The 10-10-10 Practice

Introduction

The following is a practice organization put forward by Frank Schmidt, the head coach of the Sachem Arrows Boys High School team. Sachem has been the Class A NYS champions the last 2 years (1997 and 1998).

This practice was demonstrated at both the 1998 LIJSL conventions by Frank with local youth teams. Briefly, Coach Schmidt’s philosophy is that every 90-minute practice should start with the first 30 minutes doing footwork, 1 v 1 and technical perfection.

- First ten minutes do footwork
- To develop confidence and comfort with the ball
- Second ten minutes do 1 v 1
- To develop initiative and competitiveness
- Third ten minutes do technical perfection
  To develop the correct technique and habits

The First Ten Minutes - Footskills

Fundamental #1 Around the Horn

\[ \text{~10 yards} \]
You will note that some of the following drills are taken directly from the advanced foot skills section of the manual.

Organization

1. Each player has a ball
2. Two players partnered at each corner
3. While one partner dribbles the other partner stretches
4. On coaches command all four players dribble clockwise or counter clockwise as coach directs
5. At each corner all players pull a coerver move dictated by the coach prior to the start
   - Scissors
   - Double Scissors
   - Cruyff
   - Etc.Etc.Etc. Use your imagination
6. Use the same move for two (2) trips around the box
7. At the end of two trips stretching partner goes while the player who just finished stretches
8. First partner then goes again with a different move dictated by the coach

Fundamental #2 To the Middle
Organization

1. Each player has a ball
2. Players dribble towards the center cones
3. When they get to within 1 yard they pull a covering move dictated by the coach
   - Pull back vee to the left
   - Pull back sweep behind to the left
   - Tap, jump cover sweep back
   - ETC, ETC, ETC Use your imagination
4. The key is for all players to move in the same direction. After they pull the move they pass the ball to the next player in line on the line to the LEFT of the one they just came from.
5. The player receiving the ball then makes the run to the cones and pulls the same move, passing it to his left.
6. Two times around for each player and then switch the move

Fundamental #3 Anti-Collision
Organization

1. Two players at each cone, each with a ball
2. Cones are ten yards apart
3. First two players drive towards each other
4. When they are 6 yards apart they each pull a move dictated previously by the coach
5. Both players must use **SAME** foot and **SAME** move (That’s so they don’t collide)

Coaching Points

1. Lower the players center of gravity (i.e. **GET LOW**)
2. Approach the dribble to the corner, the dribble to the cones and the dribble towards the opponent *slowly*. This is not a race.
3. Complete the move at the corner or the opponent with an explosive set/touch.
4. Complete the move at the center cone by playing the ball outside of your footprints setting up the pass
5. Stress technical excellence on the pass. There are no defenders pressuring the players

When changing directions look for and encourage a change of hip direction.