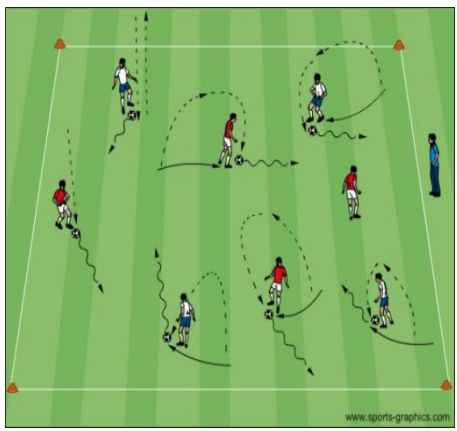
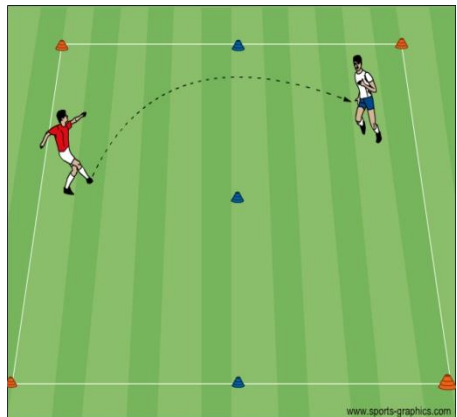
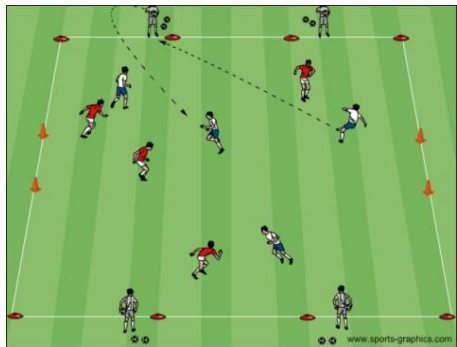


2011 - U10 - Lesson Plan - Week 4

Topic: Receiving Balls in the Air

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...</p> <ul style="list-style-type: none"> ➤ 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 <p>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> | <ul style="list-style-type: none"> ➤ 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>Laces:</p> <ul style="list-style-type: none"> • 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>Thigh:</p> <ul style="list-style-type: none"> • 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>Chest:</p> <ul style="list-style-type: none"> • 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 style="text-align: center;">Small Sided Game</p>  | <p style="text-align: center;">Organization</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.</p> <p>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> | <ul style="list-style-type: none"> • 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>Chest:</p> <ul style="list-style-type: none"> • 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 style="text-align: center;">Exp. Small Sided Game</p>  | <p style="text-align: center;">Organization</p> <p>Bumper Game 4v4 to Goals: Two teams of four in defined playing area with two goals. 4 "bumpers" 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> | <ul style="list-style-type: none"> • 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 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> | <ul style="list-style-type: none"> • All of the above <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> | |