME | 20 MINS

8 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field Game

DESCRIPTION

Play 5v5 to 7v7 game based on numbers. Encourage players to pass the ball to advance either to feet or into space.

SCORING

Score on large goals..

MORE CHALLENGING

Make field smaller

Week 6 Receiving the ball to keep possession

OBJECTIVE | Learn how to scan and shield the ball while receiving

COACHING POINTS

1. Show for the ball, move to the ball
2. Lock ankle and keep the ball close
3. Check shoulder to sense pressure and space

GUIDED QUESTIONS

1. Where's the pressure coming from? How do you know?
2. How can we keep the ball close with our first touch?
3. Which foot do I want to receive the ball with? Why?



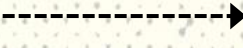
KEY WORDS

Tight touch, Scan, Move to the ball

PLAYER ACTIONS

Receiving

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Ready position, Scan; **Block 3:** Correct foot, Shield. **Block 4:** Add variations



7v7

Play to develop passion

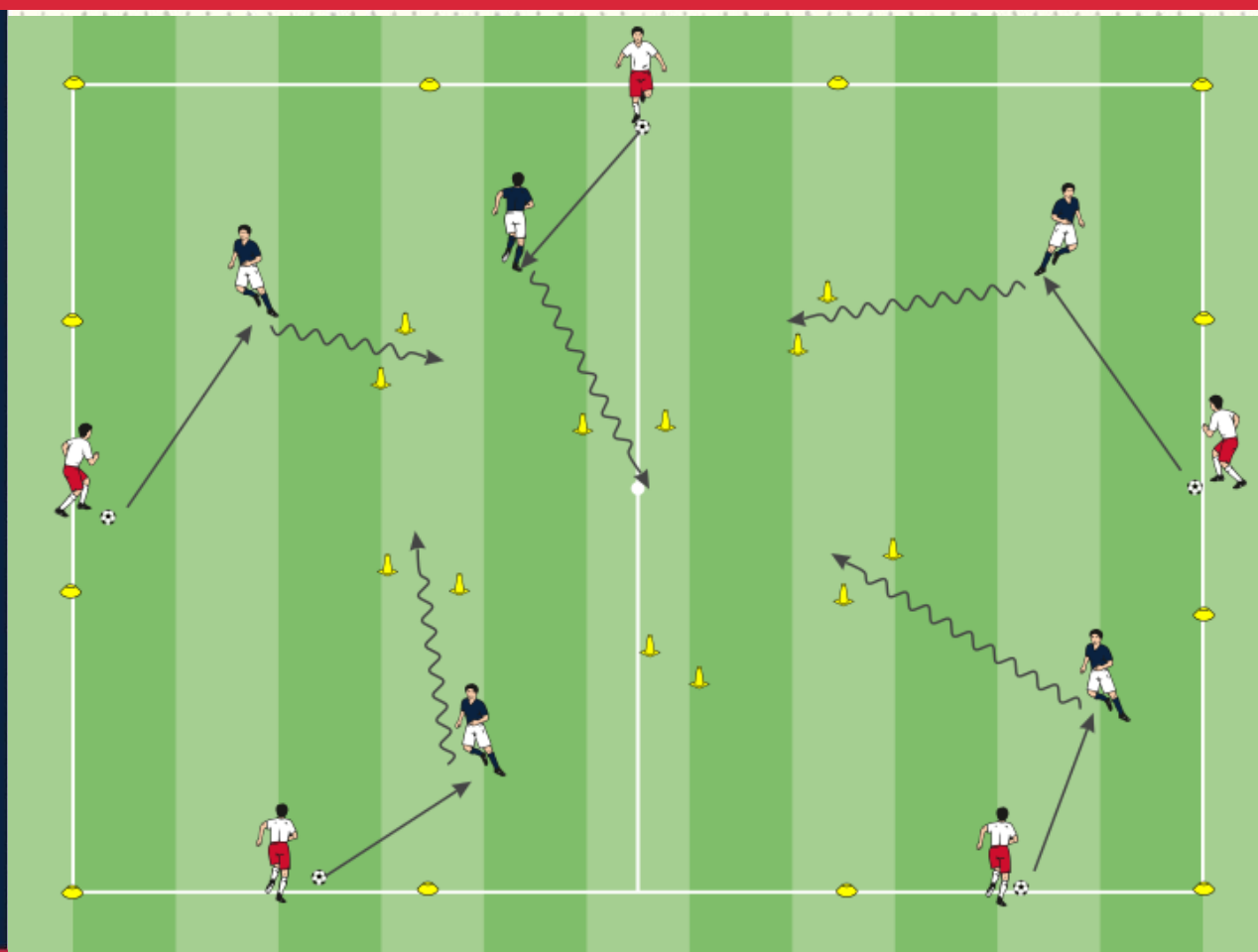
The start of us

Learn the functions of attacking, defending and transition as a team

Receiving
Block 3

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30-yard area.

DESCRIPTION

Central players (blue) receive a pass from outside (red) receiving ball and dribbling through a gate then pass to a new blue player and repeat.

SCORING

Player who can receive and dribble through most gates in one-minute wins.

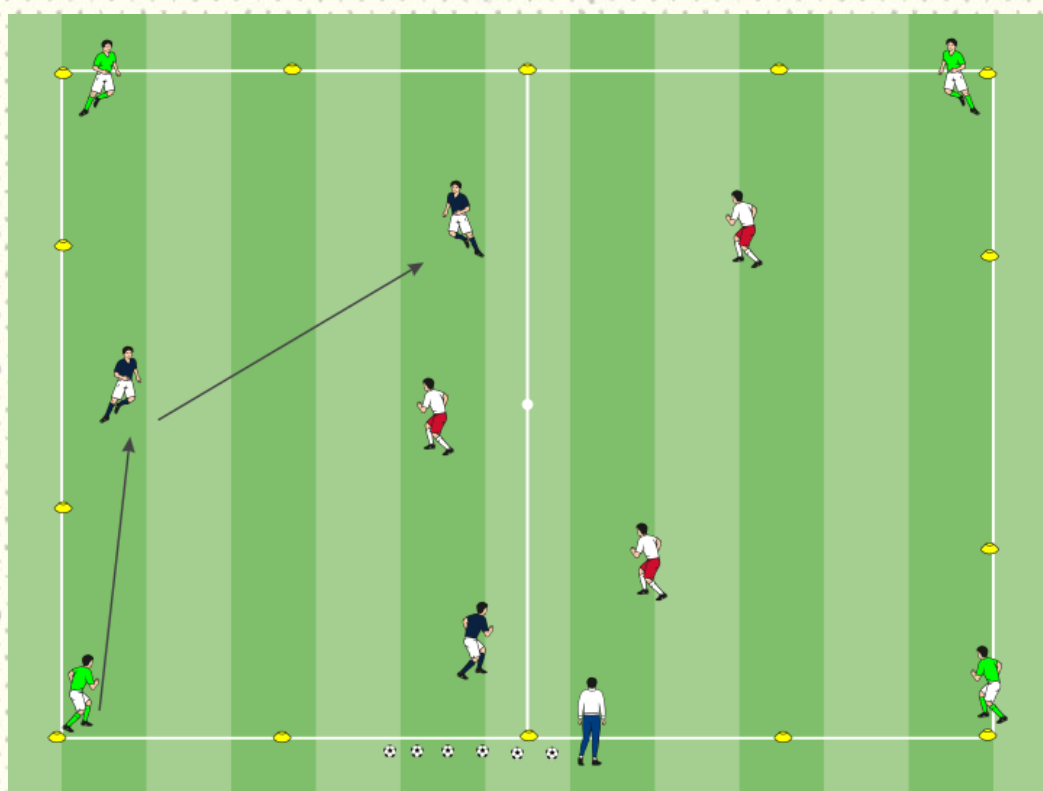
MORE CHALLENGING

Add defender/s who attempt to steal ball from players receiving.

Week 6 Receiving the ball to keep possession

PHASE 2 – Activity 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

30 x 20-yard field (adjust based on numbers)

DESCRIPTION

3v3 / 4v4 with Targets (green) on the outside that play for team with the ball staying in corners but making game 7v3. Team in possession try to keep ball and pass to any of 4 targets who pass back.

