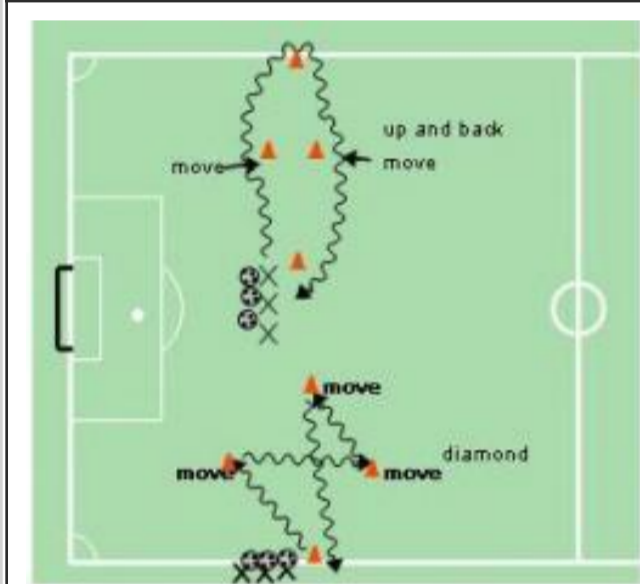


Date:	09/22/21	Group:	U10 Boys and Girls
Length:	60 mins		
Start Time:	12:00am	Focus:	Dribbling and Passing
End Time:	1:00am	Level:	U10

Length	Start	Drill Name	Category	Notes
13	12:00am	Warm Up	Warm up	
9	12:13am	Box dribbling	Attacking/Dribbling	Next player goes when the first player gets to the second cone. Switch the starting cone after a few minutes so players work on the move going the other way.
9	12:22am	Team dribble	Attacking/Dribbling	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)
9	12:31am	1v1 Offensive/Defense	Attacking/Dribbling	
15	12:40am	Game play	game play	

Notes: This practice session re-introduces the passing concept and pairs it with dribbling.

Drill Title: Box dribbling

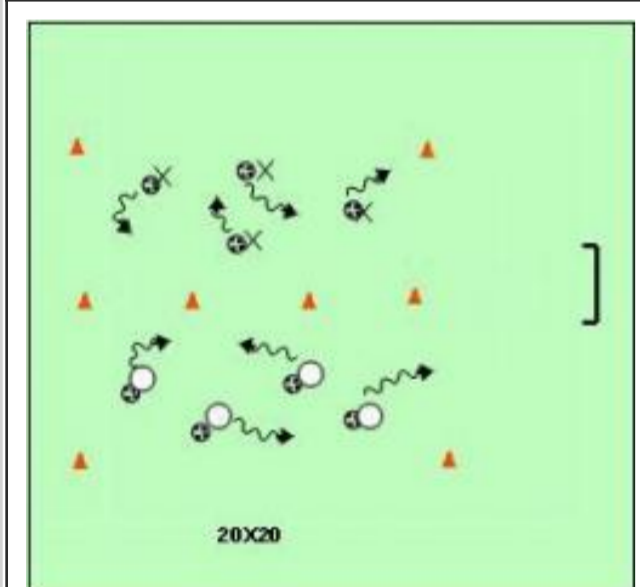


Groups of 3 or 4
Set up the first grid with 2 cones in the middle(defenders).
Up and back doing scissors, double scissors, sole role around middle cones.

Part 2-Spread 2 middle cones out to make a diamond and have players do reverse moves- pull back, cryuff, step over at the three cones.

Key Points: Repetitive dribbling moves Good warm up exercises

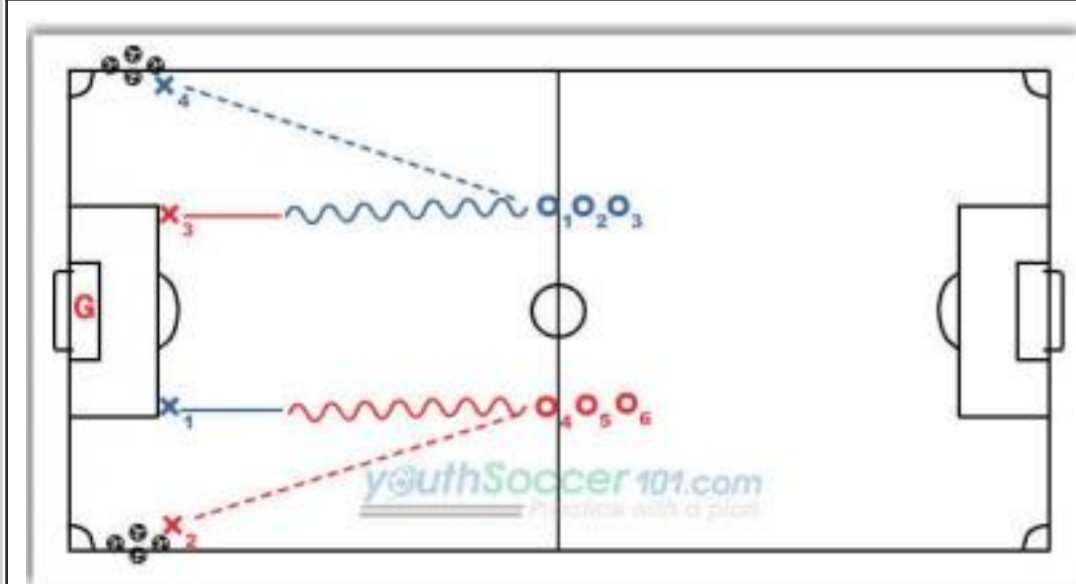
Drill Title: Team dribble



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: 1v1 Offensive/Defense



Setup:

- 2 teams (blue + red)
- Offensive players lineup on the 50
- Defensive players lineup on the 18
- Goalie in net

Drill:

- Defenders pass ball to teammates on the 50
- Defender from opposite team cannot move from 18 until offensive player touches the ball
- Offensive player takes on defensive player 1v1
- Offensive player can shoot from anywhere
- If offensive player enters 18 they have 5 seconds to shoot the ball
- Both teams go at the same time
- Goalie defends both balls
- Rotate defenders every few plays

Modifications:

- Only allow Offensive players to shoot inside the 18

Key Points: 1v1 creating separation shooting early forcing attacker outside quick decisions (G) head on swivel (G) later movement (G)