



2011 - U10 - Lesson Plan - Week 4

Topic: Receiving Balls in the Air ir

Objective: To improve the technique of using different surfaces (feet, thighs and chest) to receive soccer balls played in the air

Technical Warm up	Organization	Coaching Pts.
	<p>Each Player with a Ball : Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and... controls with the laces controls with inside and outside of the foot controls with sole of foot controls with the thigh, directional controls with the chest, directional Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;">Time: 15 minutes</p>	<p>Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection of the body surface to use Controlling surface goes out to meet ball Relax the controlling surface and withdraw just before impact 1st touch prepares for next touch</p> <p>Laces: Lift foot up to meet the ball As ball is about to make contact, drop foot down and cushion ball on top of foot</p> <p>Thigh: lift thigh up to meet ball drop leg down to cushion the ball make sure you push ball slightly in front of you make sure players use middle of thigh to cushion balls</p> <p>Chest: bend knees with feet staggered and slightly arch back while using arms for balance cushion ball (collapse chest) as it hits chest and guide it to feet do not push out chest to pop the ball out too far in front of you</p>
<p style="text-align: center;">Small Sided Game</p>	<p>1v1 Soccer Tennis: Play 1v1 in a 5x10 yard grid. A player starts off with a ball and serves it 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. You can specify what surface must be used to control the ball.</p> <p style="text-align: right;">Time: 15 minutes</p>	<p>Thigh: lift thigh up to meet ball drop leg down to cushion the ball make sure you push ball slightly in front of you make sure players use middle of thigh to cushion balls</p> <p>Chest: bend knees with feet staggered and slightly arch back while using arms for balance cushion ball (collapse chest) as it hits chest and guide it to feet do not push out chest to pop the ball out too far in front of you</p>
<p style="text-align: center;">Exp. Small Sided Game</p>	<p>Bumper Game 4v4 to Goals: Two teams of four in defined playing area with two goals. 4 "bumper" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p> <p style="text-align: right;">Time: 20 minutes</p>	<p>Chest: bend knees with feet staggered and slightly arch back while using arms for balance cushion ball (collapse chest) as it hits chest and guide it to feet do not push out chest to pop the ball out too far in front of you</p>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">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 style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	