






# Holden Youth Soccer - U10 - Week Four

## Topic: Receiving Balls in the Air

**Objective: To improve the technique of using different surfaces (feet, thighs and chest) to receive soccer balls played in the air**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Each Player with a Ball :</b>            Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...</p> <ul style="list-style-type: none"> <li>➤ controls with the laces</li> <li>➤ controls with inside and outside of the foot</li> <li>➤ controls with sole of foot</li> <li>➤ controls with the thigh, directional</li> <li>➤ controls with the chest, directional</li> </ul> <p>Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>➤ Get in line of the flight of the ball</li> <li>➤ Come to meet the ball</li> <li>➤ Watch the ball</li> <li>➤ Make an early selection of the body surface to use</li> <li>➤ Controlling surface goes out to meet ball</li> <li>➤ Relax the controlling surface and withdraw just before impact</li> <li>➤ 1st touch prepares for next touch</li> </ul> <p><b>Laces:</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b>1v1 Serve and Receive:</b>            Play 1v1 in a 12x10 yard grid. The Server starts off with a ball and throws it underhand high and over and past the middle of the grid. The Receiving player can allow the ball to bounce once, but he/she must try to receive it with his/her chest, thigh or foot. The receiving player tries to score by dribbling over the line. The serving player will defend the receiving player.</p> <p><b>Coach:</b> Have groups of 4 players in each grid. You can also have the serving players practicing throw-ins.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• Lift foot up to meet the ball</li> <li>• As ball is about to make contact, drop foot down and cushion ball on top of foot</li> </ul> <p><b>Thigh:</b></p> <ul style="list-style-type: none"> <li>• Lift thigh up to meet ball</li> <li>• Drop leg down to cushion the ball</li> <li>• Make sure you push ball slightly in front of you</li> <li>• Make sure players use middle of thigh to cushion balls</li> </ul> <p><b>Chest:</b></p> <ul style="list-style-type: none"> <li>• Bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• Cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• Do not push out chest to pop the ball out too far in front of you</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b>Bumper Game 4v4 to Goals:</b>            Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>



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**COOL DOWN**

Activities to reduce heart rate, static stretching & review session – **Time 10 min.**