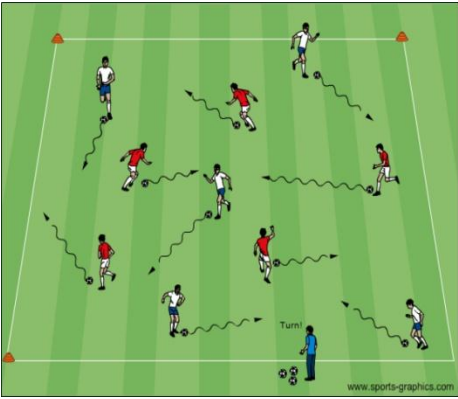

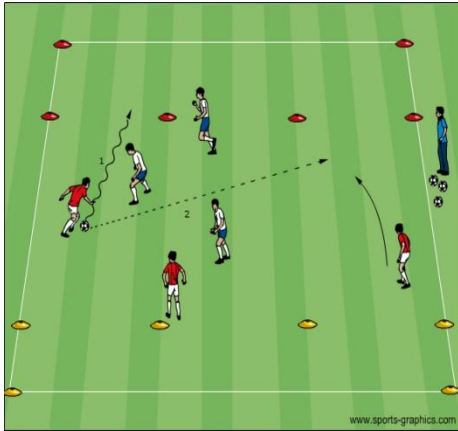


(U10) -- Week 1

Topic: Dribbling for Possession

<p>Technical Warm up</p> 	<p>Organization</p> <p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new <p style="text-align: right;">Time: 15 minutes</p>
<p>Small Sided Game</p> 	<p>Organization</p> <p>Dribble/Pass by Numbers: Divide the team into two groups & give each group different color pinnies. Each player in the group gets a different number(1,2,3) #1 in each group begins dribbling and on the coaches command dribbles the ball to player #2 in their group and leaves the ball for that player. Keep exchanging the ball in sequence on the coaches command. Coach Progress to have them pass to each other</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Communicate with your group • Head up to avoid other players and find your players • Change speeds • Use different parts of the foot to dribble <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p> 	<p>Organization</p> <p>3v3 End-zone Game: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Identification of verbal cues <ul style="list-style-type: none"> ○ “take space”, “time”, “take him on” • Correct shape and balance of team • Deception and disguise • Attack at pace and set up the defender <p style="text-align: right;">Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	