SCORING

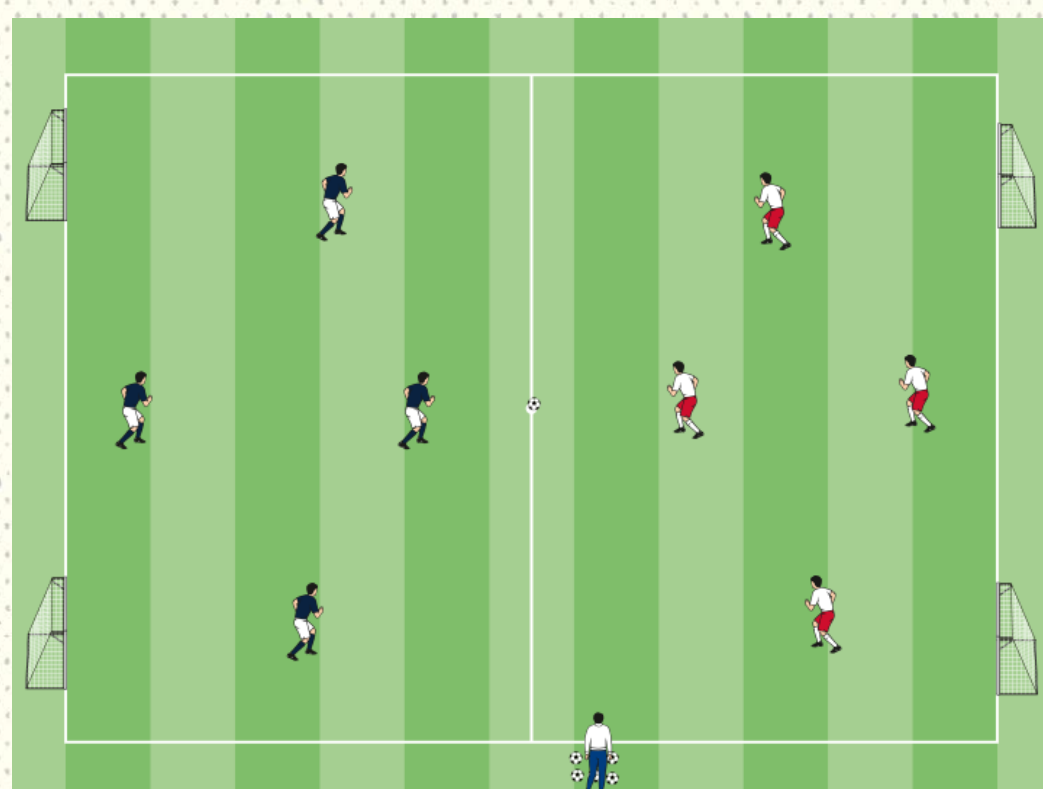
Pass to a target for a point.

MORE CHALLENGING

Limit targets to two touch. Can't play same target

PHASE 3 – Activity 3 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

35 x 25-yard field (adjust based on numbers)

DESCRIPTION

4v4 with four goals. Team in possession scores on either of the two goals. Encourage team in possession to spread out, scan to look forward and play with purposeful first touch.

SCORING

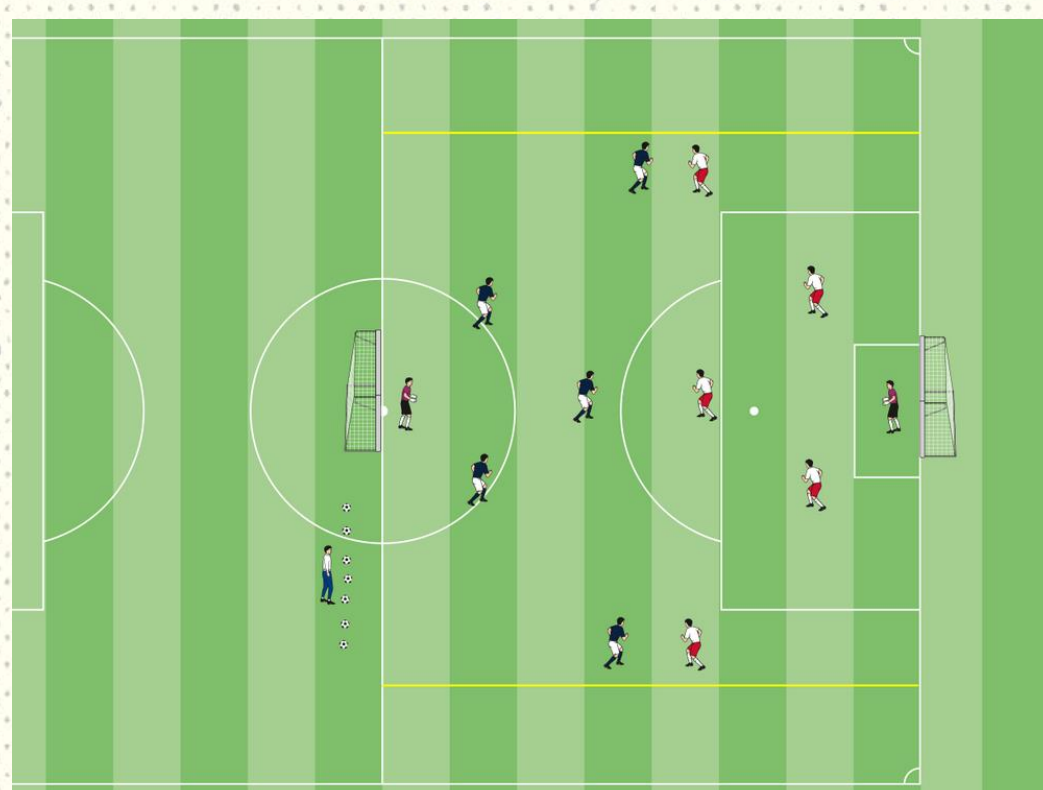
Score on mini goal for a point.

MORE CHALLENGING

Play 5v5, 6v6.

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field Game

DESCRIPTION

Play 5v5 to 7v7 game based on numbers.

SCORING

One point for a goal.

MORE CHALLENGING

Make field smaller

Week 7 Combination play with a teammate

OBJECTIVE | Learn how to combine 1-2 with a teammate

COACHING POINTS

1. Show for the ball
2. Firm pass, soft set back to the passer
3. Communicate

GUIDED QUESTIONS

1. When is it a good time to combine?
2. What does a good set back to the passer look like?
3. How can I help communicate with my teammate?

KEY WORDS

Talk, Show for the ball, Quick passes

PLAYER ACTIONS


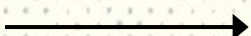
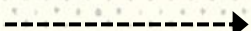
Combination play

TECHNICAL TOOLS

Block 1: 1-2's;

Block 2: Overlaps

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



7v7

Play to develop passion

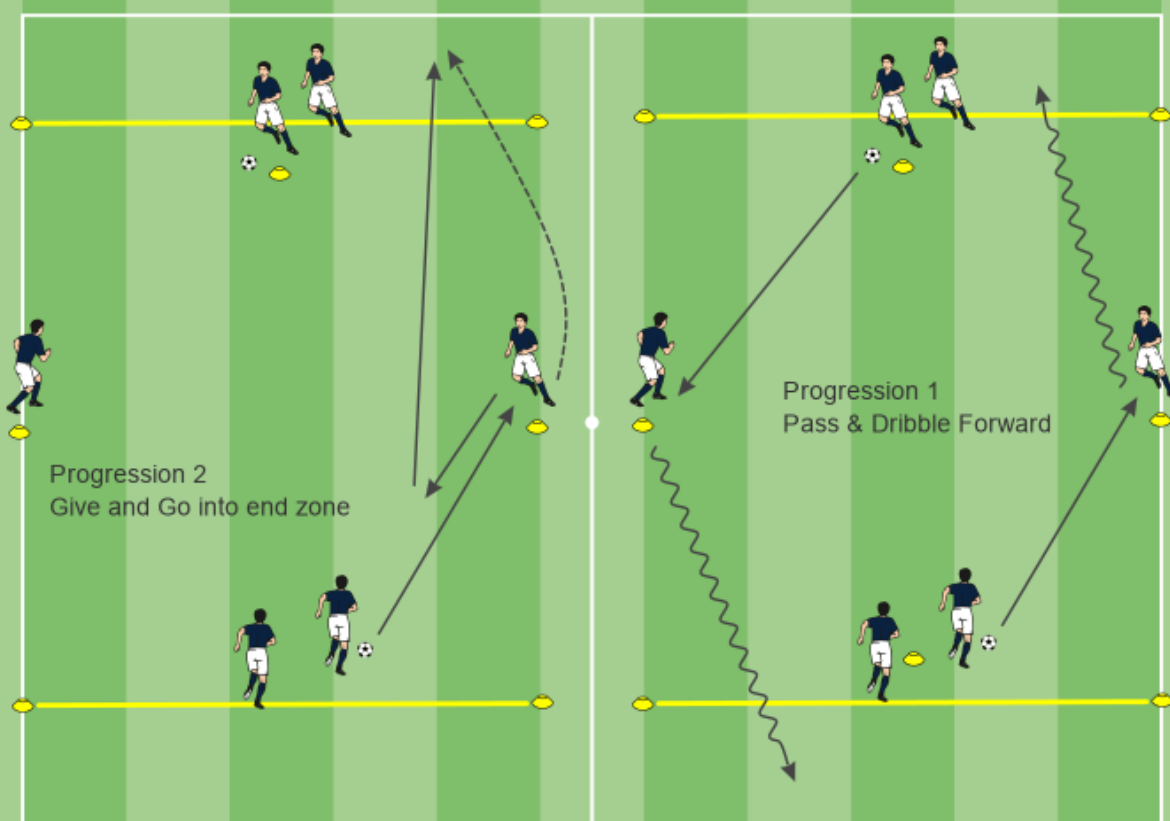
The start of us

Learn the functions of attacking, defending and transition as a team

Combination Play Block 1

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15 yards.

