

Date: 10/13/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Intramural
Focus: Dribbling and Combinations
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	1v1 Angle Tech	Attacking/Dribbling	players should work at a 1-3 work rest ratio
15	12:45am	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.

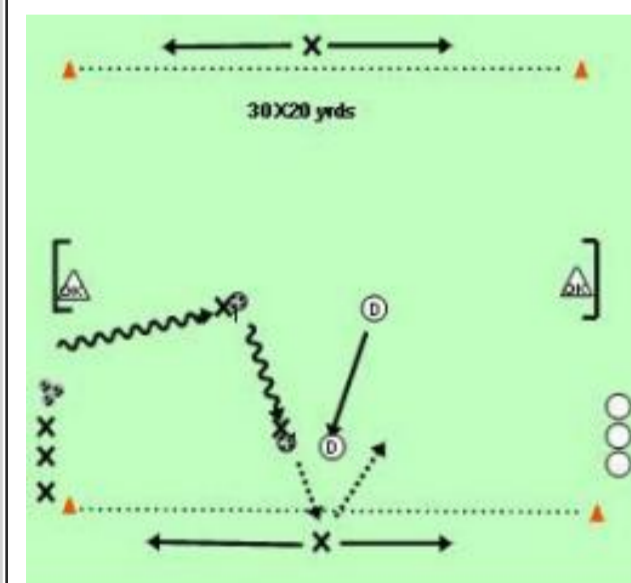
Drill Title: 1v1 square



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

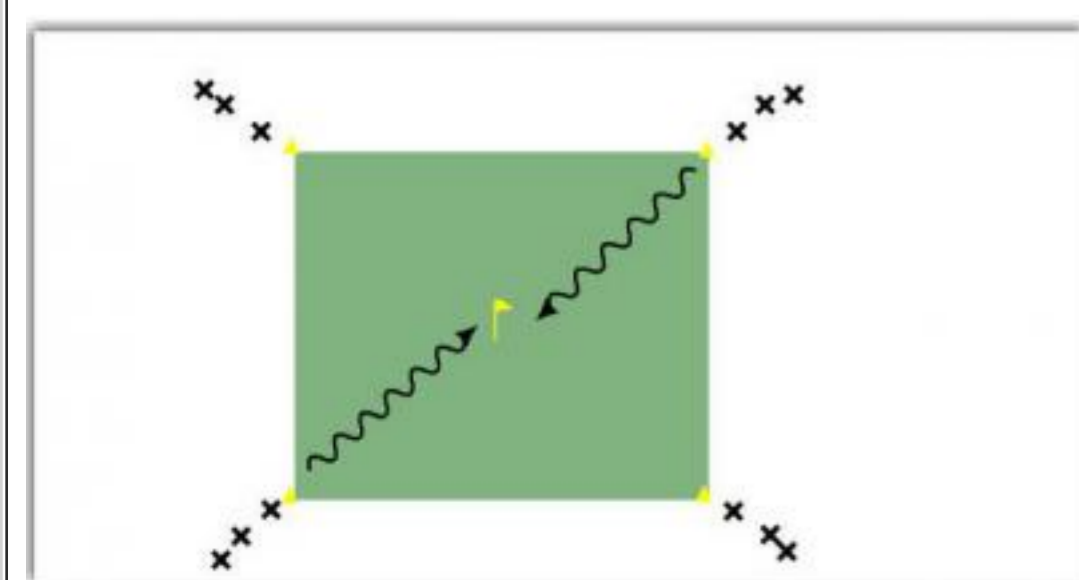
Drill Title: 1V1 to goal with support



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: 1v1 Angle Tech



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