

RBFC - U10 TRAINING TOPICS

1. DRIBBLING 1
2. PASSING AND RECEIVING 1
3. 1ST DEFENDER
4. POSSESSION (RONDO)
5. COMBINATION PLAY
6. FINISHING 1
7. DRIBBLING 2
8. 1V1/2v2 ATTACKING/DEFENDING
9. POSSESSION 2
10. 2ND DEFENDER
11. STRIKING BALLS
12. PASSING AND RECEIVING 2
13. FINISHING IN FINAL THIRD
14. POSSESSION 3
15. DRIBBLING 3
16. FINISHING 2



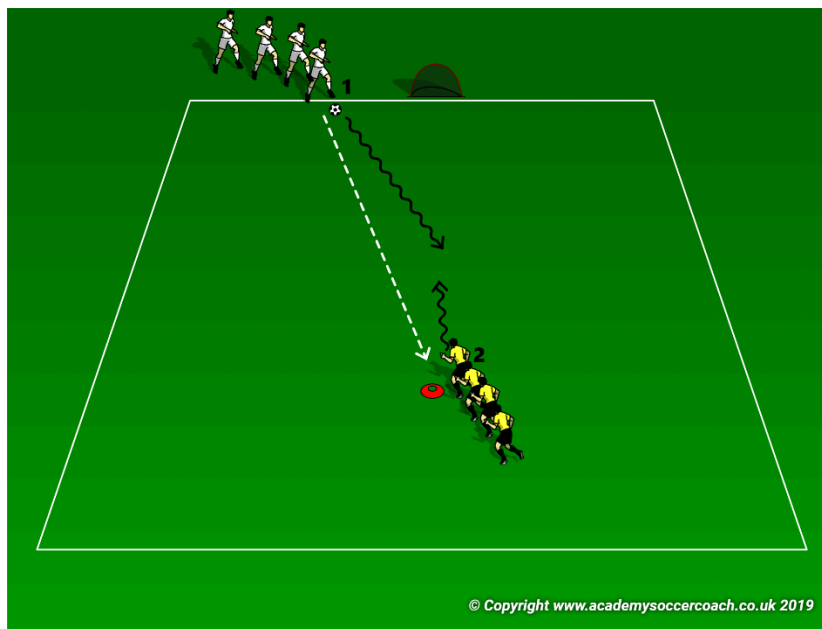
RBFC U10 – SESSION 1 DRIBBLING

10 MINS



WARM-UP (10 Minutes) - Every 5/6 steps players will perform a designated move - Scissors, Cruyff, Pull back, Step over, Roll over, outside of foot turn, Maradona,

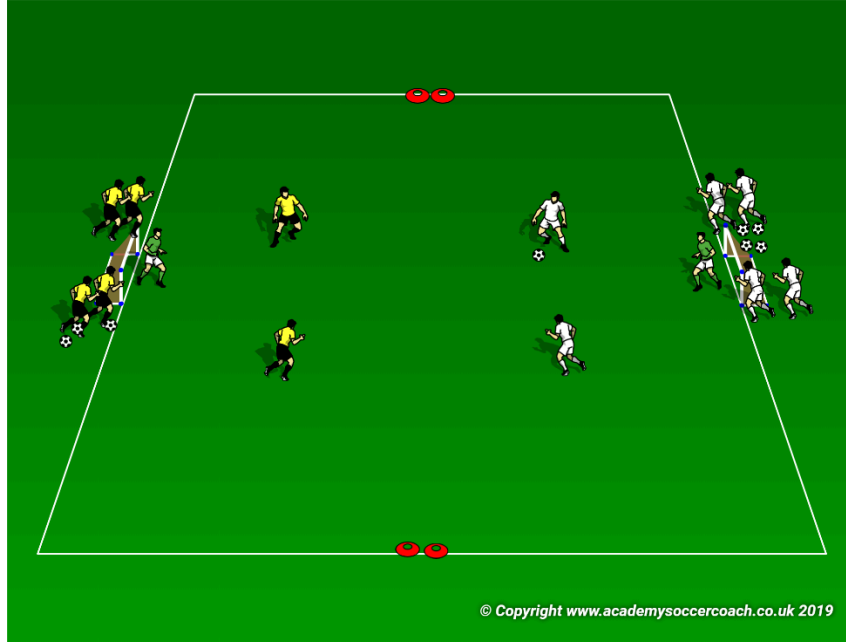
20 MINS



1st Exercise - One v one to goal. Ball is passed in from line 1 to line 2. Player cannot shoot early and has to beat defender before they can score. Defense will become offense after 5 minutes. Keep track of score. Progression 1 - attacker receives a ball from coach with back to goal (defender on their back).

Coaching Points - Creativity, use moves from warm-up, dribble with speed, change of direction/speed.

