









Leicester Soccer Club  
Coaching Resources  
U10 Travel Soccer

Item	Link	Notes:
Massachusetts Youth Soccer Survival Guide	<a href="#">U10 Survival Guide</a>	Detailing all aspects of running a U10 Team.
Massachusetts Youth Soccer U10 Grassroots Sessions Plans	<b>Offensive Sessions -</b> <a href="#">Building up in Own Half (1)</a> <a href="#">Building up in Own Half (2)</a> <a href="#">Building up in the Opponents Half (1)</a> <a href="#">Building up in the Opponents Half (2)</a> <a href="#">Scoring Goals (1)</a> <a href="#">Scoring Goals (2)</a>	<b>Defensive Sessions -</b> <a href="#">Preventing Build up in Opponents Half (1)</a> <a href="#">Preventing Build up in Opponents Half (2)</a> <a href="#">Preventing Build up in Own Half (1)</a> <a href="#">Preventing Build up in Own Half (2)</a> <a href="#">Preventing Goals (1)</a> <a href="#">Preventing Goals (2)</a>
U10 Practice Planning & Scheme Development	<ul style="list-style-type: none"> <li>• <a href="#">U10 Schemes</a></li> <li>• <a href="#">U10 Drill Library</a></li> </ul>	Resource created by the LSC for U10 Coaches.
U10 - Pre Game & Start of Practice Routines	<a href="https://youtu.be/mm2aopFf068?si=B1LKNctvgfVS_7a">https://youtu.be/mm2aopFf068?si=B1LKNctvgfVS_7a</a>	Design your pre-game or start of practice routine.
U10 Run Better Sessions!	 IMPROVE your youth soccer trai...	Thoughts on organizing your practices and working on Build Out.
U10 - Passing Concepts for Practice	 10 Best Soccer Passing Drills for...	Team and Small-Sided Passing Concepts for Practice.
U10 - Dribbling, Passing, Routine	 Dribbling, Turns & Ball Mastery ...	Dribbling, Ball Mastery, & Passing practice concepts.
U10 - Triangle Passing Drills	 Triangle Passing Drills For Socce...	Progression Triangle Passing Drills.
U10 - Defending Drills for Practice	 10 Best Soccer Defending Drills ...	1 on 1 and Small-Sided Defensive

		Concepts for Practice.
U10 - Competitive 1/1 Concepts	 5 Best Soccer Drills for U8 & U9 ...	Scoring and Defending 1/1 Practice Concepts
U10 Battle Boxes	<a href="#">Part 1 - Use Battle Boxes in Practice</a> <a href="#">Part 2 - Battle Box Variations</a>	Teaching players to apply 1 v 1 moves in small spaces.
U10 - Mastering the 2-3-1 Formation	<a href="#">Part 1 - Formation &amp; Build Up</a> <a href="#">Part 2 - Midfield Transition</a> <a href="#">Part 3 - Scoring Chances in the Final 3rd</a>	Breakdown Videos on teaching the 2-3-1 alignment and how to build up out of the back.