



2011 - U10 - Lesson Plan - Week 1

Topic: Dribbling for Possession

Objective: To improve dribbling and shielding technique

Technical Warm up	Organization	Coaching Pts.
	<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>Keep the ball close Use all surfaces of the foot</p> <ul style="list-style-type: none"> o Inside/outside o Sole o Laces <p>Keep your head up and use peripheral vision Change of direction and burst of speed Be creative – try something new</p> <p style="text-align: right;">Time: 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p>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 assure that the group is doing it properly.</p>	<p>Body sideways on to opponent Use arm to protect and know where defender is going</p> <ul style="list-style-type: none"> o Knees bent o Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<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 endzone under control. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<p>Identification of visual cues</p> <ul style="list-style-type: none"> o 1v1 no defender behind o Free space in front of dribbler o Near the attacking area <p>Identification of verbal cues</p> <ul style="list-style-type: none"> o "take space", "time", "take him on" <p>Correct shape and balance of team Deception and disguise Attack at pace and set up the defender</p> <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<p>All of the above</p> <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	