20 MINS



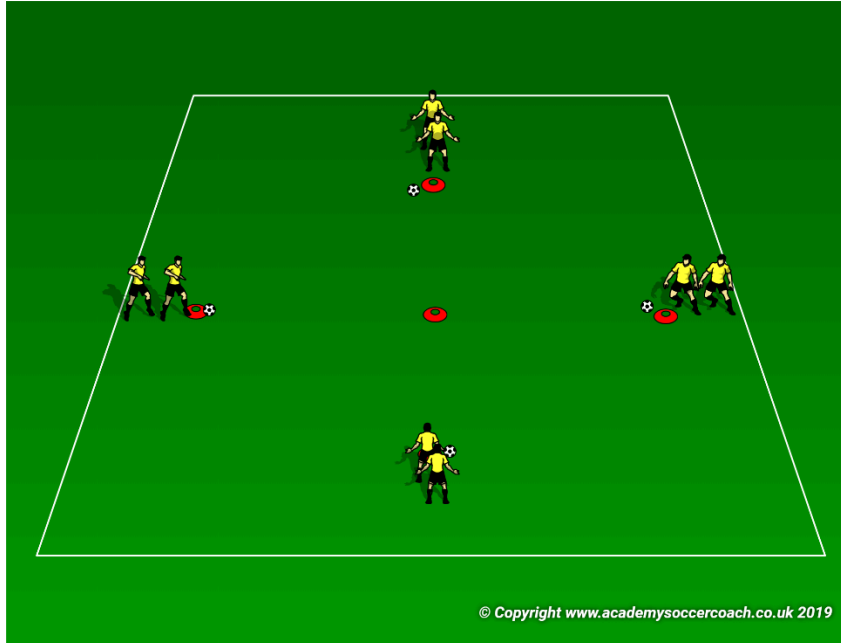
2nd Exercise - 2v2 Flying Changes. If ball goes out of play in your defensive half then two new attackers come on from that side. Other two players remain on the field. Double cones signify half field. Play games to score of 10.
Coaching Points: Creativity, movement off the ball, combination play, creating scoring opportunities, quick transition.

25 MINS **SCRIMMAGE**



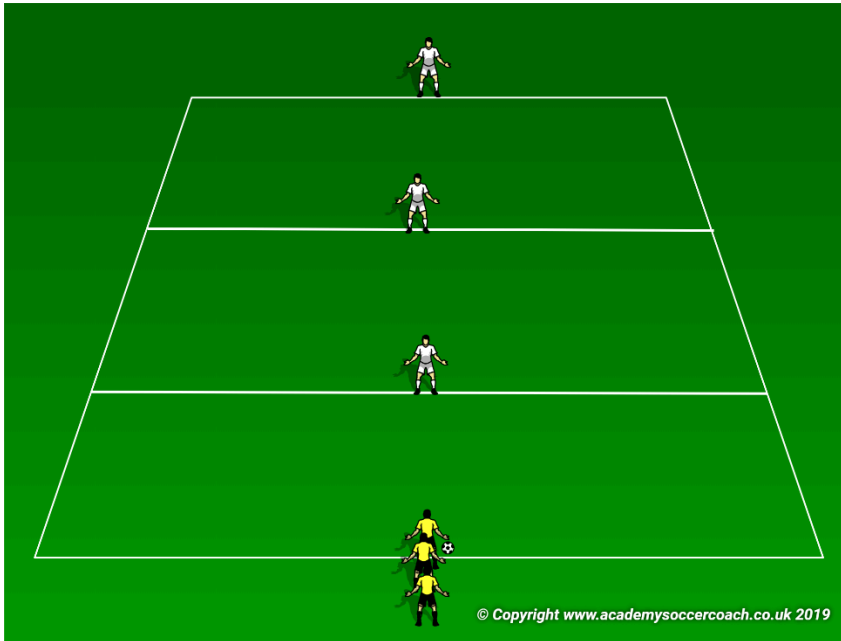
RBFC U10 – SESSION 2 DRIBBLING

10 MINS



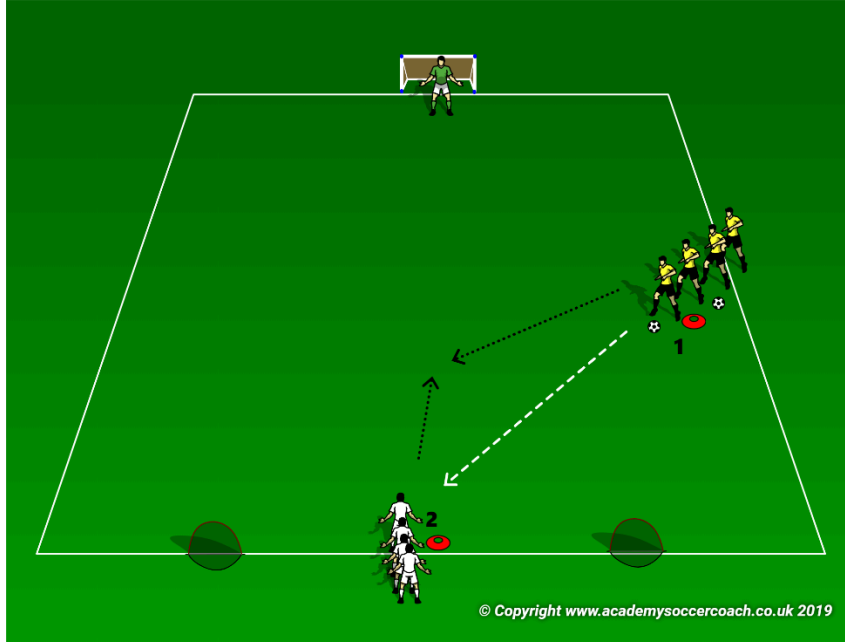
WARM - UP (10 Minutes) - Player at the front of each line dribbles towards middle cone at the same time. At cone each player will change direction and go back to their own line. 1. Turn with sole of foot. 2. Turn with inside of foot. 3. Turn with outside of foot. 4. Turn with Cruyff. Repeat and use opposite foot.

20 MINS



1st Exercise - King of the castle. First player in line has to dribble through all three zones to win. Defender can only defend in the zone in front of them (Cannot defend once attacker has entered next zone). If defender wins ball the attacker switches with them. If attacker scores they go to the back of the line.

