



Date: 05/24/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Grade 3 & 4
Focus: Dribbling and Combinations
Level: U10

Length	Start	Drill Name	Category	Notes
10	12:00am	Technical Warm up	Warm Up	
10	12:10am	1v1 square	Attacking/Dribbling	swap after 5 shots each
10	12:20am	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	12:30am	3v1 to 5v3 Possession	Passing/receiving Station	
15	12:40am	Scrimmage	Fun	

Notes: Coaches,

When setting up your stations 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, focus on first touch.

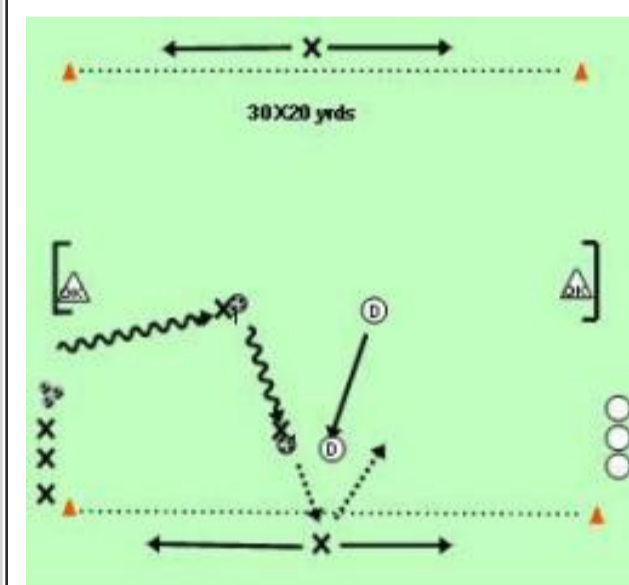
Drill Title: 1v1 square



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

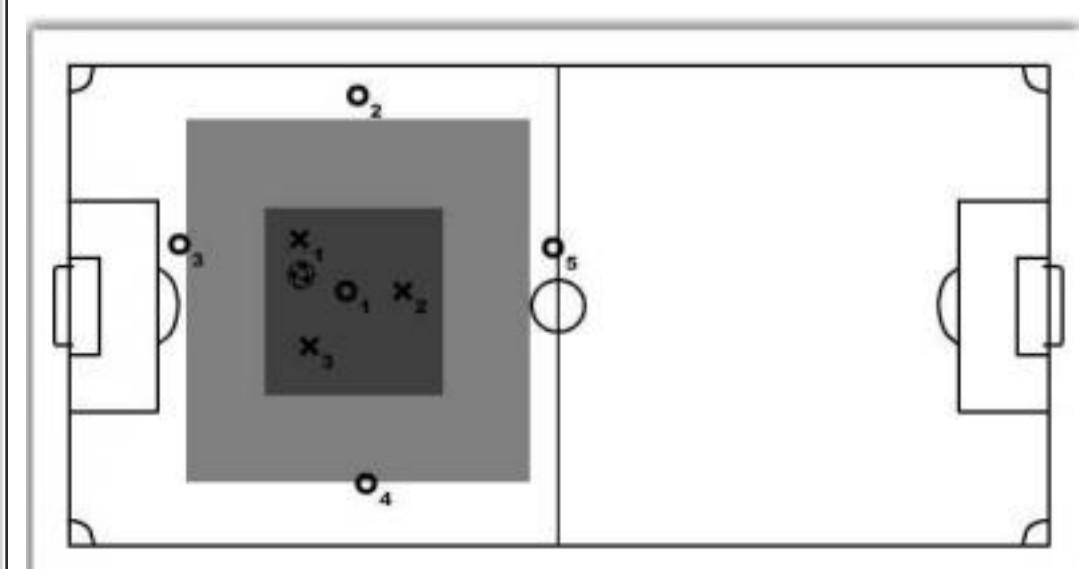
Drill Title: 1V1 to goal with support



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



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