



# 2011 - U10 - Lesson Plan - Week Eighteen

Topic: Individual Attack

Objective: To improve the player's decisions and ability to attack when his/her team is in possession of the soccer ball

Technical Warm up	Organization	Coaching Pts.
	<p><b>Free Dribble:</b> All players dribbling in a defined space. Players should use all surfaces of their feet.</p> <p><b>Coach:</b> 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..</p>	<p>Keep the ball close Use all surfaces of the foot</p> <ul style="list-style-type: none"> <li>o Inside/outside</li> <li>o Sole</li> <li>o Laces</li> </ul> <p>Keep your head up and use peripheral vision Change of direction and speed</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p>Small Sided Game</p>	<p><b>1v1 to Two Double Goals:</b> In a grid about 12x15 yards with four sets of cones creating 1 goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner:</p> <p><b>Center of the goal</b> = 5 points, dribbling only</p> <p><b>Outer goals</b> = 1 point, passing only.</p>	<p>Keep the ball close Keep your head up Execute a feint to unbalance the defender and dribble past him/her with a burst of speed Encourage players to be creative with the ball at their feet</p> <p>If you can't beat the defender, then decide if you can pass the soccer ball past him/her to goal</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p>Exp. Small Sided Game</p>	<p><b>3v3 or 4v4 to 4 Goals:</b> In a 30x35 yard grid, place a three yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p> <p><b>Coach:</b> help the players with attacking team shape (support, width and depth of the attack).</p>	<p>Work together to score Verbal &amp; visual cues:</p> <ul style="list-style-type: none"> <li>o Space</li> <li>o 1v1</li> <li>o Support</li> </ul> <p>Use support players to make attacking decisions Demand the ball Encourage players to be creative and take risks near the end zone.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></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 style="text-align: right;"><b>Time: 30 minutes</b></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	