20 MINS



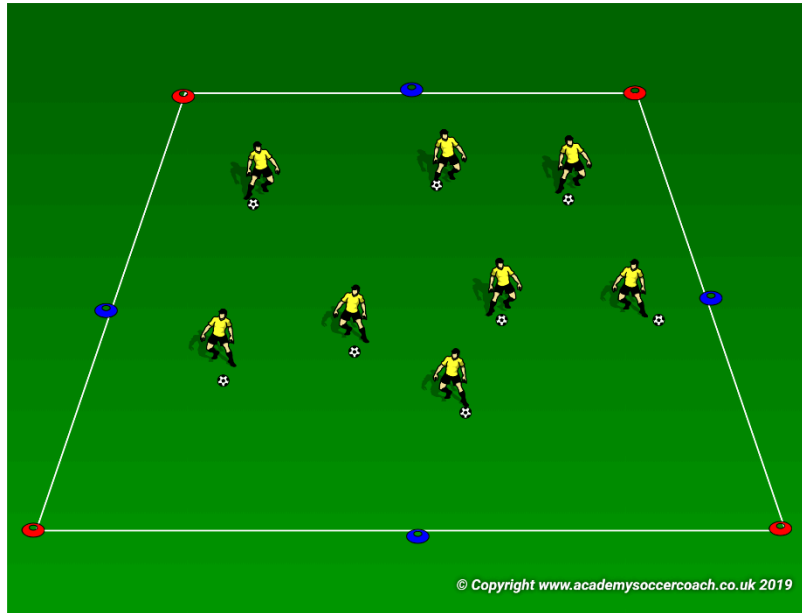
2nd Exercise - Ball is passed from line 1 to line 2. Line 2 tries to score on large goal. Line 1 plays defense. If defender wins the ball they can score on smaller pug goals. Progression - add another attacking line so it is now 2v1. Coaching Points - attack with speed, be creative, change of direction, find open player.

