



Date: 10/07/19 **Group:** Intramural
Length: 65 mins
Start Time: 12:00am **Focus:** Dribbling and Combinations
End Time: 1:05am **Level:** U10

| Length | Start | Drill Name | Category | Notes |
|--------|---------|--------------------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 | 12:00am | DOC Warm up | Warm up | |
| 10 | 12:15am | 1v1 square | Attacking/Dribbling | swap after 5 shots each |
| 10 | 12:25am | 1V1 to goal with support | Attacking/Dribbling | 4 cones 2 goals all balls with the attacking line Split field down the middle from endline to endline and add 2 more goals (small goals with no goalies) to duplicate the drill and have 4 groups working at once. |
| 10 | 12:35am | 3v1 to 5v3 Possession | Passing/receiving Station | |
| 10 | 12:45am | 1v1 Angle Tech | Attacking/Dribbling | players should work at a 1-3 work rest ratio |
| 15 | 12:55am | Scrimmage | FUN | |

Notes:Coaches,

When setting up your fields, please try to make sure that kids have a ball at their feet at all times. short lines if needed no more than 2-3 kids per line. Please focus on the technical side of training a bit more.

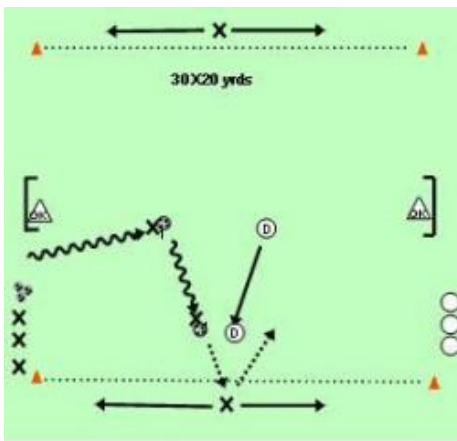
Drill Title: 1v1 square (1 Diagram)



B passes to A who then attacks, if they make it past the first cones they get 2 points, if they make it back past the other cones they get 4 and if they make it to the last 6 points .

Key Points: Quick feet Close control Speed of play

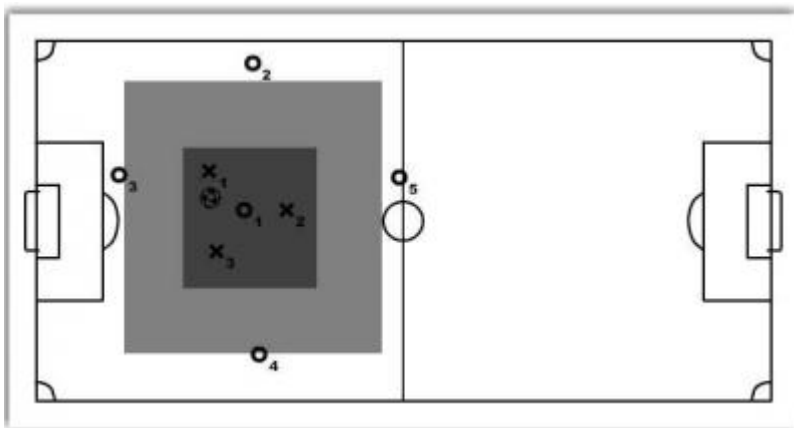
Drill Title: 1V1 to goal with support (1 Diagram)



Split the team in half. (attackers & defenders)
 Attacker brings the ball out from behind their goal and is met by a defender near midfield. Attacker can use the neutral players from either side of the field. Neutral players cannot come on to the field but can move up and down the sideline. Defender cannot steal the ball from the neutral players. If the defender wins the ball they become the attacker. Limit the play to 1 minutes or when the ball goes out of play. Defender & attacker become neutral players.

Key Points: 1V1 attacking to the goal with outside support.

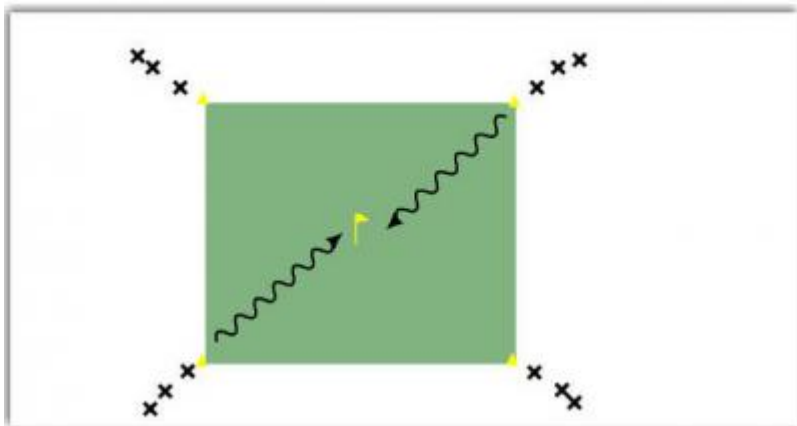
Drill Title: 3v1 to 5v3 Possession (1 Diagram)



Play 3v1 to 5v3 in a 10x10 area and a 20x20 area. Start inside the 10x10 with 3v1 playing one or two touch. When one defender wins the ball he plays out to the four outside players who now play possession, now making it a 5v3 game in the larger area. If the 5 lose possession, it starts again in the small grid 3v1.

Key Points: Quick transition Anticipate the next pass Use quick tight passes Defensively stay compact and cover passing lanes Defenders pressure ball

Drill Title: 1v1 Angle Tech (1 Diagram)



Players Dribble in at cone two at a time, they pass on the right of the flag, then the next two go.

First move fake take

Second scissors

Third Role circle take

Key Points: Positive on the ball Attack Cone Change speed