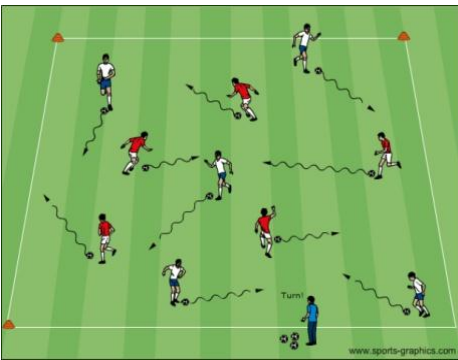
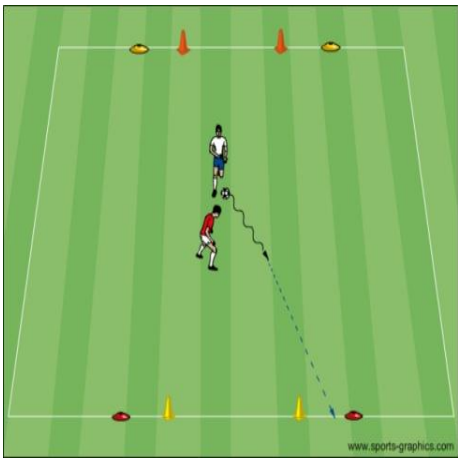
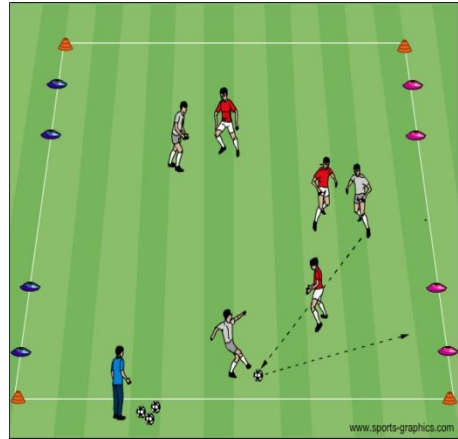


2011 - U10 - Lesson Plan - Week Eighteen

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>Free Dribble: All players dribbling in a defined space. Players should use all surfaces of their feet.</p> <p>Coach: 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>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and speed <p style="text-align: right;">Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>1v1 to Two Double Goals: 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> <ul style="list-style-type: none"> • Center of the goal = 5 points, dribbling only • Outer goals = 1 point, passing only. 	<ul style="list-style-type: none"> • 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 • If you can't beat the defender, then decide if you can pass the soccer ball past him/her to goal <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>3v3 or 4v4 to 4 Goals: 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>Coach: help the players with attacking team shape (support, width and depth of the attack).</p>	<ul style="list-style-type: none"> • Work together to score • Verbal & visual cues: <ul style="list-style-type: none"> ○ Space ○ 1v1 ○ Support • Use support players to make attacking decisions • Demand the ball • Encourage players to be creative and take risks near the end zone. <p style="text-align: right;">Time: 20 minutes</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>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	