25 MINS **SCRIMMAGE**

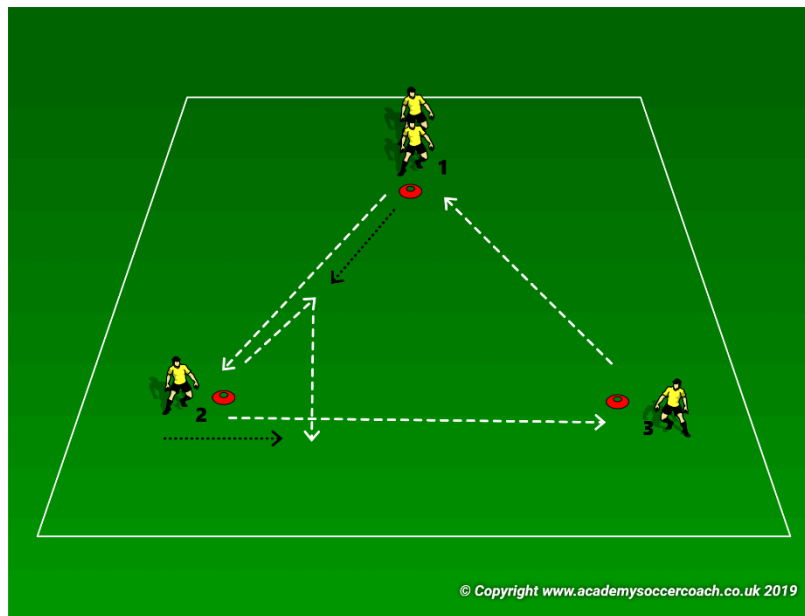


RBFC U10 – SESSION 3 PLAYING OUT OF THE BACK

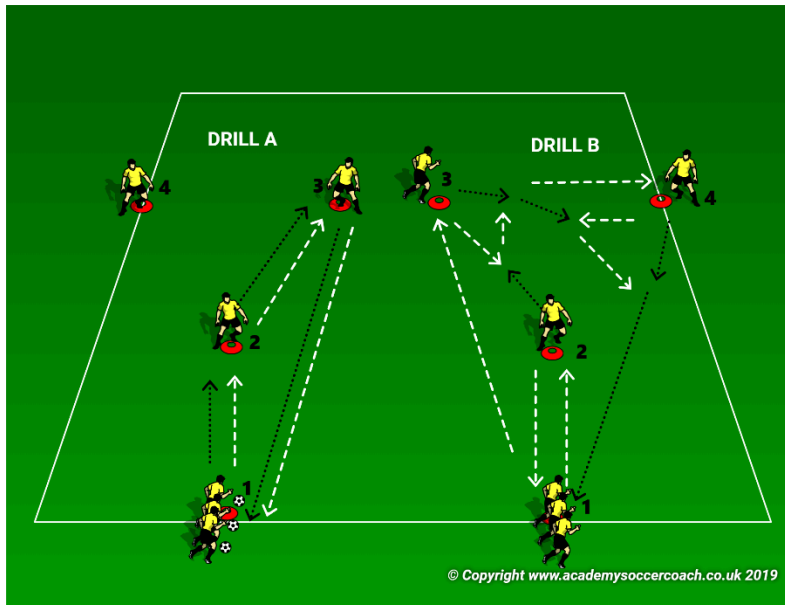
10 MINS



20 MINS (10 MINUTES ON EACH)

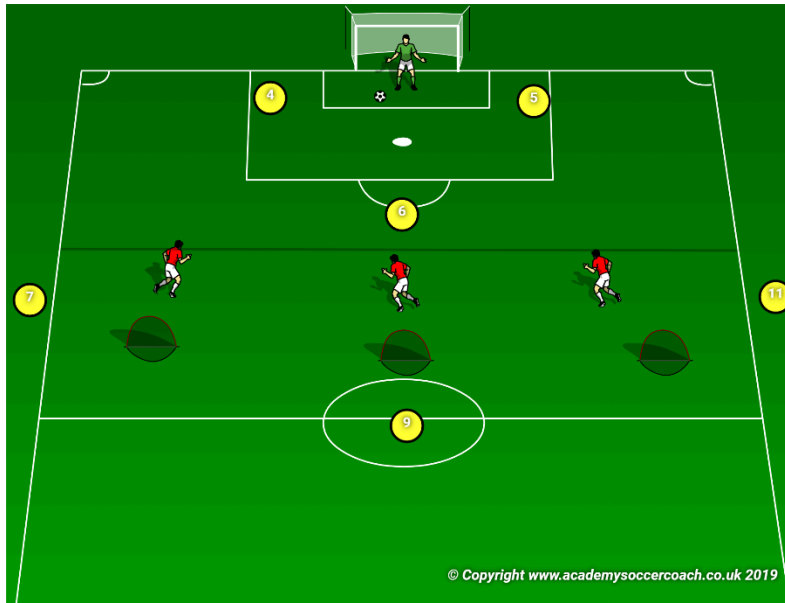


Exercise 1a - 1 passes to 2, 2 passes to 3, 3 passes to 1. Players should receive ball across their body (open up). Change direction after two minutes.
Progression 1 - 1 passes to 2, 2 bounces ball back to 1, 1 plays wall pass back to 2. Same combination with 3.
Coaching points: Let ball come across body, open up from cone to receive pass, pace of pass, timing of runs, sprint after pass, don't fill space too early after wall pass.



Exercise 1b - Add one more cone to the 1a triangle used in exercise 1a.
 Drill A - 1 passes to 2, 2 receives the ball side on and passes to 3, 3 dribbles to back of line 1. 1 becomes 2, 2 becomes 3, 3 becomes 1. Alternate between 2 moving towards 3/4 so that they are working both sides.
 Drill B - 1 passes to 2, 2 plays back to 1, 1 plays diagonal ball to 3, 3 plays wall pass with 2, 3 plays wall pass with 4, 4 dribbles to back of line 1. Rotation 1 becomes 2, 2 becomes 3, 3 becomes 4, 4 becomes 1.
 Coaching points - be vocal, ask for the ball, timing of runs, movement to receive ball, don't close space too early.

20 MINS



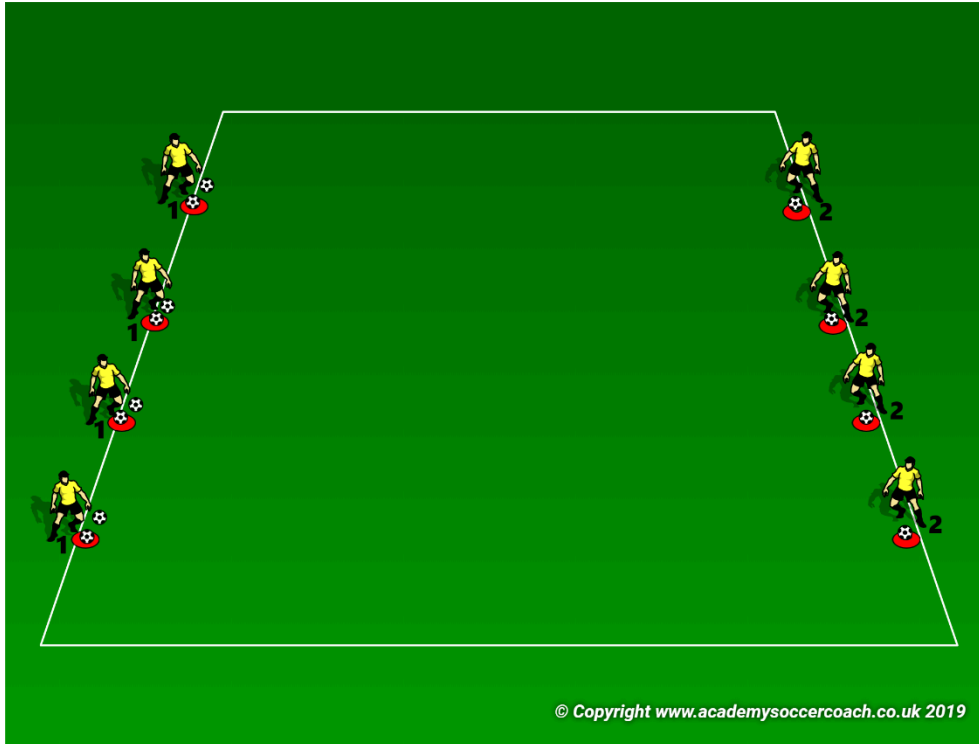
Exercise 2 - All restarts will begin with GK. Yellow players (4,5,6) have to try and score on Pug Goals. Red team can score on bigger goal. Include Build Out line.
 Progression 1 - add a 7, 9 and 11 to game, 7 /11 stay wide to provide passing option for 4/5, 9 stays high and finds gaps to receive ball from 4/5.
 Coaching points: 4/5 receive ball close to GK to have more time on the ball, combination play to score, use GK as way to maintain possession, don't force bad passes.