DESCRIPTION

Progression 1 (shown on right) Players pass forward, receiver dribbles into end zone and joins back of line. Both lines go at same time.

Progression 2 (shown on left) – Players pass forward and play a give and go into end zone.

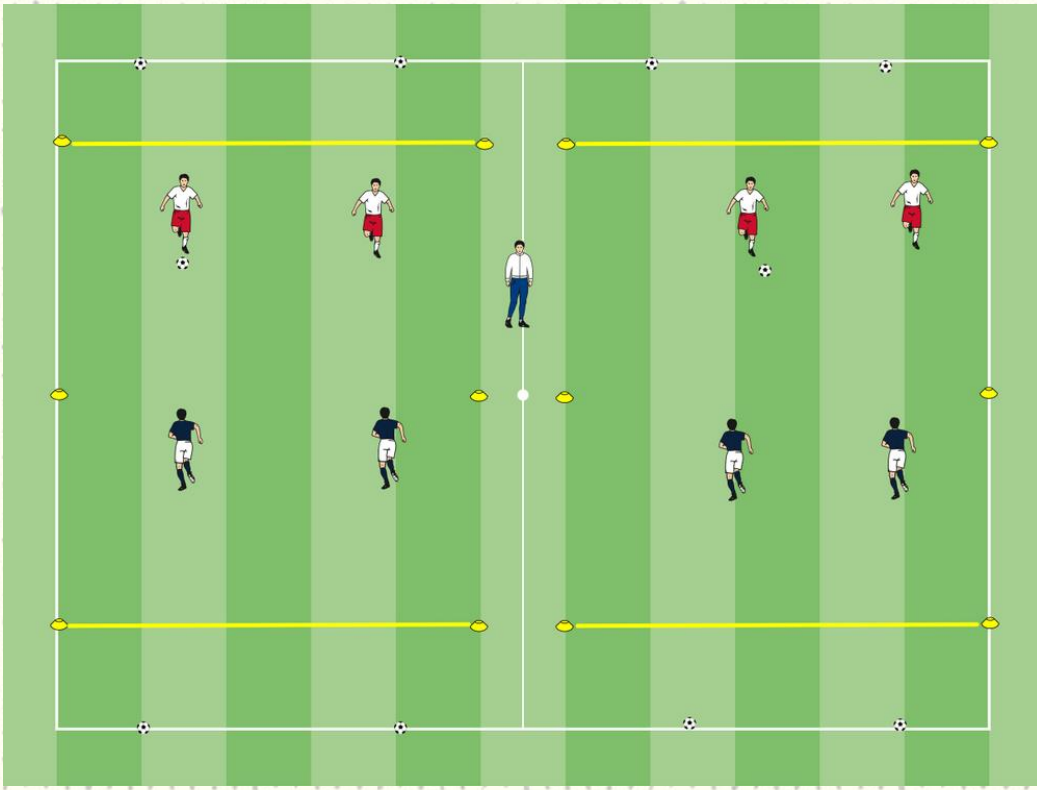
MORE CHALLENGING

Make fields smaller. 1 touch combinations.

Week 7 Combination play with a teammate

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 15 yards

DESCRIPTION

2v2 game to endzones. (add a neutral if odd number) team in possession attempt to combine to get into opponents end zone.

SCORING

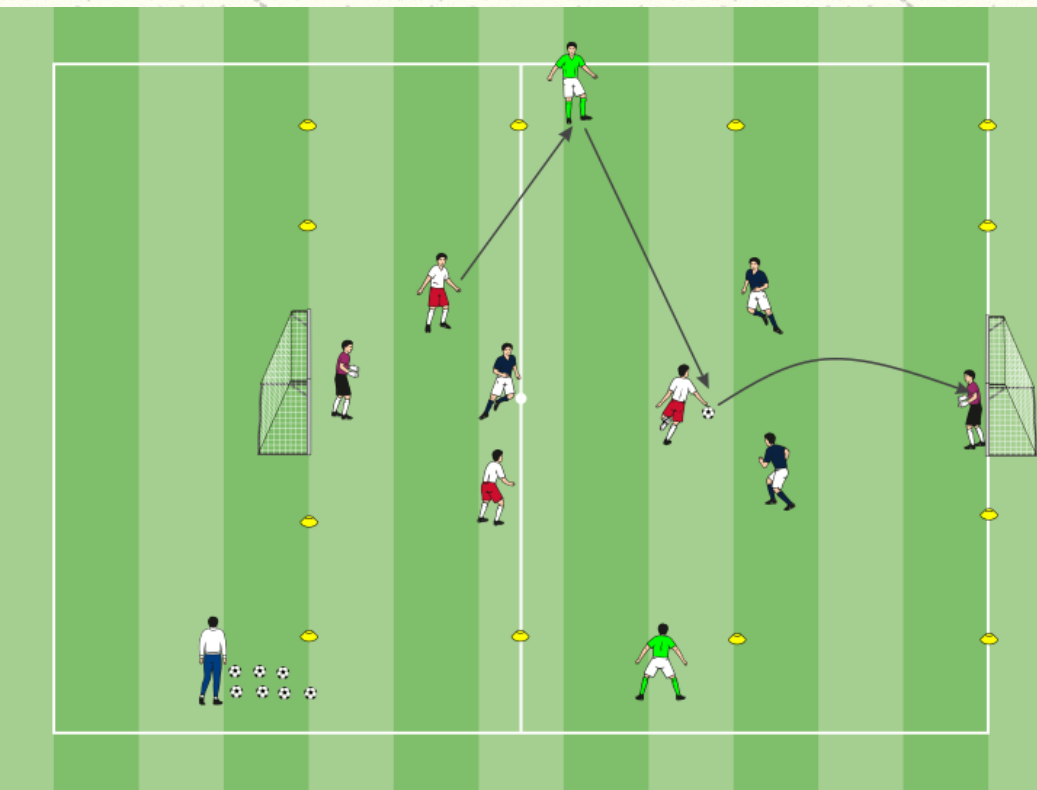
One point for dribbling into endzone. 3 Points for using a combination to get there.

MORE CHALLENGING

3v3

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

35 x 40 yards

DESCRIPTION

4v4 game to goal. Neutral wingers (green) play for team with ball for overload.

SCORING

One point for a goal. 3 for combination in the build up.

MORE CHALLENGING

One or two touch combinations to goal scores an extra point.

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

7v7 Half Field

DESCRIPTION

Play 5v5 to 7v7 game based on numbers. Encourage players to combine with their teammates and highlight any successful combinations.

SCORING

One point for a goal.

MORE CHALLENGING

Make field smaller

Week 8 Shooting to score goals

OBJECTIVE | Learn how to shoot low and with the correct foot

COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?


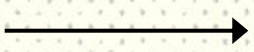
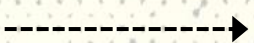
KEY WORDS

Hit it hard, Make the keeper work, Be confident

PLAYER ACTIONS

Shooting

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Kick the ball to the goal; **Block 2:** Organize feet, Find Corners; **Block 3:** Strike low, Correct foot; **Block 4:** Add variations



