



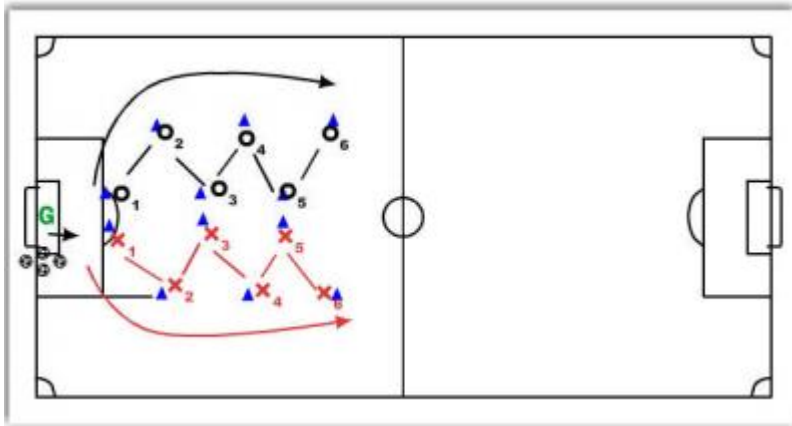
Date: 09/30/19 **Group:** Intramural
Length: 65 mins
Start Time: 12:00am **Focus:** Attacking 1v1 and dribbling
End Time: 1:05am **Level:** U10

Length	Start	Drill Name	Category	Notes
14	12:00am	Technical Warm up	Warm up	
10	12:14am	SAQ ZIG ZAG soccer	Conditioning with a ball	
10	12:24am	1V1 Attacking to Goal	Attacking/Dribbling	2 goals all the balls 4 cones Players cannot leave until the player crosses the line near the goal. Use cones to mark of this line if needed.
10	12:34am	Choose a cone	Attacking/Dribbling	3 cones 2 balls 2-3 players per grid
10	12:44am	Power & Finesse	Fun games	all the balls with the coach 2 cones goal

Notes: set up activities so all kids can be active at all times with minimal line waiting.

Please note, practice time length is shortened due to loss of day light.

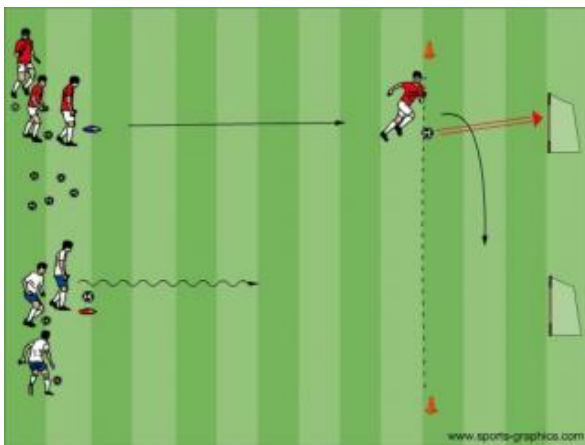
Drill Title: SAQ ZIG ZAG soccer (1 Diagram)



Split the group into teams of 6, Place 12 cones out on the field in a Zig zag pattern. The first player in each group runs and tags the player opposite them in there team and stays at that cone until tagged again, this happens till the last player is tagged, the keeper/coach plays the ball out, the first to get the ball is the attacker second the defender, after the shot players run back round the outside of the cones and start the process again.

Key Points: Reaction Acceleration Endurance

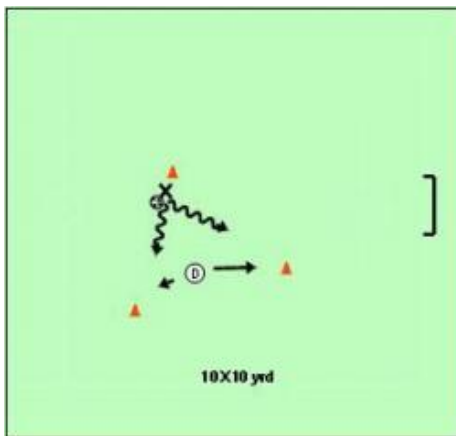
Drill Title: 1V1 Attacking to Goal (1 Diagram)



Divide the team in half. All the balls in between the teams. The first player from one line starts with the ball and has a free dribble to goal. As soon as the player dribbles over the line the first player in the othe line starts to their goal. As soon as the player shoots on goal they immediately run towards the other goal to defend. This sequence continues. Shoot, defend, get a ball, change lines.

Key Points: a quick continuous shooting and defending game.

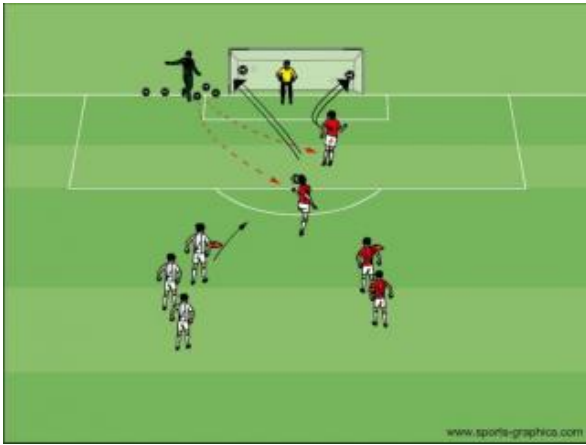
Drill Title: Choose a cone (1 Diagram)



2-3 players per grid.
2 players start with one attacker with the ball and one defender.
The attacker tries to knock down(or hit) one of the two cones with the ball. The defender protects the cone that the attacker is going towards.
If the defender wins the ball the play starts with the attacker going back to the starting cone.
Play for a few minutes and then switch roles.
Rotate the 3rd player in.

Key Points: 1V1 Attacking drill with decision making.

Drill Title: Power & Finesse (1 Diagram)



Divide your group into 2 teams. Each player will get 2 shots in round 1, a far shot and a close shot.

Rules:

If the player makes one shot they are safe to round 2.

If the player misses both shots-they are out.

If the player makes both shots they can choose someone from the other team who then has to make both shots.

If this chosen player makes only 1 shot-they are out.

If this player makes both shots-the player who picked them is out.

One touch only on the close shot, 2 touches on the far shot.

Team to have all players knocked out loses.

Have each team pick a GK or two and have them rotate. Players that get knocked out cannot be GK.

Key Points: Stay over the ball Head up to look for open areas of the goal