25 MINS SCRIMMAGE



RBFC U10 – SESSION 4 – FINISHING/OFFENSIVE CORNERS

15 MINS STRIKING BALLS



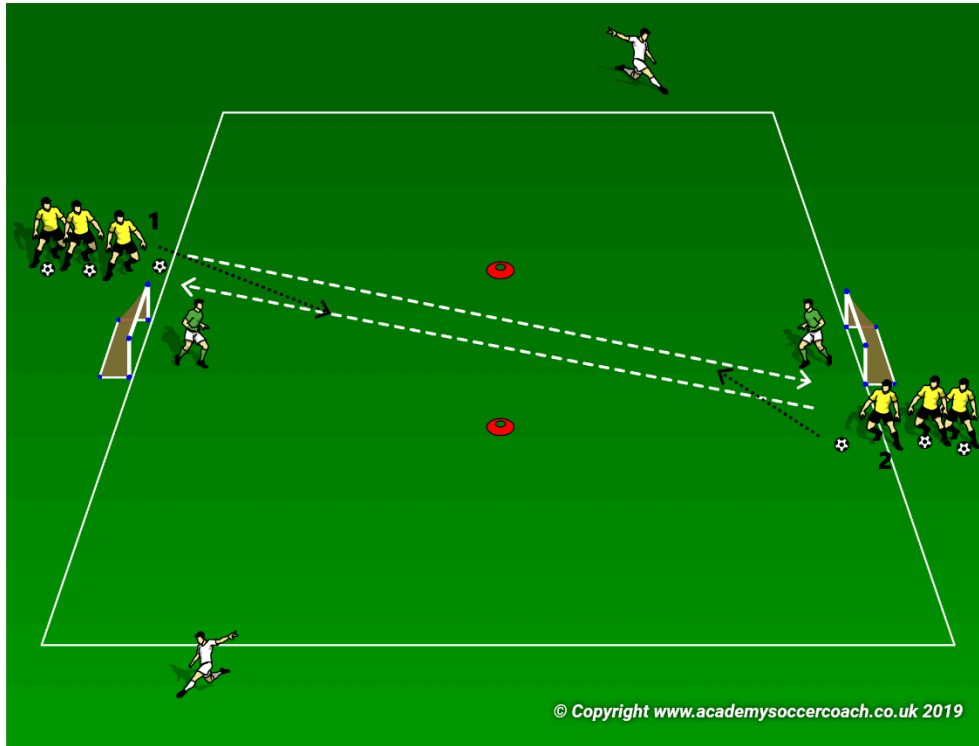
Exercise 1 - Striking balls. Player 1 has to try and knock player 2's ball of the cone using a side of the foot pass. One point every time they knock it off. You will need 12 total balls. Focus on proper technique: Non kicking foot pointing towards target, ankle locked, knee over ball, follow through.

Progression 1: Chipped ball - Take balls off the cone - point is now scored by chipping ball into partners hands - if partner catches ball your team gets a point. Proper technique: 45 degree angle of approach, leaning back, striking ball on lower surface, less of a follow through, looking for back spin on ball, plant foot point towards target.

Progression 2: Bending ball - same scoring system - Proper technique: tighter angle of approach, striking ball on inside surface, follow through, looking for side spin on ball, plant foot points outside of target (follow through and curve brings ball back).

Progression 3: Driven Ball - same scoring system - Proper Technique: 90 degree angle of approach, knee over ball, strike ball with laces, follow through goes straight (toe pointed down), limited spin on the ball if done correctly, plant foot points at target.

20 MINS FINISHING



Exercise 2 - Finishing - Ball is passed from first player (1) in line across field to first player in other line (2). Both lines pass at the same time. Players receive ball and try to chip the ball into the GK's hands. After chipping the ball into GK's hands you go to the back of opposite line.

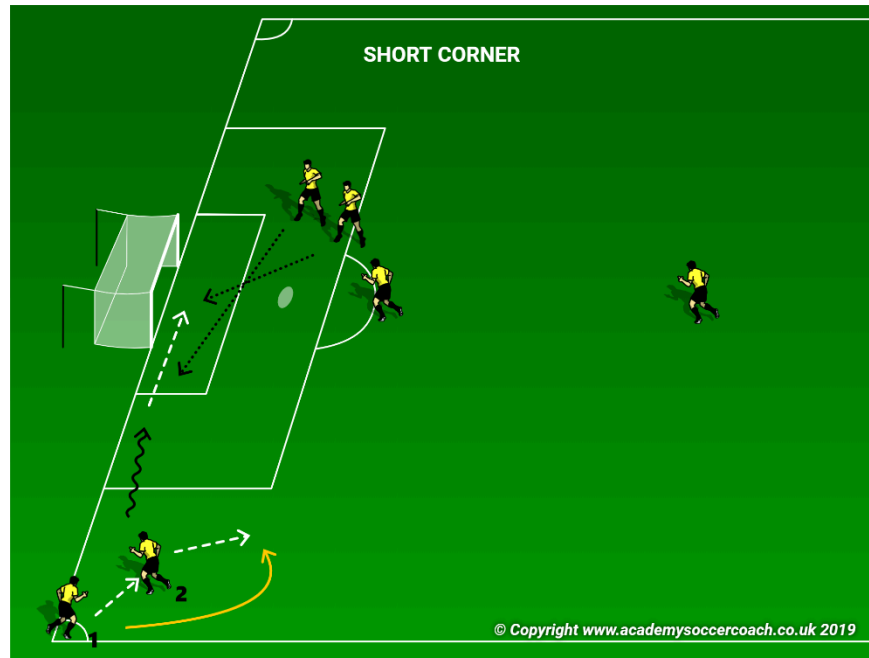
Progression 1 - Same sequence although you are now trying to score. Shot has to be taken behind the red cones.

Progression 2 - A coach stands next to each cone. First player in line passes to coach who lays ball off - player then shoots first time on goal.