7v7

Play to develop passion

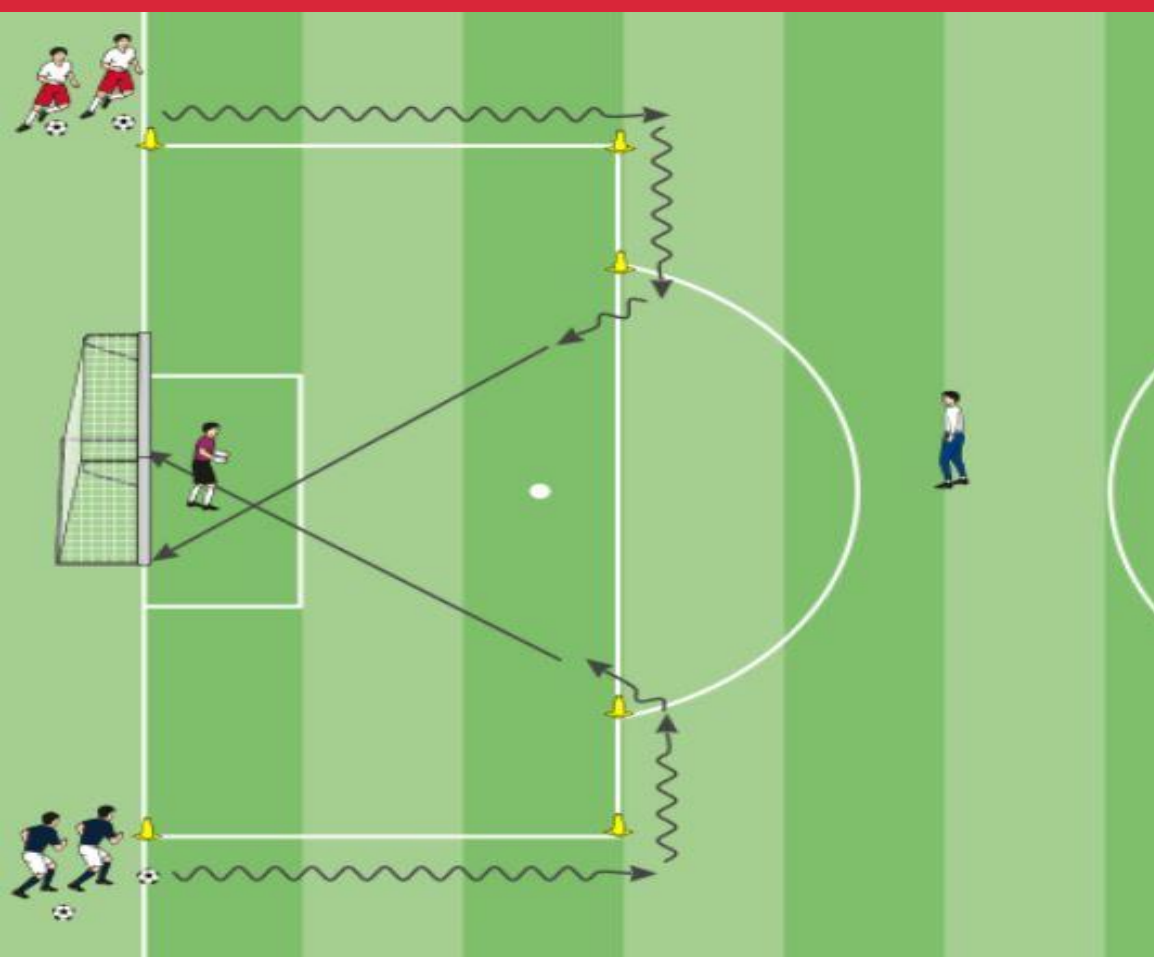
The start of us

Learn the functions of attacking, defending and transition as a team

Shooting
Block 3

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

12 x 24-yard space.

DESCRIPTION

Players race to dribble round the cones through yellow gate and score. Alternate sides. Switch sides after 3 minutes.

SCORING

1 point per goal. First team to 10 wins then swap sides.

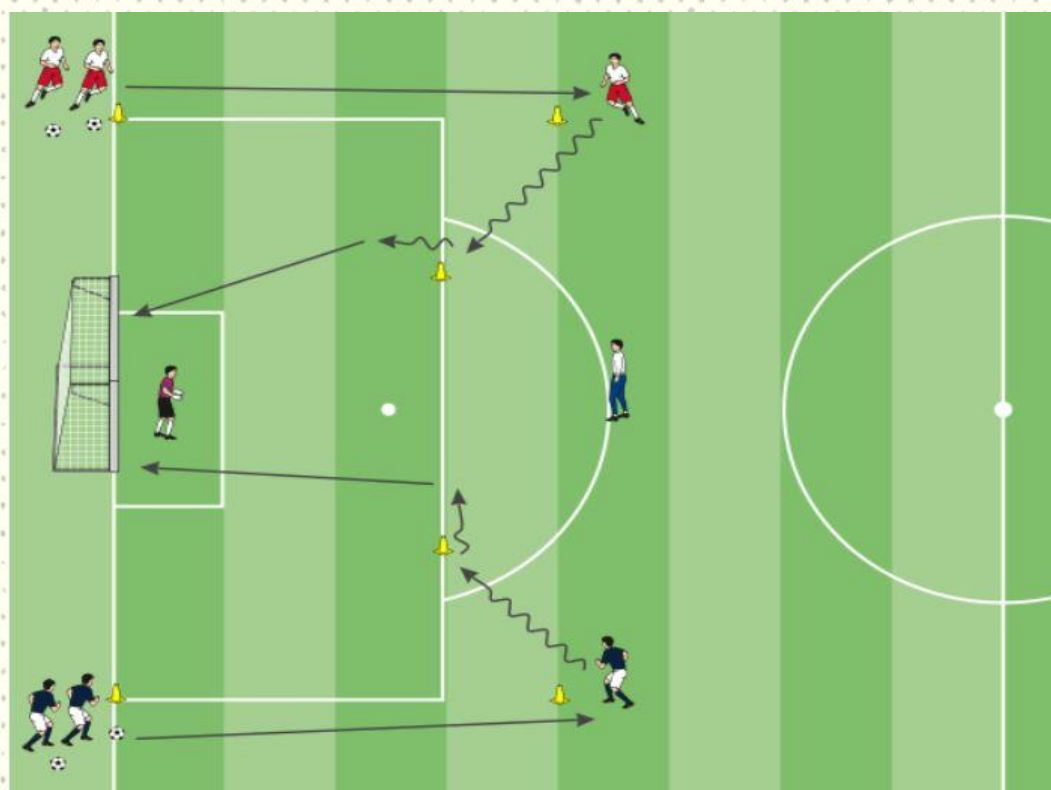
MORE CHALLENGING

Balls start with Coach, passes in one ball, for a 1v1 race ball and score first

Week 8 Shooting to score goals

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

Same as in previous exercise. Adjust cone distance from goal based on players.

DESCRIPTION

Players pass to next player who receives ball and performs 1v1 move at cone before shooting on goal. Alternate sides.

SCORING

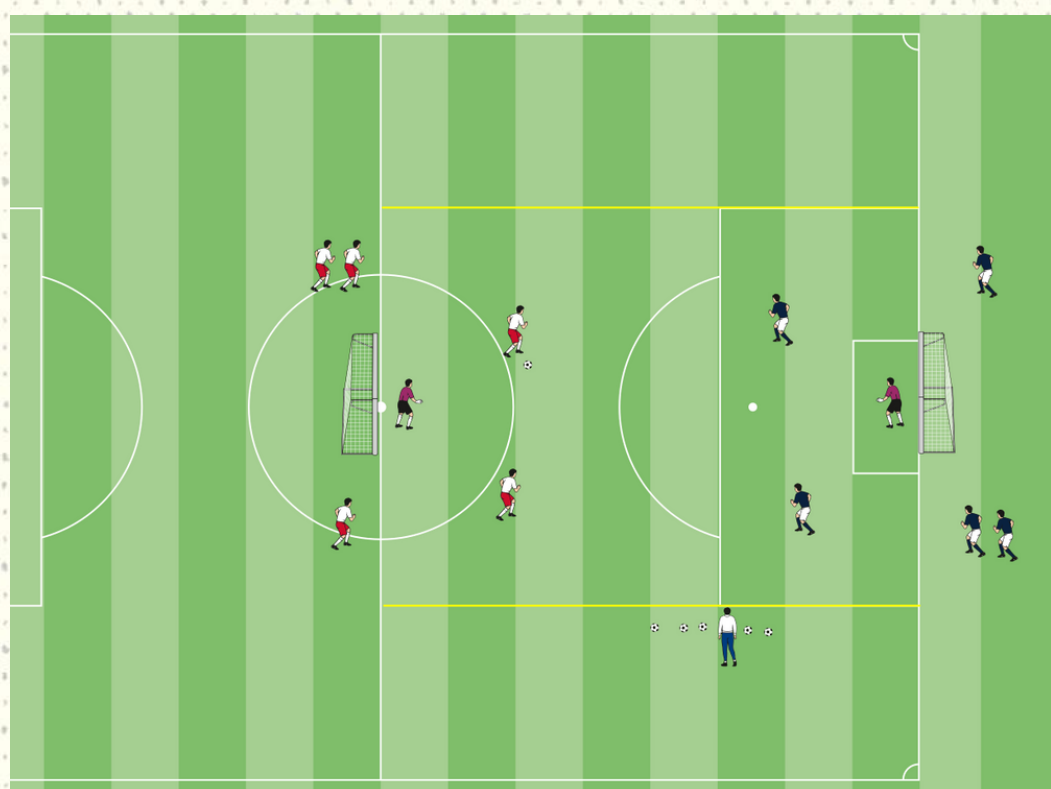
1 point per goal. 3 in the corner. First side to 10 wins then swap sides.

