



2011 - U10 - Lesson Plan - Week Sixteen

Topic: Striking Volleys

Objective: To introduce player to technique of striking volleys

<p>Technical Warm up</p>	<p>Organization</p> <p>Introduction to Striking Volleys: Groups of two players with a ball</p> <p>Step 1: Players will self-serve the soccer ball and strike the ball to his/her partner who will catch the soccer ball and repeat the action</p> <p>Step 2: One partner serves to the other. The serve is knee high and underhanded</p> <p>Step 3: In 3's. One player moves and volleys and the other two serve the ball. Switch players after a few services.</p> <p>All technical exercises will:</p> <ul style="list-style-type: none"> o Let ball bounce and volley o Not let the ball bounce and volley <p><i>Players will try to volley the ball with the right and the left foot.</i></p>	<p>Coaching Pts.</p> <p>Keep eyes open and focused on the ball Use arms for balance</p> <p>Inside of the foot Bring the knee up to the side and get the toe up, heel down and ankle locked The foot should make contact through the middle of the ball The plant foot will help the player aim for the target, keeping the head and shoulders straight.</p> <p>Instep Knee higher than the ball Lock ankle and point toe down for instep (laces) volley</p> <p>Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p> <p>1v1 Soccer Tennis: Play 1v1 in a 10x10 yard grid. A player starts off with a ball and serves it with a volley over a line or net in the middle of the area. The ball can bounce once but then must be returned. A point is won on a bad serve or when one team fails to return the ball. Coach: Play 5 minute games. Players can use inside or instep volleys.</p>	<p>Coaching Pts.</p> <p>Do not let the ball strike you Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up Lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley</p> <p>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p> <p>3v3/4v4 Headers and Volleys: Organize players into teams of 3 or 4 players. Set up a 25 yard x 30 yard rectangular field with goals centrally located at each end. The team in possession passes the ball by volleying to his/her teammate and catching it. The only way to score is by volleying the ball to goal. Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by one touch volley into the goal for 5 points or heading the soccer ball for 3 points. If the soccer ball bounces more than twice, possession goes to the other team</p>	<p>Coaching Pts.</p> <p>Use inside of the foot volley to pass to a teammate Use Instep volley for power to score and for a distance pass, clearance away from goal or cross to goal</p> <p>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>	<p>All of the above</p> <p>Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	