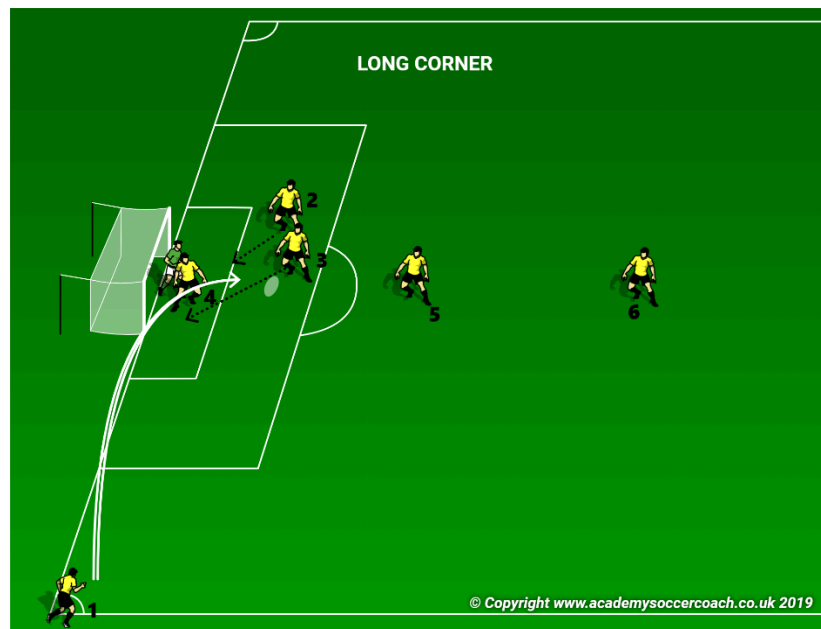
Progression 3 - Ball is passed out to a wide player on each side. Wide player receives the ball and crosses on the ground to the attacker. Attacker has to bend run around far away cone before they can receive cross.

20 MINS SCRIMMAGE

10 MINS CORNERS



Corner Kick 1 - 1 passes ball to 2, 1 then overlaps 2, 2 has the option of passing to 1, or dribble the ball in towards goal.
Coaching Points - Decision making from 2 deciding on if they should dribble or pass to overlapping player.



Corner Kick 2 - 1 takes corner, 2 runs back post, 3 runs front post, 4 stays close to opposing GK, 5 stays at top of box, 6 stays back defensively. Coaching Points - corner has to beat first defender, cross driven in as hard as possible, make runs into box with a purpose, crosser raises hand to let teammates know that they are crossing ball.

10 MINS LIGHTNING



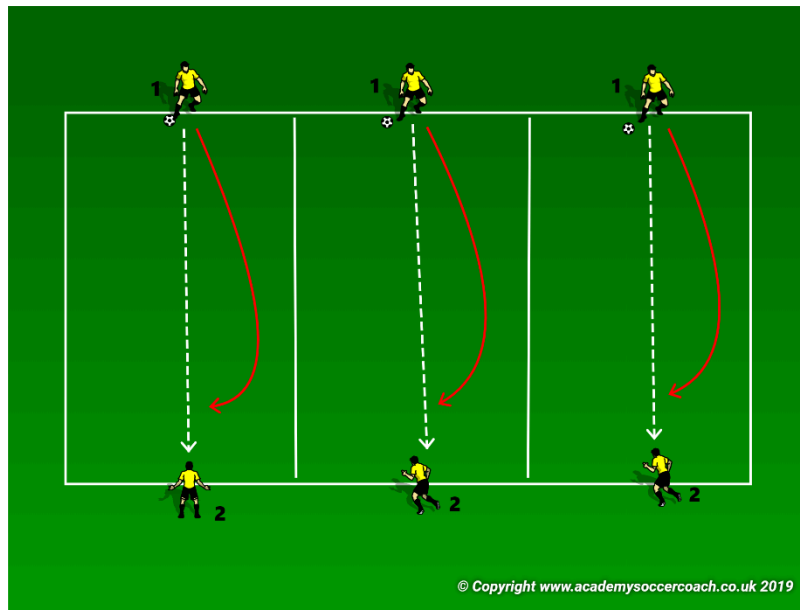
RBFC U10 – SESSION 5 DEFENSE

10 MINS



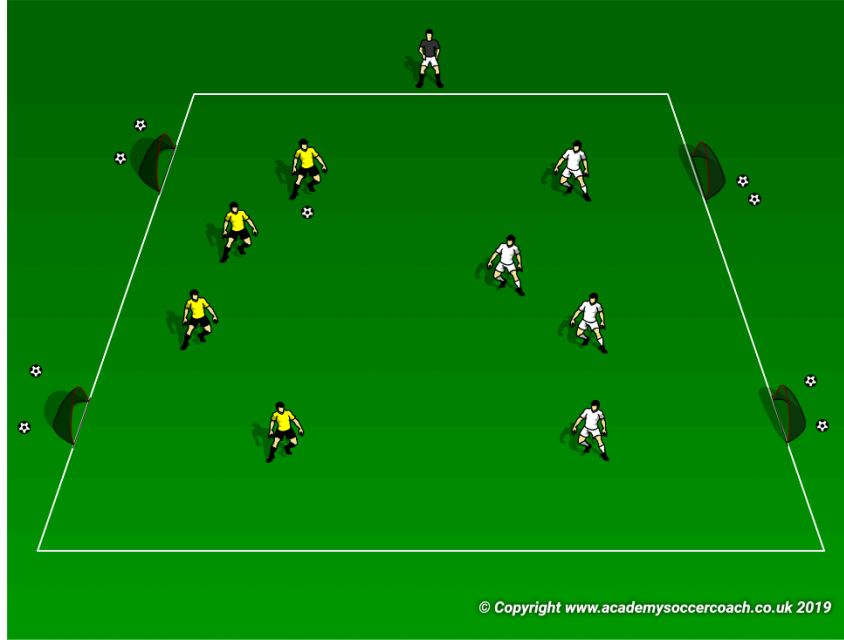
Warm-up - Players have a pinnie tucked into back of shorts. Two players without ball have to grab the pinnie from the players who are dribbling around the grid. If your pinnie is stolen you can get back in by juggling the ball three times. Time how long it takes the group of two to steal all the pinnies.

20 MINS



Exercise 1 (pressure/1st defender) - 1v1 Ladder - Player 1 passes the ball to player 2. Player 2 tries to stop the ball on the opposing players end line. If defensive player wins the ball they can score a point by stopping the ball on other end line. Keep track of points and play 90 second games. Alternate who passes the ball over. Winner moves up a grid and loser moves down a grid after each 90 seconds. Winner in the top grid stays where they are/loser in bottom grid stays where they are. Coaching points: Be vocal "I've got ball", angle your run, get there quickly then slow down, eye on the ball, knees bent in an athletic position, side on to ball, force one way, if attacker gets turned then close the space and get tight on their back.

