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Malibu AYSO – Outline of coaching Curriculum 2010

**U10**

**(Use Age Specific Drills/Activities – See Andrew for Coaching Handout)**

**Week 1 (Based on 2 practices per week)**

* Max Ball Contact - Touch and Technique (Dribbling – Ball each)
* Turning with ball
* Control (Ground / Air)
* Dribble / Control Games
* Shielding

# Week 2

* (W. Up) Dribble & Turns -***Use Weeks as an outline!***
* First Touch & Shielding ***No need to keep in same order***
* 1 v 1 Beating a Player
* Conditioned Scrimmage (No Goals)

-First Few weeks work on

# Week 3 *ball touches – nothing too*

* (W. Up) Dribble / Control ***complicated!***
* Assessment & Development Short Passing -***Goal Keepers should be set***
* Creating Space ***tasks within the same***
* Keeping Possession (Composure) ***practice***
* Conditioned Scrimmage (Passing Gates)

***-Keep practices fun but***

***Challenging!***

# Week 4

* (W. Up) Passing / Moving
* Possession Play
* 4v1 / 3v1
* Off Ball Movement
* Beating Player 2v1 (Take On or Pass)
* Conditioned Scrimmage (Still no goals)

# Week 5 & 6

* (W. Up) Passing & Moving
* Shooting Assessment & Development
* Attacking / Finishing
* 1 v 1 Attack (Beating Keeper)
* First Time Shooting
* Shooting on the turn
* Volleying & Attacking Headers (Assessment & Development)
* Scrimmage

## **Week 7**

* (W. Up) Shooting
* Attacking (Midfield to Forwards) Small sided
* Attacking from wide areas of the field
* Attacking Free Kicks / Corner Kicks / Kick off / Throw-ins
* Scrimmage Simulations

### Week 8

* (W. Up) Maintaining possession
* Block Tackles
* Closing down Players (Defending)
* Closing down space
* 1 v 1 / 2 v 2 / 3 v 3
* Defending Free Kicks / Corner Kicks / Kick off / Throw-ins
* Clearing with a purpose

# Week 9 & 10

* (W. Up) Ball / Player movement
* Assess Weaknesses – Work on individual skills & Team Play
* Work on individual Positions
* Confidence with ball
* Goal keeper Distribution
* Talking / Motivation From all players

*All activities / drills should be checked as you complete them.*

*If all coaches cover these skills & practices, then all players will improve in similar areas ready to continue the development into next year.*

Thank you

Andrew Pearce (Coaching Instructor)

Private Individual & Team Coaching available: elitesportsla@gmail.com