MORE CHALLENGING

Add a defender from each team to create 1v1 to goal

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

25 x 30 yards

DESCRIPTION

Quick fire finishing game. Play 2v2, coach passes in and play 1 minute round of knockout, if you score you eliminate the other team, 2 new players come on. If no goal after 1 minute, two new teams come on. Coach plays ball in if ball goes out.

SCORING

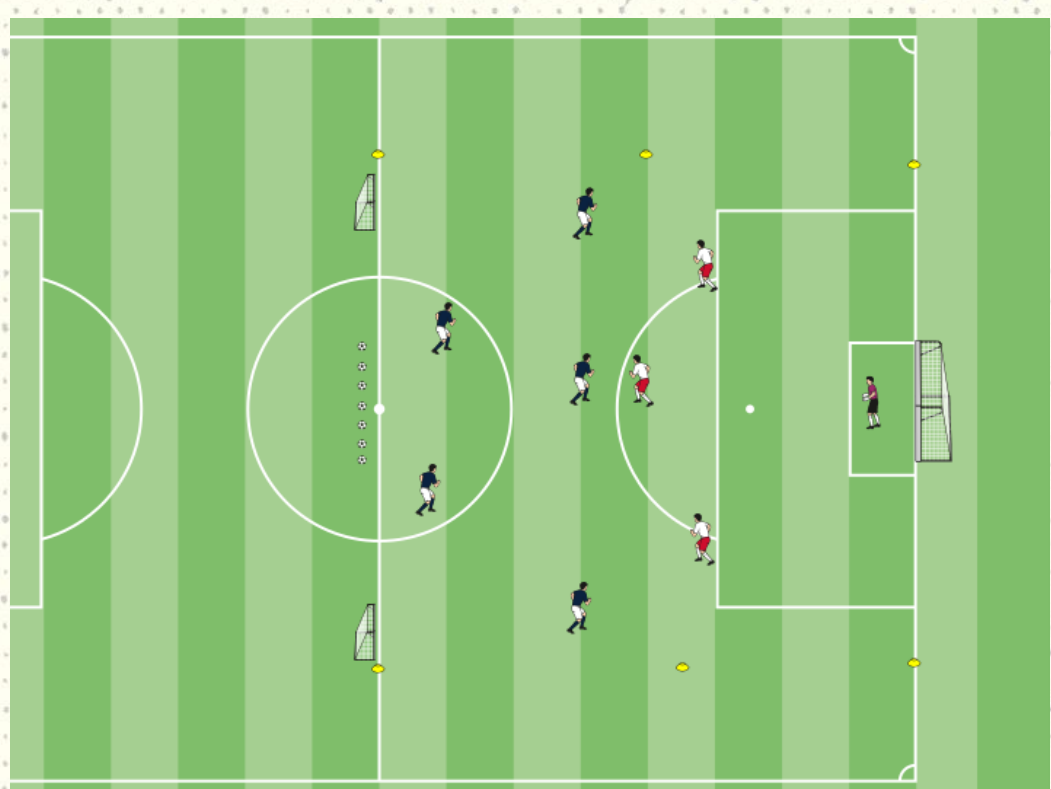
Score on goal to eliminate opposing team of two.

MORE CHALLENGING

Play 3v3 / 4v4

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half field game with narrow sidelines with cones 40 x 45.

DESCRIPTION

Play 5v4 to goal encouraging the attacking team (blue) to create and take chances in the attacking 1/3 of the field. Ball starts with blue team.

SCORING

One point for a goal. One point for defending team scoring on mini goals.

MORE CHALLENGING

Make field smaller

Week 9 Challenging to win the ball back

OBJECTIVE | Learn how to stick with an opponent and be strong

COACHING POINTS

1. Stay with your opponent, don't dive in
2. Be strong in the challenge for the ball
3. Balance yourself before you make the challenge

GUIDED QUESTIONS

1. How can you win the ball back?
2. What happens if you go to win the ball too early?
3. What does a strong challenge look like?


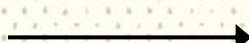

KEY WORDS

Stick with opponent, Don't dive in, be strong

PLAYER ACTIONS

Challenge

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Stick with opponent;
Block 2: Balance



7v7

Play to develop passion

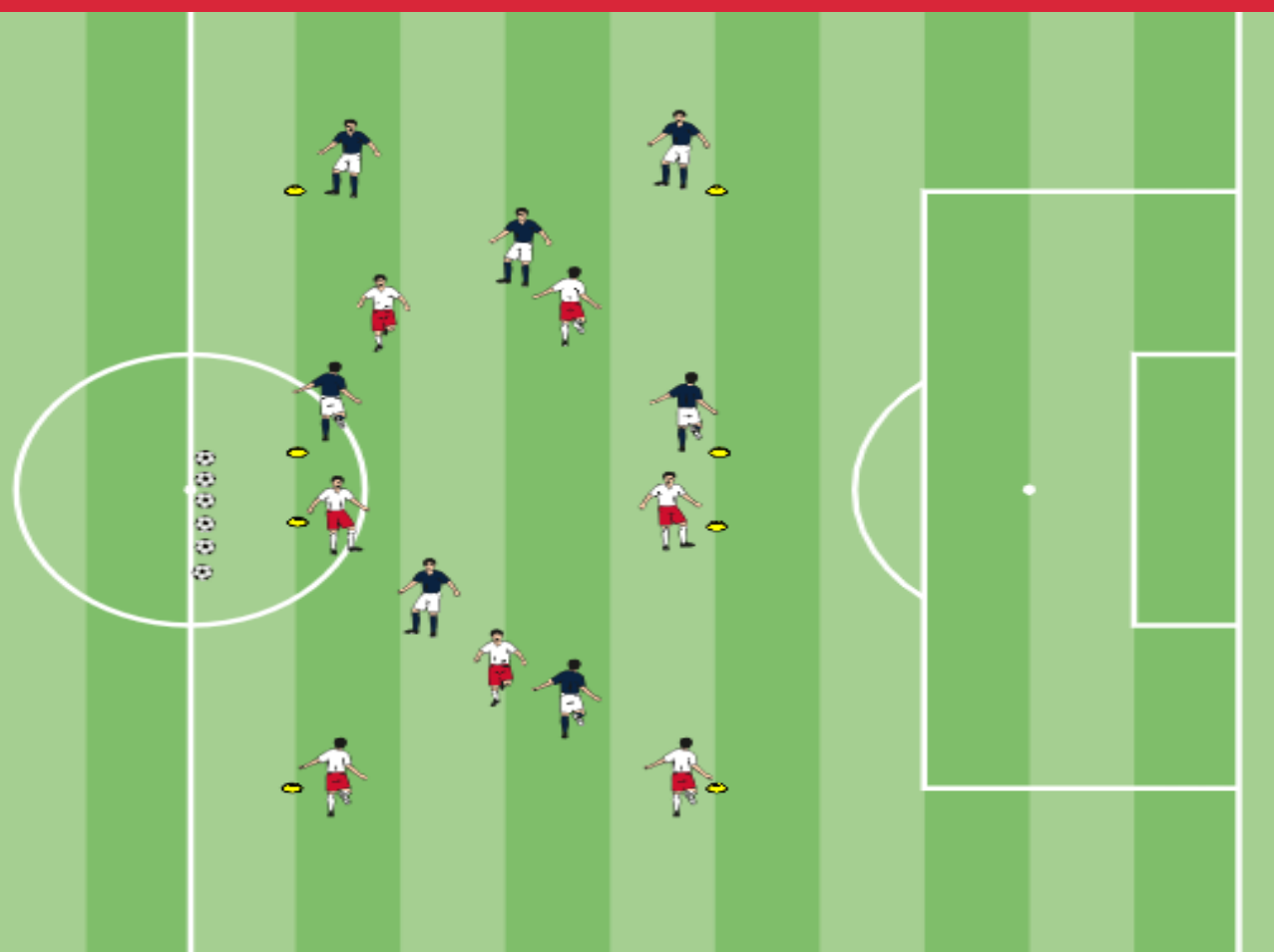
The start of us

Learn the functions of attacking, defending and transition as a team

Challenge Block 1

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

15 x 15-yard boxes.

DESCRIPTION

5 v 2 Rondo (5v1 based on level). Defenders attempt to stay compact and steal the ball.

SCORING

Attackers score if they make 10 consecutive passes (reduce number based on level). Defenders score by stealing the ball and dribbling out of the box.