20 MINS



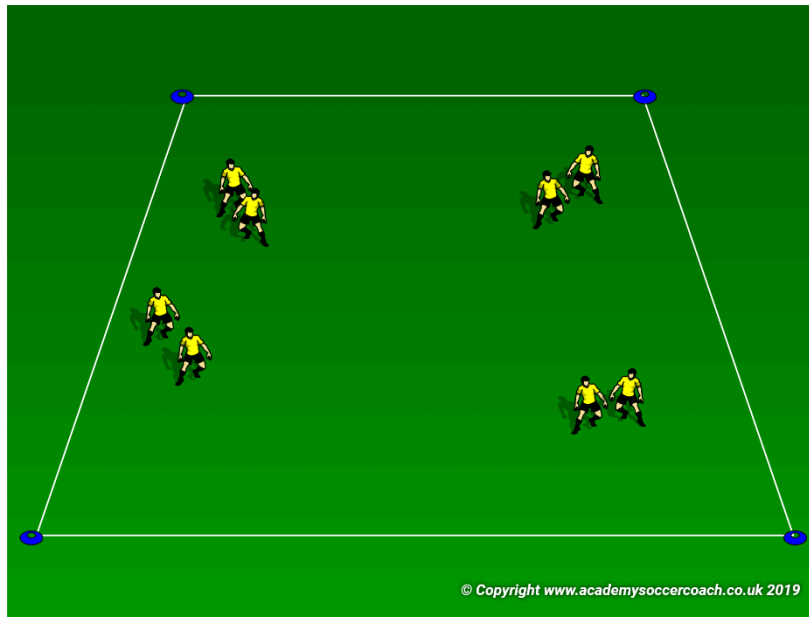
Exercise 2 - Four goal game. 4v4 with two goals. Players can score in either of the opposing teams goals.
Coaching Points - Is there pressure on the ball?, body position of 1st defender, protecting the space/goal behind, communication, which way is defender forcing the ball.

25 MINS **SCRIMMAGE**



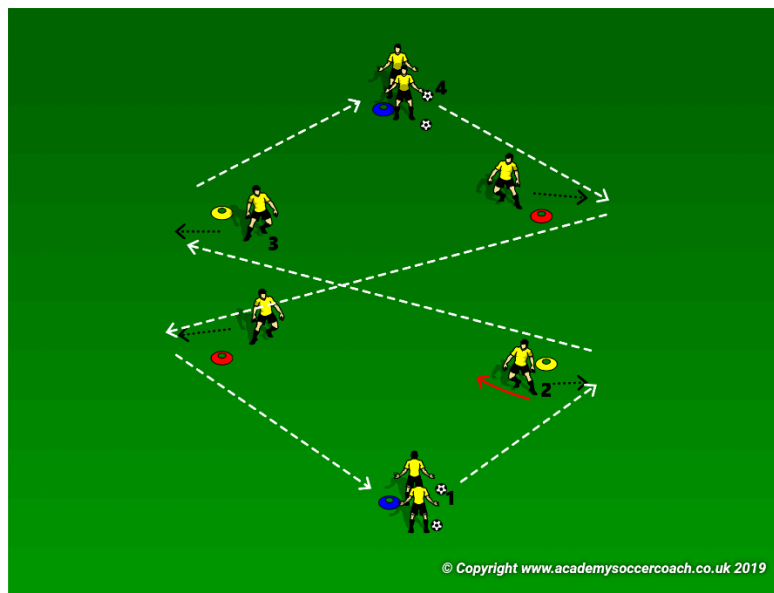
RBFC U10 – SESSION 6 – PASSING/RECEIVING

10 MINS



Warm-up - Each player has a partner. Players play tag for one minute. Cannot leave the grid. Keep track of score. Play three rounds of this - switch partners after each round.
Progression 1 - Add two balls to group. Players have to pass ball around grid.
A) Players have two touches, one to receive, one to pass, after pass they have to move to a different space.
B) Players have to pass ball first time, after pass they have to move to a different space.
Coach Points - Weight of pass, play the way you are facing, receive with inside of foot, receiving player get in line of passing player.

20 MINS



Exercise 1 - Passing and Receiving - 1 passes to 2, 2 passes to 3, 3 passes to 4. Rotation - move to where you passed ball. Same thing is going on at the same time with the ball starting at player 4. Player 2 starts inside cone and pops outside to receive the pass, same with player 3.
Progression 1 - players now pop out and pop back inside to receive the ball (red line), 2 turns inside and passes to 3, 3 turns inside and passes to 4 - be creative on ways to turn.
Coaching Points - Weight of pass, receive ball across your body, verbal/non-verbal communication, pop out with a purpose, field awareness to see when other ball is being passed.

20 MINS



Exercise 2 - Possession (with focus on passing/receiving) - 4v4 plus 1 - First team to 10 passes wins, neutral player is always on offensive team.
Coaching Points - Weight of pass, receiving out of pressure, support of ball on left/right, decision making.

