

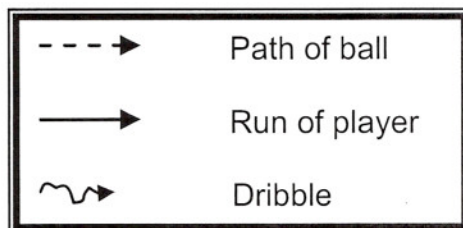


U10 Skills

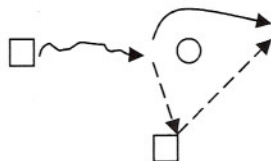
A) Dribbling - Moves

Maradona -Player stops the ball with the sole of his/her foot. Then simultaneously, jumps over the ball spins doing a 180° and landing with his/her sole of the other foot on top of the ball. The player then does a "pullback" and dribbles in the direction he/she was originally going.

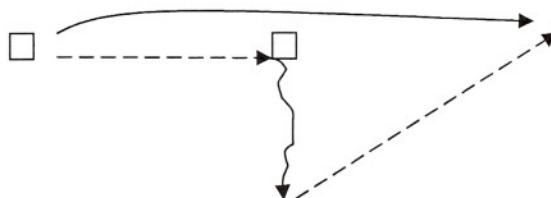
B) Combination play



- 1) 1-2 (wall pass) - player dribbles toward an opponent and passes to a player who is to the side of the opponent and on an angle to the player with the ball. The player with the ball passes to the front foot of his teammate then runs behind the opponent so that he/she can receive a return pass.



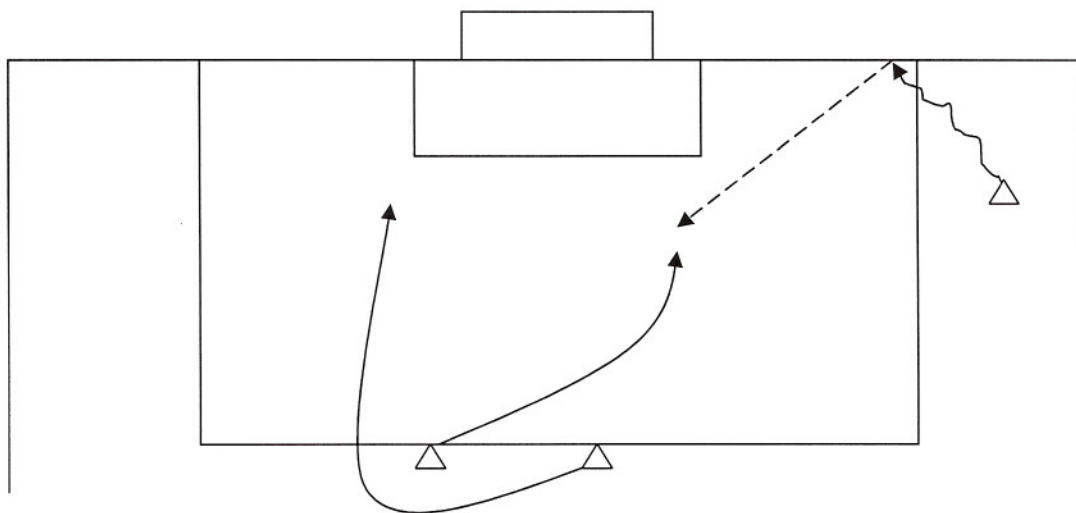
- 2) Overlap - player passes to a teammate in front of him/her and yells "hold". The player who receives the ball, dribbles laterally out of the space. Once the player exits the space, the player who initially passed the ball runs through the space. The player with the ball then turns and passes to the player who initiated the play.



- 3) Take-over - Player dribbles toward a teammate. If he/she would like their teammate to take the ball he/she dribbles the ball with the foot closest to their teammate. If he/she would like to fake the take-over they dribble the ball with their foot that is away from their teammate.



Bangu - Player dribbles ball toward endline. While he/she does this, at least two teammates run toward the penalty area. One teammate should make a run toward the near post and yell "Bangu". The other teammate should make a run toward the far post. Note: players should criss-cross at the top of the box.



Positions - all teams will play a 2-3-2 formation. Every player will play their favorite position and a different position each half. Teams must switch goalkeepers at half time.

Introduction to Playing and Receiving Air Balls - Coaching Points

- Preparation touch
- Camera pointed toward target
- Strike bottom of ball
- Follow through
- Body behind ball
- Select surface to receive ball with
- Cushion ball on impact