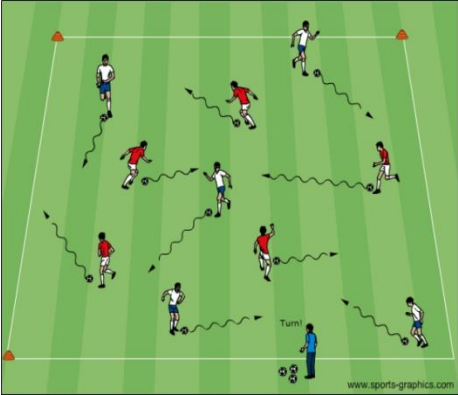

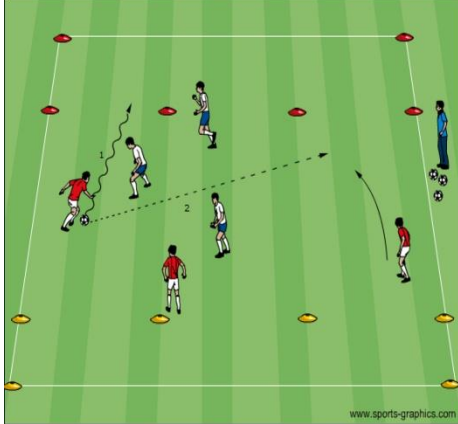


# Play – Practice – Play

# (U10) -- Week 1

## Topic: Dribbling for Possession **Move: Scissors**

<p><b>Play</b> -as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p><i>10 minutes</i></p>
<p><b>Technical Warm up</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <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. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot             <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 12 minutes</b></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>Dribble/Pass by Numbers:</b> Divide the team into two groups &amp; give each group different color pinnies. Each player in the group gets a different number(1,2,3) #1 in each group begins dribbling and on the coaches command dribbles the ball to player #2 in their group and leaves the ball for that player. Keep exchanging the ball in sequence on the coaches command. <b>Coach</b> Progress to have them pass to each other</p>	<ul style="list-style-type: none"> <li>• Communicate with your group</li> <li>• Head up to avoid other players and find your players</li> <li>• Change speeds</li> <li>• Use different parts of the foot to dribble</li> </ul> <p style="text-align: right;"><b>Time: 12 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>3v3 End-zone Game:</b> 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 end-zone under control. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Identification of visual cues             <ul style="list-style-type: none"> <li>○ 1v1 no defender behind</li> <li>○ Free space in front of dribbler</li> <li>○ Near the attacking area</li> </ul> </li> <li>• Identification of verbal cues             <ul style="list-style-type: none"> <li>○ “take space”, “time”, “take him on”</li> </ul> </li> <li>• Correct shape and balance of team</li> <li>• Deception and disguise</li> <li>• Attack at pace and set up the defender</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>PLAY</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	