

2011 - U10 - Lesson Plan - Week 1



Topic: <u>Dribbling for Possession</u> Objective: To improve dribbling and shielding technique

Technical Warm up	Organization	Coaching Pts.
	Technical Box:	Keep the ball close
Town of the second of the seco	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	 Use all surfaces of the foot Inside/outside Sole Laces Keep your head up and use peripheral vision
Turni www.sports-graphics.com	the players. Version 3: Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.	 Change of direction and burst of speed Be creative – try something new Time: 15 minutes
Small Sided Game	Organization	Coaching Pts.
www.sports-organics.com	Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to	 Body sideways on to opponent Use arm to protect and know where defender is going Knees bent Turn as defender attacks or reaches for the ball Time: 15 minutes
Exp. Small Sided Game	assure that the group is doing it properly. Organization	Coaching Pts.
www.sports-graphics.com	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.	• Identification of visual cues ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Identification of verbal cues ○ "take space", "time", "take him on" • Correct shape and balance of team • Deception and disguise • Attack at pace and set up the defender Time: 20 minutes
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	• All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching &	