



U10

Player Syllabus

In Possession:

Use the sole of your foot to control the ball 95% of the time.

Out Of Possession:

The nearest player to the ball tries to win it back as quick as possible.

Transition - Winning The Ball:

Be positive with a pass or movement towards the oppositions goal.

Transition - Losing The Ball:

Get goal side of the ball as quick as possible, called RECOVERY.

General:

Learn the basic rules of the game, know what you can do and when!

Each week pick one of the above and try to apply it to everything you do!