

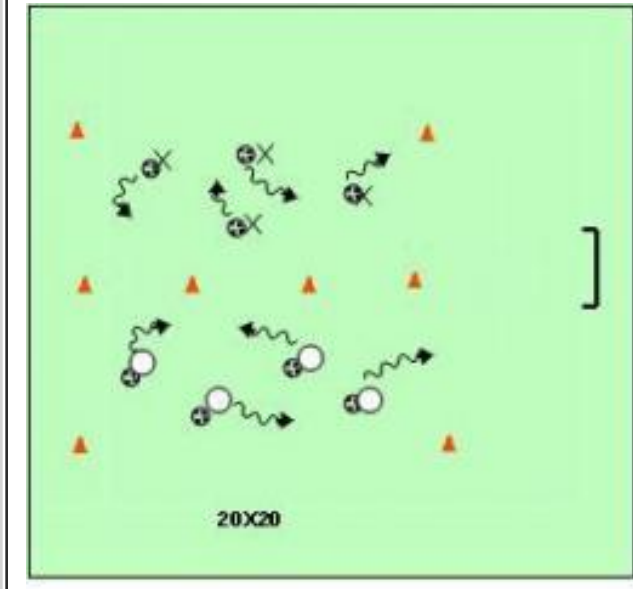


Date: 05/03/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Grade 3 & 4
Focus: Attacking in numbers
Level: U10

Length	Start	Drill Name	Category	Notes
10	12:00am	Technical Warm Up	Warm up	
10	12:10am	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	12:20am	2 pair passing	Passing/receiving	Length of drill: 15 mins One ball per grid 4 cones per grid
10	12:30am	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.
15	12:40am	Scrimmage	End game	

Notes: Work the exercises in stations. Rotations of each station should be no longer than 10 minutes per round.

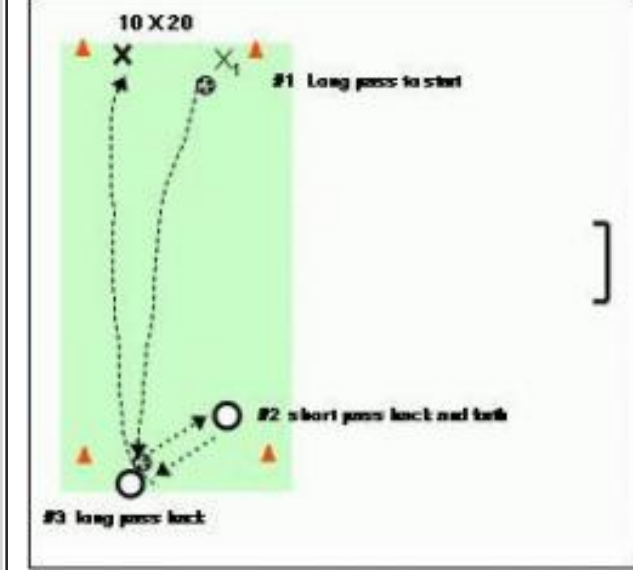
Drill Title: Team dribble



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



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.

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

Drill Title: 2v1 to goal



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