

Peter Schreiner / Willy Kaspers

U10 Soccer Coaching

30 Competitive Drills and Games

- 10 Warm-Up Games
- 10 Warm-Up Exercises
- 10 Dribbling Exercises

IMPRINT

Children and Youth Soccer - Part 2

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30 Competitive Drills and Games

10 Warm-Up Games
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10 Dribbling Exercises

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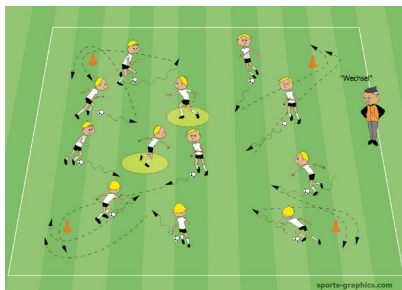
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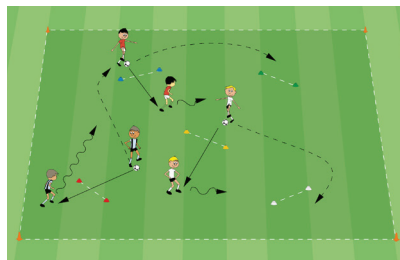
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Exercises or Games?

When organizing warm-up exercises, the coach should pay attention to the following points

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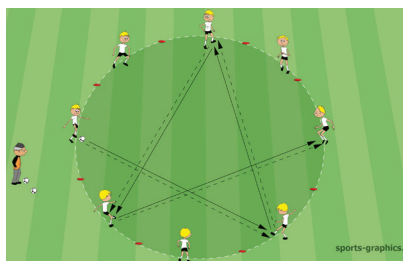
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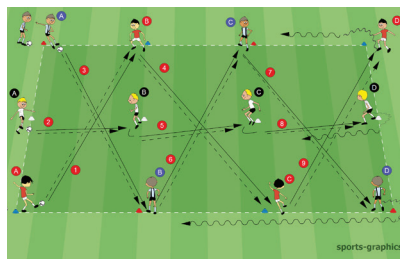
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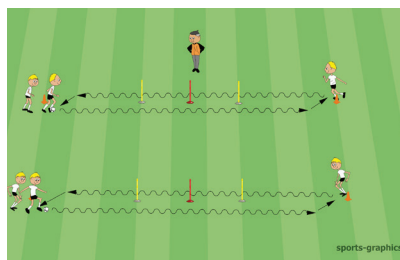
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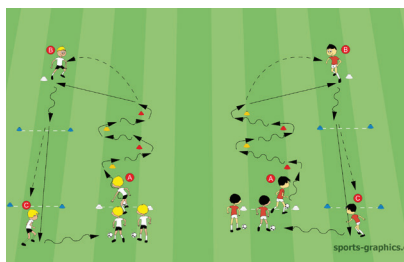
52 DE 03b Dribbling in a hexagon 2

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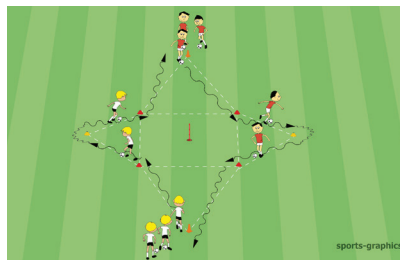
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Peter Schreiner
Willy Kaspers

*“Talents develop themselves,
the coach only navigates them to the finish”*

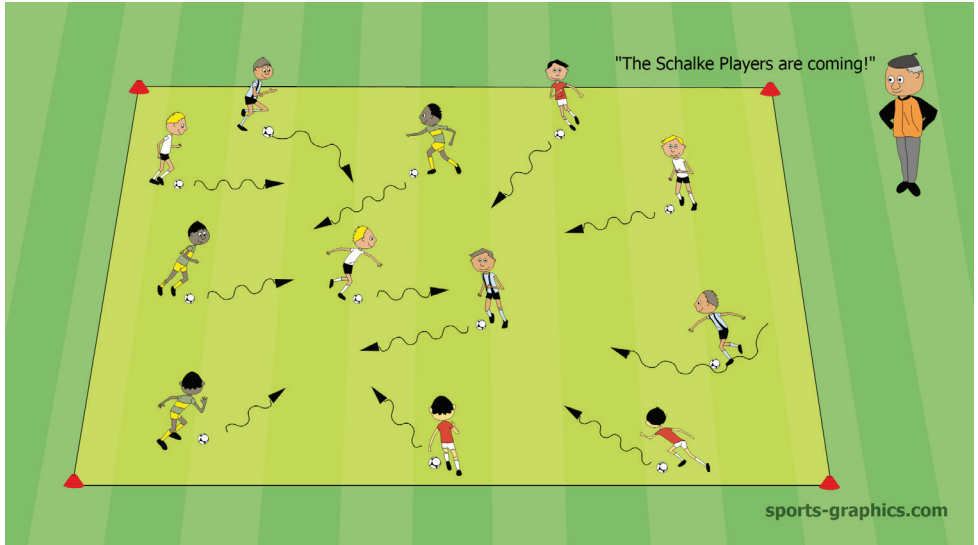
(Willy Kaspers)

9. **Short demonstrations (coach or players):** For various reasons, not all soccer techniques can be demonstrated by the coach. However, it is often enough if you have players who perform the task after a hinted and slow demonstration.
10. **Detailed compliments:** Compliments for the entire team is certainly very important. But for the players it is the greatest, if the coach praises them personally and addresses by name.
11. **Align language to the level of the children:** Communication between coach and players requires a special soccer-language with certain technical terms. The younger the players are, the easier the explanations and coaching cues should be. If the coach uses certain soccer terms such as "double, overlap, shift, press high", then players should know and understand them. Only then is the coaching effective and helps the players.
12. **Making mistakes is the fastest way to learn.** A good coach creates a learning environment in which players feel confident in doing just that. (Making mistakes and learn).



Ask questions and listen, be patient, guided exploring

WG 07 Bundesliga-Attack



Organization

In an approximately 20m x 20m large field (12 children), four groups of 3 children are formed. Each child has a ball. The groups are named after a Bundesliga team: Schalke (blue) - Bayern (red) - Dortmund (yellow) - Gladbach (green).

Procedure

- All children move freely in the field and perform different tasks, which the coach calls (only dribbling with left, the inside, etc.).
- If the coach calls, e.g. "The Schalke Players are coming", take the Bayern players their balls in the hand and try to touch the other players with their ball.
- Players, who have been touched, sit down and hold their ball.
- When all players have been "caught", the game ends.
- If the coach calls "Game over" dribble all children normally and a new round of play can begin.

Variations: Predator Hunt

- The procedure is the same. Instead of Bundesliga teams, there are now wild animals: Lion - Tiger - Panther - Cheetah. The final signal is: "Predator Hunt over".
- This game can also be played at the beginning without dribbling. Then this is a fast catching game without a ball.