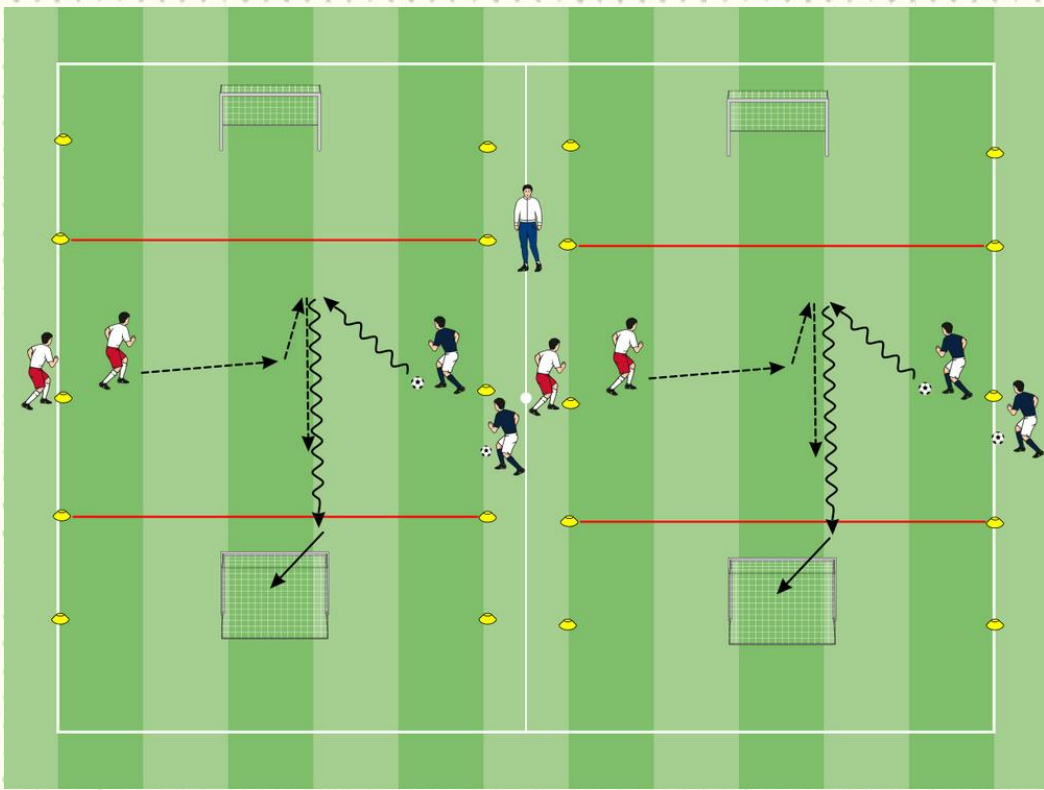
MORE CHALLENGING

Make boxes bigger to make it harder for defender to steal ball.

Week 9 Challenging to win the ball back

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x10 yard area with goals

DESCRIPTION

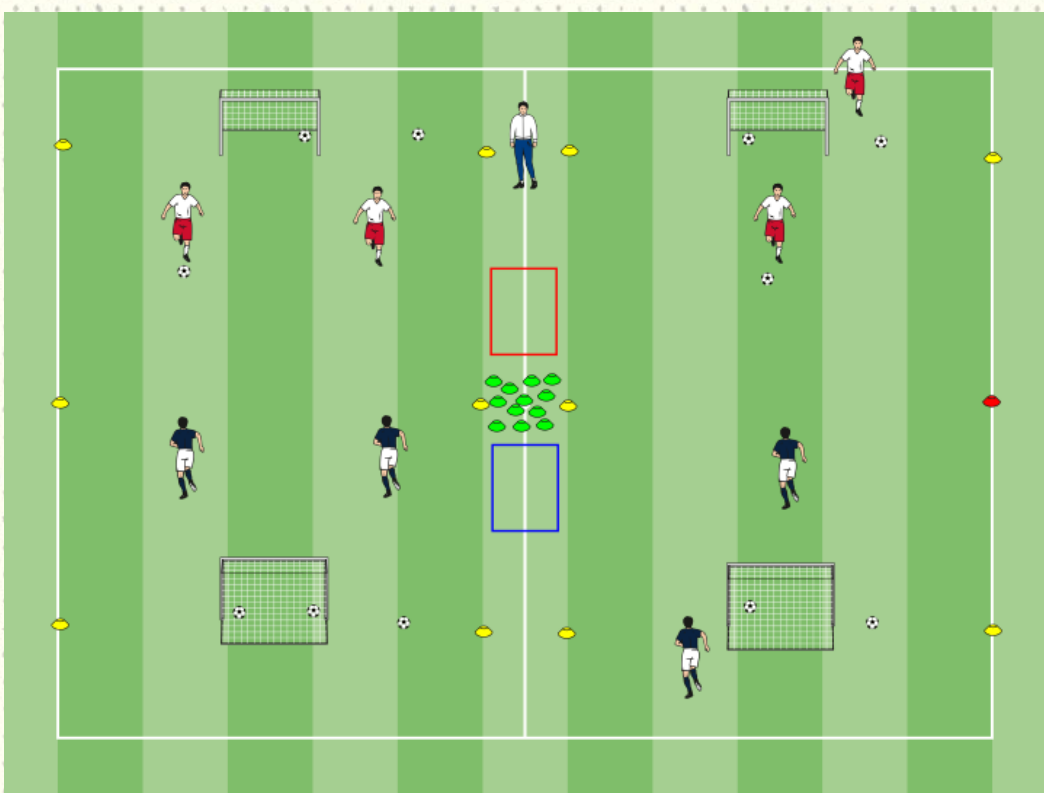
Player with ball dribbles forward, opposite player defends. Player with ball must dribble past line of cones before finishing on goal. Use of change of direction move to create separation from the defender. Defender stays tight with opponent to steal the ball.

MORE CHALLENGING

Add race to opposite goal after scoring for an extra point.

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 10 -yard fields (adjust for 2v2)

DESCRIPTION

1v1 / 2v2. Players attempt to pressure, deny goalscoring opportunities and steal the ball with a tackle.

SCORING

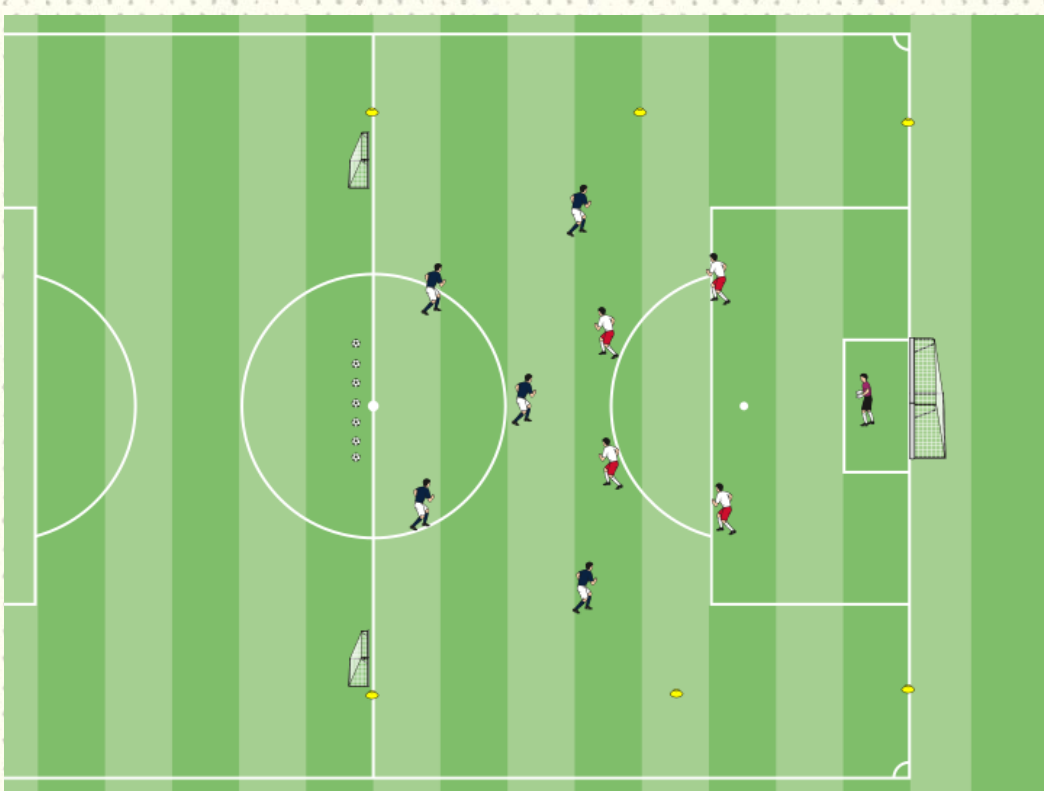
Score on mini goal for 1 point and put a coin in your team's bank (green cone in red or blue square)

MORE CHALLENGING

Play 3v3 / 4v4 combining two fields into one field with 4 goals.

PHASE 4 –GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field Game with mini goals and narrow side line.

DESCRIPTION

Play 5v5 to 7v7 game with defending team (red) protecting the large goal and counter to the mini goals. Encourage defending team to pressure ball, stay compact and win ball back.

