

U10-U11 Curriculum

Week:

1

DRIBBLING

Enhance ball control and decision-making while dribbling at speed and under pressure.

2

2V2 DEFENDING

Learn to pressure the ball effectively, and cover space, ultimately preventing the opponent from creating scoring opportunities.

3

2V2 ATTACKING

Work together to develop movement, combination play, and decision-making to create scoring opportunities.

4

SHOOTING

Focus on technique and power to finish scoring opportunities.

5

PASSING & RECEIVING

Refine passing technique and first touch to maintain possession and build attacks.

6

KEEPING POSSESSION

Learn how to move the ball effectively using support play and quick decision-making.

7

COMMUNICATION

Develop verbal and non-verbal communication skills to enhance teamwork and coordination.

8

TEAM CHALLENGE

Apply skills in game-like scenarios that emphasize problem-solving and team strategy.