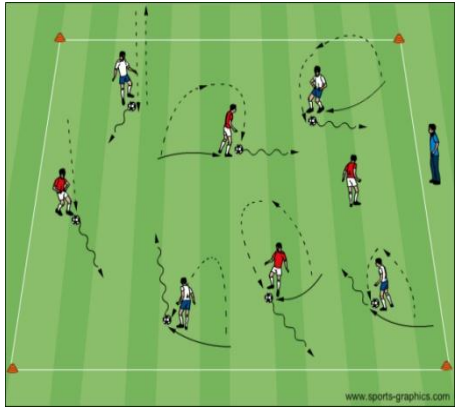
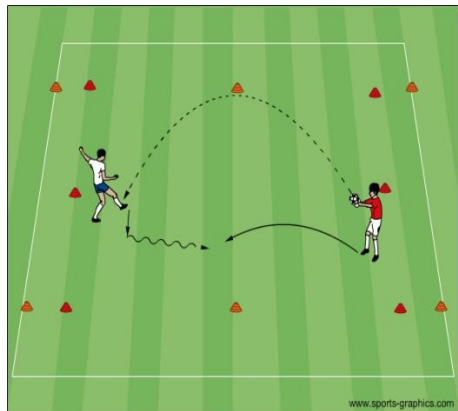
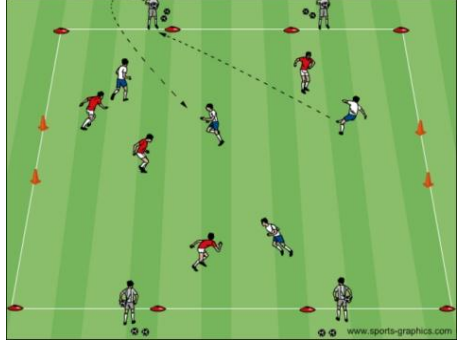


# 2011 - U10 - Lesson Plan - Week Fourteen

## 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><b>Each Player with a Ball :</b>            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"> <li>➤ controls with the laces</li> <li>➤ controls with inside and outside of the foot</li> <li>➤ controls with sole of foot</li> <li>➤ controls with the thigh, directional</li> <li>➤ controls with the chest, directional</li> </ul> <p>Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>General:</b></p> <ul style="list-style-type: none"> <li>➤ Get in line of the flight of the ball</li> <li>➤ Come to meet the ball</li> <li>➤ Watch the ball</li> <li>➤ Make an early selection of the body surface to use</li> <li>➤ Controlling surface goes out to meet ball</li> <li>➤ Relax the controlling surface and withdraw just before impact</li> <li>➤ 1st touch prepares for next touch</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>1v1 Receiving to End-Lines:</b>            Play 1v1 in a 10x15 yard grid. A player starts by serving the soccer ball to his/her opponent. The attacking player will make the decision to control the ball with the chest, thigh or foot and then proceed to try to score by dribbling the ball over the end-line. Players take three turns and switch.</p> <p><b>Coach:</b> You can give different point value if a player scores by using their chest to receive the ball or their feet etc.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Laces:</b></p> <ul style="list-style-type: none"> <li>• Lift foot up to meet the ball</li> <li>• As ball is about to make contact, drop foot down and cushion ball on top of foot</li> </ul> <p><b>Thigh:</b></p> <ul style="list-style-type: none"> <li>• lift thigh up to meet ball</li> <li>• drop leg down to cushion the ball</li> <li>• make sure you push ball slightly in front of you</li> <li>• make sure players use middle of thigh to cushion balls</li> </ul> <p><b>Chest:</b></p> <ul style="list-style-type: none"> <li>• bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• do not push out chest to pop the ball out too far in front of you</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Bumper Game 4v4 to Goals:</b>            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;"><b>Time: 20 minutes</b></p>	<ul style="list-style-type: none"> <li>• bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• do not push out chest to pop the ball out too far in front of you</li> </ul>
<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 style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	