SCORING

Red team Score on mini goal for 1 point, Blue team Score on large goal for 1 point.

MORE CHALLENGING

Make field larger

OBJECTIVE | Learn how to shield, scan, and use the correct foot

COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


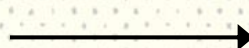

KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

Take on opponent

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



7v7

Play to develop passion

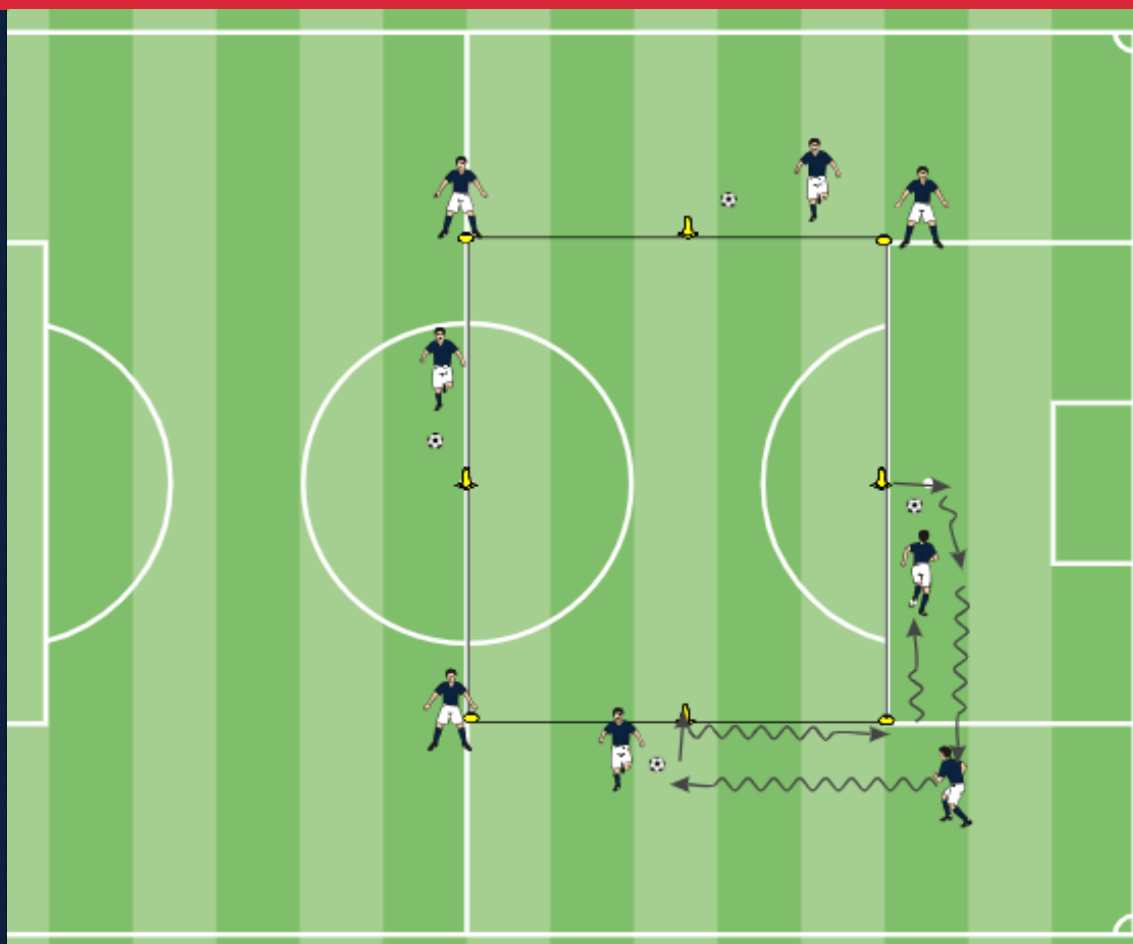
The start of us

Learn the functions of attacking, defending and transition as a team

Take on opponent Block 3

PHASE 1 – WARM UP | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 20-yard box.

DESCRIPTION

Players dribble to cones, perform change of directions (pull back, inside cut, outside cut) and return to partner. Partner repeats.

SCORING

Race. First team to complete this 5 or 10 times wins.

MORE CHALLENGING

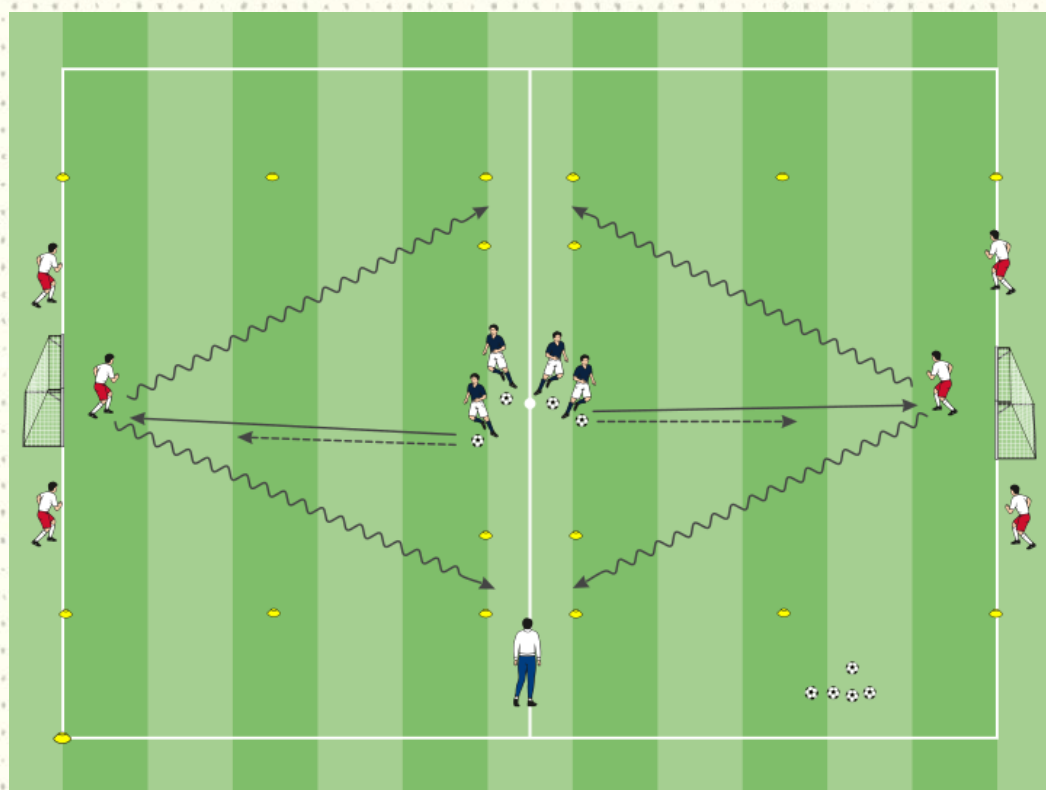
Race against partner now

Week 10

Dribbling to protect the ball

PHASE 2 – ACTIVITY 1 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

10 x 12-yard area with 1 goal and two gates

DESCRIPTION

Blue passes ball into red and pressures. Red attacks either of the two wide gates, if Blue wins ball, counter to small goal. If ball goes out of play game is over. Switch teams after 3-4 minutes.

SCORING

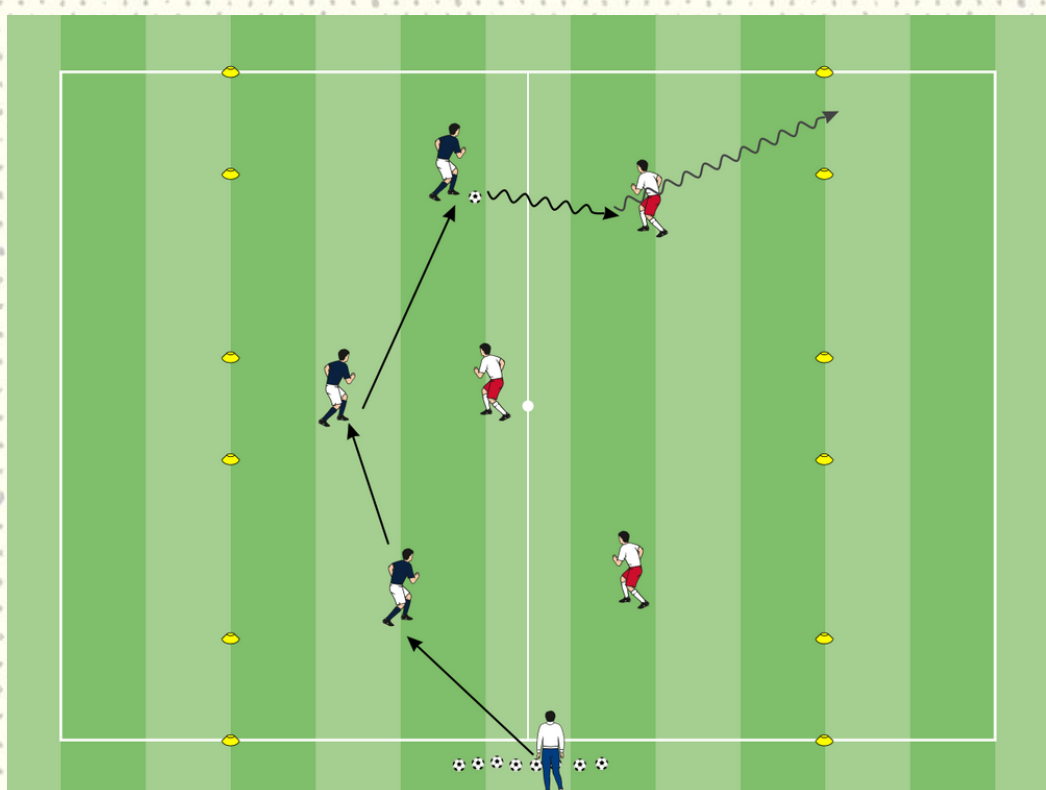
Point for dribbling through gate or counter into mini goal.

