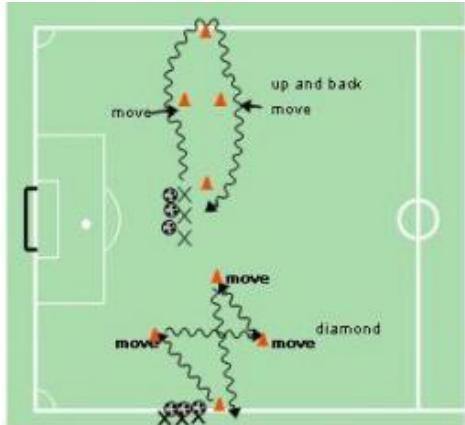




Date: 09/16/19 Group: U10 Boys and Girls
Length: 75 mins
Start Time: Focus: Dribbling and Passing
End Time: Level: U10

Length	Start	Drill Name	Category	Notes
13		Warm Up	Warm up	
9		Box dribbling	Attacking/Dribbling	Next player goes when the first player gets to the second cone. Switch the starting cone after a few minutes so players work on the move going the other way.
9		Team dribble	Attacking/Dribbling	8 cones 4 for the grid & 4 for the center line all players with a ball When switching fields require players to dribble to the opposite endline (not just over the half field line)
9		1v1 Offensive/Defense	Attacking/Dribbling	
9		4 Corners - Aggressive/Fitness	Passing/receiving	
15		Game play	game play	

Notes: This practice session re-introduces the passing concept and pairs it with dribbling.

Drill Title: Box dribbling (1 Diagram)

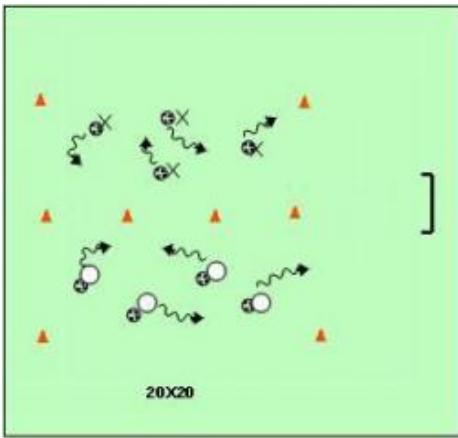
Groups of 3 or 4

Set up the first grid with 2 cones in the middle(defenders).

Up and back doing scissors, double scissors, sole role around middle cones.

Part 2-Spread 2 middle cones out to make a diamond and have players do reverse moves- pull back, cryuff, step over at the three cones.

Key Points: Repetitive dribbling moves Good warm up exercises

Drill Title: Team dribble (1 Diagram)

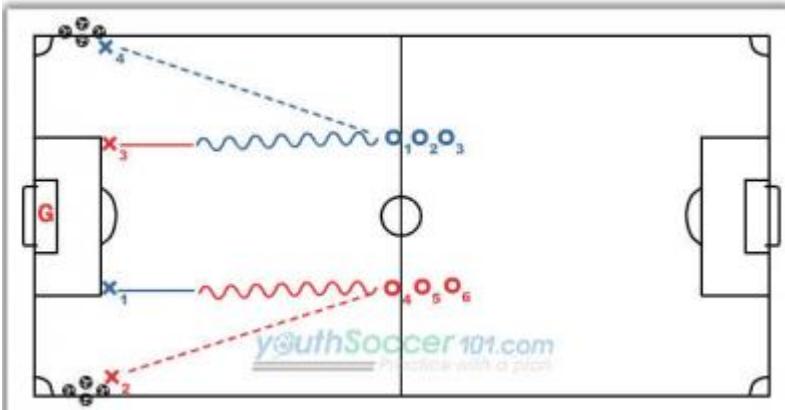
Divide the team in half and have the players dribble on their half of the field.

Coach calls out "switch" players leave their ball & dribble with a team mates ball-stay on their half.

"switch fields" players dribble to opposite half of the field with their ball.

First team with everyone on their half wins a point. Play to 5 wins.

Key Points: Head up while dribbling Quick change of direction Dribble with pace

Drill Title: 1v1 Offensive/Defense (1 Diagram)

Setup:

- 2 teams (blue + red)
- Offensive players lineup on the 50
- Defensive players lineup on the 18
- Goalie in net

Drill:

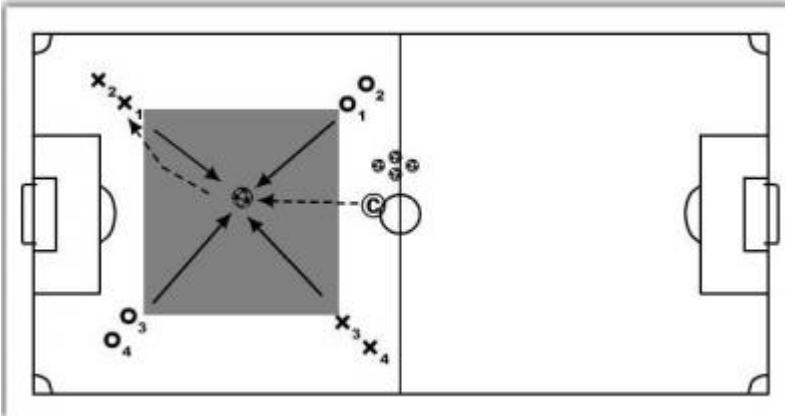
- Defenders pass ball to teammates on the 50
- Defender from opposite team cannot move from 18 until offensive player touches the ball
- Offensive player takes on defensive player 1v1
- Offensive player can shoot from anywhere
- If offensive player enters 18 they have 5 seconds to shoot the ball
- Both teams go at the same time
- Goalie defends both balls
- Rotate defenders every few plays

Modifications:

- Only allow Offensive players to shoot inside the 18

Key Points: 1v1 creating separation shooting early forcing attacker outside quick decisions (G) head on swivel (G) later movement (G)

Drill Title: 4 Corners - Aggressive/Fitness (1 Diagram)



4 teams with even number of players in each line is possible.

First player in each line goes first.

Coach passes ball into middle of square. First 4 players fight for ball and first one to pass back to next player in their line wins point.

Play to a certain number and then start again. Maybe switching teams if necessary.

Key Points: Proper passing technique. Inside of foot , toe up, ankle locked, L shape with other foot and follow through hitting ball with inside of foot. Outside of foot , toe down, ankle locked, toe pointed in and hit ball with little toe part of foot.