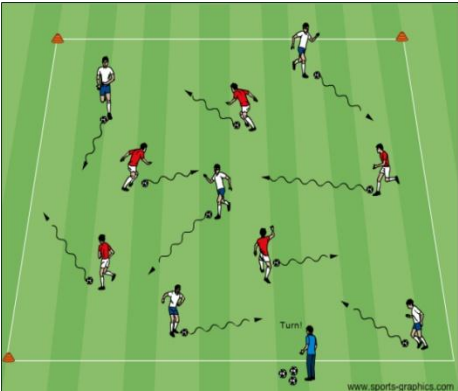
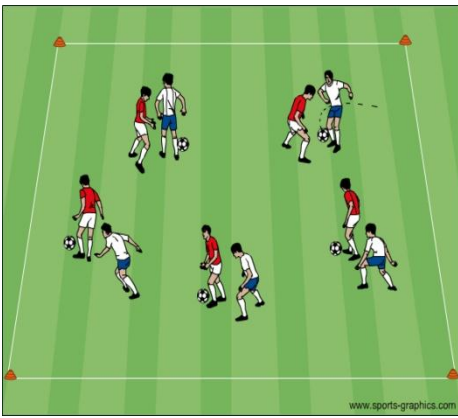
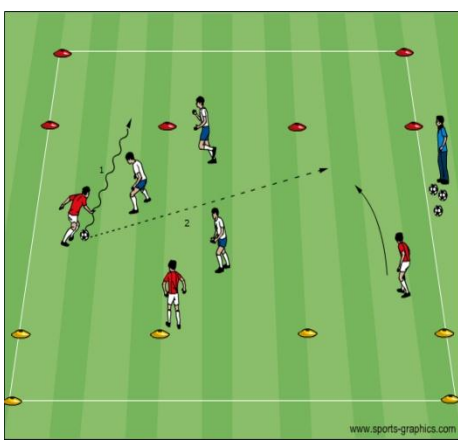


# 2011 - U10 - Lesson Plan - Week 1

## Topic: Dribbling for Possession

Objective: To improve dribbling and shielding technique

| Technical Warm up  | Organization  | Coaching Pts.  |
|--|---|--|
|    | <p><b>Technical Box:</b><br/>All players dribbling in a defined space. Players should use all surfaces of their feet.<br/><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.<br/><b>Version 2:</b> Walk around and put pressure on the players.<br/><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: 15 minutes</b></p>   |
| <p style="text-align: center;"><b>Small Sided Game</b></p>                         | <p style="text-align: center;"><b>Organization</b></p>  | <p style="text-align: center;"><b>Coaching Pts.</b></p>  |
|   | <p><b>Steal-Shield:</b><br/>Pair up the players with one ball. One player starts with the ball and at coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.<br/><b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>                                   | <ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>  |
| <p style="text-align: center;"><b>Exp. Small Sided Game</b></p>                    | <p style="text-align: center;"><b>Organization</b></p>  | <p style="text-align: center;"><b>Coaching Pts.</b></p>  |
|  | <p><b>3v3 End-zone Game:</b><br/>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.<br/><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 style="text-align: center;"><b>Game</b></p>                                     | <p style="text-align: center;"><b>Organization</b></p>  | <p style="text-align: center;"><b>Coaching Pts.</b></p>  |
| <p style="text-align: center;"><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 style="text-align: right;"><b>Time: 30 minutes</b></p>   |
| <p style="text-align: center;"><b>COOL DOWN</b></p>                                | <p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>  |  |