



2011 - U10 - Lesson Plan - Week Eleven

Topic: Dribbling for Penetration

Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on

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 o Inside/outside o Sole o Laces 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>1v1 to End Lines: In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score. Coach: Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>	<p>Keep the ball close to you under control Execute a feint to unbalance the defender and dribble past them with a burst of speed Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender Encourage players to be creative with the ball at their feet</p> <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>3v3 or 4v4 to End Zones: 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 End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<p>Work together to score Verbal & visual communication Use support players to make attacking decisions Encourage players to be creative and take risks near the end zone.</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.	All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	