

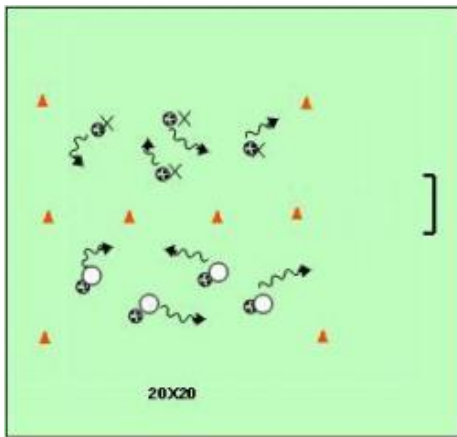


**Date:** 09/23/19      **Group:** Intramural  
**Length:** 75 mins  
**Start Time:** \_\_\_\_\_      **Focus:** Attacking in numbers  
**End Time:** \_\_\_\_\_      **Level:** U10

Length	Start	Drill Name	Category	Notes
10		Changes of direction	Warm Up	
10		Team dribble	Warm up	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)
10		2 pair passing	Passing/receiving	Length of drill: 15 mins One ball per grid 4 cones per grid
10		2v1 attacking	Attacking/Dribbling	have players set up in groups 4 to rotate defender every go, swap attackers every 5.
10		2v1 to goal	Attacking/Dribbling	If not enough numbers adapt by giving each player a number and when the team is on defense that player drops into the goal.
16		Scrimmage	End game	

**Notes:**

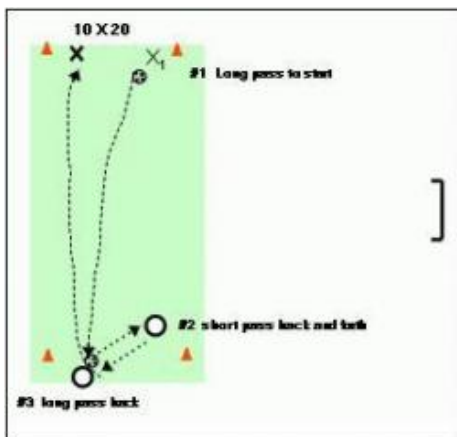
**Drill Title:** Team dribble (1 Diagram )



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:** 2 pair passing (2 Diagram s)



Groups of 4 in pairs. Start with a long ball to the player across from them who immediately traps the long ball and plays a short pass to their partner who gives it right back for the partner to play a long ball back to the other pair. This sequence continues.

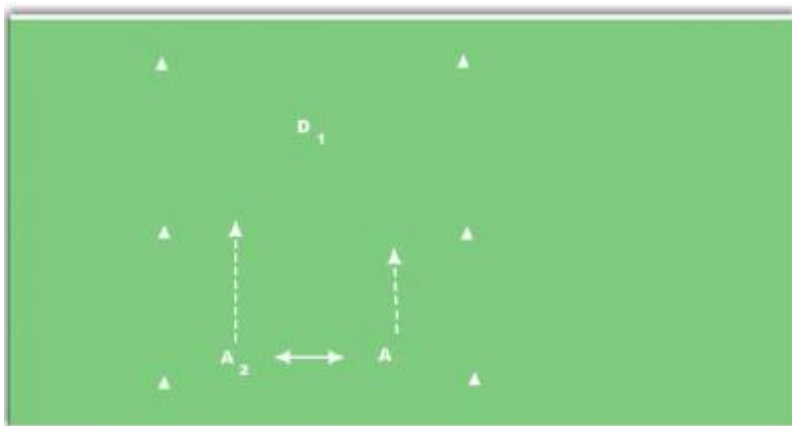
Start with a short practice area then make it longer as the players make good passes.

Duplicate this depending on how many players you have at practice.

Drill Diagram

**Key Points:** Focuses on short passing the switching the ball to another area.

**Drill Title:** 2v1 attacking (1 Diagram )



A and A2 play 5 passes maximum between them then both players turn and attack D, the aim is to either combine to get past D or take the player on 1v1 to get to the end line.

+ add goals in corner of the box or the center

**Key Points:** Attack space Draw in player Support Play wide or over lap

**Drill Title:** 2v1 to goal (1 Diagram )



play 2v1 with two GK,

+ can play with one neutral player.

+players have to have a shot before shot clock expires

+ players have to shoot within so many passes.

**Key Points:** Movement Speed of play Communication