MORE CHALLENGING

Play 2v2

PHASE 3 – ACTIVITY 2 | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 15-yard area with 3 gates on each end line.

DESCRIPTION

Play 3v3 game encouraging player on the ball to find one of the open gates.

SCORING

Dribble through a gate for 1 point. If a team score quickly pass in a new ball for opposite team.

MORE CHALLENGING

Make the space smaller, Play 4v4

PHASE 4 – GAME | 20 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

Half Field

DESCRIPTION

Play 5v5 to 7v7 game based on numbers. Encourage players to find open space by scanning.

SCORING

One point for a goal.

MORE CHALLENGING

Make field smaller

Ages and stages

Social Development

- Value relationships (have a strong desire to belong).
- May act unreasonable or rude (Need support to manage conflict).
- Are willing to take on more responsibility.

Emotional Development

- Have a strong sense of justice and fairness and internalize injustices.
- Use humor without a filter.
- Sensitive to the feelings or impressions of others.

Language Development

- Evolving, conversations can be more abstract (Sportsmanship, fairness)
- Like to talk, use language to express feelings and tell stories.
- Ask many questions and want thoughtful questions.

Cognitive Development

- Start to link practice and effort to performance (see the value).
- Beginning to respond better to routine and structure.
- Beginning to develop self-regulation (goal setting).

Physical Development

- Improved coordination (skill refinement).
- High activity level (energy).
- Increased development of endurance.



AGE: U10

LEVEL: GRASSROOTS

AREA OF FIELD:

BUILD UP

GAME PRINCIPLE: PENETRATION

TEACHING TOOLS

PLAYER ACTIONS

WHAT YOU WOULD LIKE THE PLAYERS TO DO BASED ON SESSION TOPIC.

EXAMPLE

“Pass or dribble forward”

TECHNICAL TOOLS

WAYS IN WHICH TO PERFORM OR ENHANCE PLAYER ACTIONS.

COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO PERFORM THE PLAYER ACTIONS. EXAMPLE FOR DRIBBLING “LARGER TOUCHES TO ACCELERATE INTO SPACE”

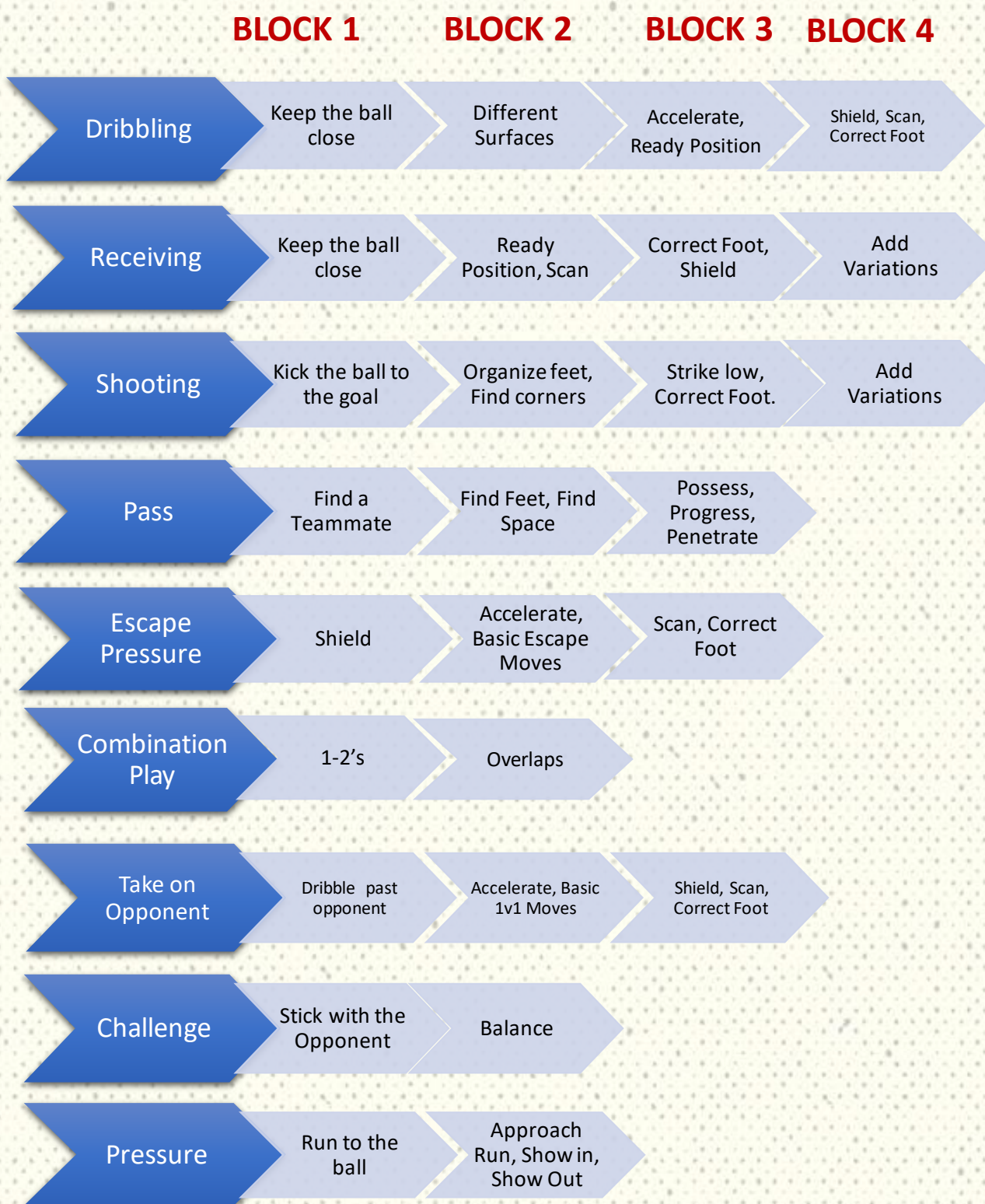
GUIDED QUESTIONS

QUESTIONS SHOULD BE PREMEDITATED TO SEEK UNDERSTANDING FROM THE PLAYERS. THEY MUST BE RELEVANT TO THE SESSION TOPIC AND SIMPLE FOR THIS AGE. EXAMPLE FOR DRIBBLING “HOW DO YOU KNOW WHERE THE OPEN SPACE IS WHEN DRIBBLING?”

PLAYERS NEED TO HAVE FUN! BELOW ARE PLAYERS ACTIONS AND TECHNICAL TOOLS.

TECHNICAL TOOLS

PLAYER ACTIONS



Each team should teach **block 1** before teaching **block 2**. Progress to teach **block 2 (or beyond)** when you feel the *majority* of the team is ready to advance or *individually* should you have high performers within the team.

COACHING



- Learn players names
- Positive reinforcement
- Use small sided games to refine skills and introduce basic tactics with attack, defense and transition

- Keep a supply of balls
- DEMONSTRATE!
- Use of freeze moments in games to show larger pictures
- No laps, lines or lectures!



SESSION STRUCTURE

SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

PHASE 1

WARM UP

PHASE 2

TECHNICAL
COMPETITION

PHASE 3

TECHNICAL
RELATED GAME

PHASE 4

GAME

OR

PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

PLAY

SMALL-SIDED
GAMES
1v1, 2v2, 3v3, 4v4

PRACTICE

DELIBERATE
PRACTICE GAME-
LIKE ACTIVITIES

PLAY

GAME RELATED
PLAY IN
4v4 TO 7v7