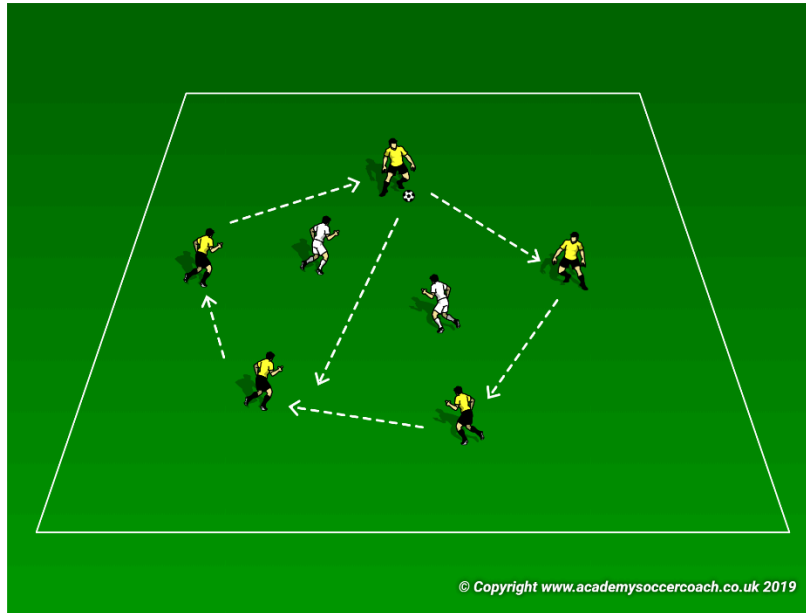
25 MINS

SCRIMMAGE



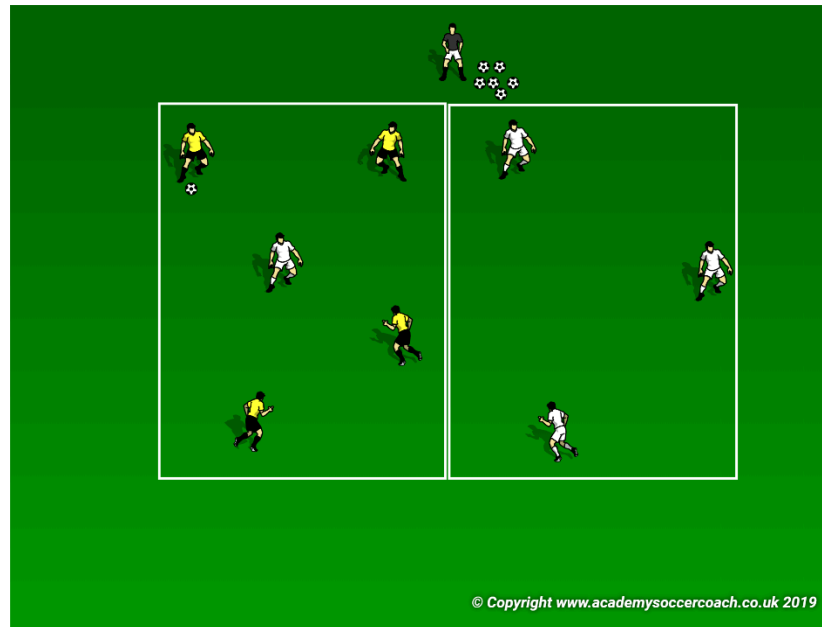
RBFC U10 – SESSION 7 POSSESSION (RONDO)

10 MINS



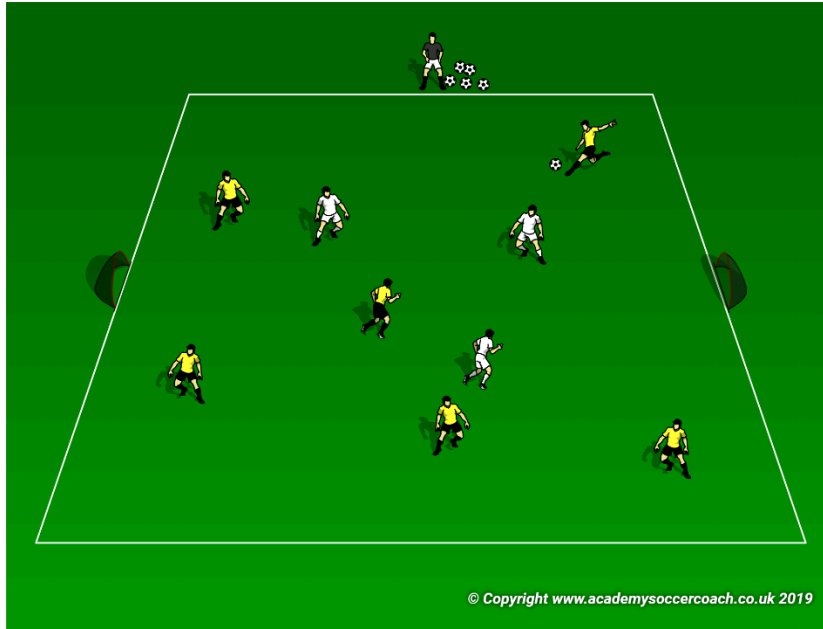
5 v 2 Rondo - Group of 5 players keep ball away from group of 2. 2 defenders have pinnies in their hands. If they win possession of ball or players makes a bad pass they switch with outside player. 1st pass to start game is always free. Start with unlimited touches and progress to two touch. Make sure game doesn't get stretched out.
Coaching points - Support of ball left and right, can you split defenders, play quickly if possible, stay on balls of feet ready to receive pass.

20 MINS



Exercise 2 - 4v1 Transition Rondo - Play 4-1 possession in grid. If defensive player wins ball or it is knocked out of grid they coach plays ball into other grid. Defensive team now sends another player over to defend and original defender joins team on offense. Send a different player over to defend each time. Adjust grid size for ability level of players. Add two touch restriction if needed.
Coaching Points - Support of the ball left and right, move ball quickly, communication, use the entire space.

20 MINS



Exercise 3 - 6v3 Rondo with 2 goals - Team of 6 is trying to get ten consecutive passes in a row. Team of 3 can score in either pug goal when they regain possession. Coach restarts play when ball goes out of play.
Coaching points - support of ball left and right, create passing triangles in possession, movement off the ball, quick transition to pug goals.

25 MINS **SCRIMMAGE**