
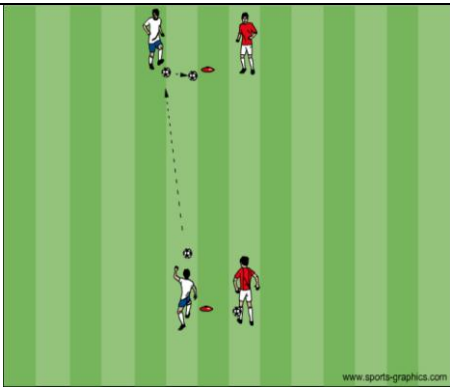
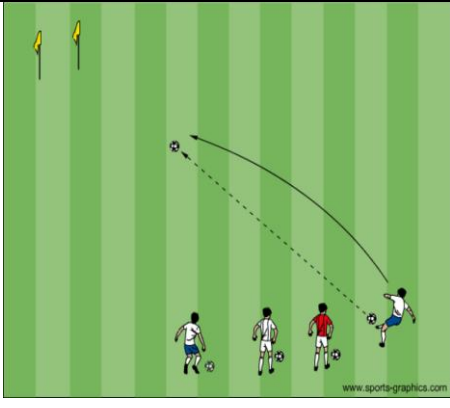
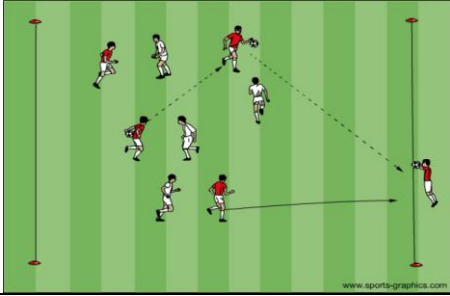


(U10) --- Week 6

Topic: Fun Games

<p style="text-align: center;">Warm up</p> 	<p style="text-align: center;">Organization</p> <p>Warm-Up Dribble: Divide your team in half with each team starting on their own half of the field. Each player with their own ball. Start by dribbling in their half and listening for the commands: switch-players leave their ball and get another players ball from their half of the field.</p> <p>Version 2: Coach yells switch fields and the players must dribble their ball to the other teams field.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Listen for instructions and react quickly • Head up while dribbling • Change speeds and direction to avoid other players <p style="text-align: right;">Time: 10 minutes</p>
<p style="text-align: center;">Game</p> 	<p style="text-align: center;">Organization</p> <p>Soccer Horseshoes: Players get in pairs with one ball. Two cones 10 yards apart. Pairs set up across from each other with the balls starting on the same side. Duplicate this set up with 2 pairs occupying each set up. The first player passes the ball across and tries to weight the pass so it stops close to the far cone. Their teammate (standing by the far cone) can touch it once to guide it towards the cone.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • The ball must be moving when the other player tries to guide it • Other team goes and tries to get their ball closer to the cone • Ball can be knocked away by second ball • Play to 5 then switch competitors • Play a round robin tournament <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Game</p> 	<p style="text-align: center;">Organization</p> <p>Soccer Golf</p> <p>Each player with a ball. Set up your first golf hole with cone or flags. Players start from the same area and have to get the ball between the cones in as few kicks as possible. Take turns teeing off.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Once your ball stops moving run to it and stand next to it • Closest to the hole gets to take their second kick • Player with the lowest score on the hole goes first on the next hole • Use goals, bags as obstacles <p style="text-align: right;">Time: 15 minutes</p>

(U10) --- Week 6

	<p><u>Team Handball</u> Divide your team in half. The object is for a team to catch the ball over the opponents end line (end zone area) Move the ball up the field by passing the ball to your teammate with your hands. You cannot run with the ball-only move up field by passing. If the ball hits the ground it goes to the other team.</p>	<ul style="list-style-type: none"> • Helps players move off the ball • Discourage the long pass, short quick passes • You cannot knock the ball out of a players hands • You can only intercept the pass
<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 style="text-align: right;">Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	