

U10 Session Plan Week 1		Season Spring 2016		Topic DRIBBLING - RUNNING WITH THE BALL	
Objectives (5 W's)		Who: #2, #3, #7 and #11		Where: From the Defensive to the attacking half	
What: Running with the ball, Receiving, Penetration, Support, Width and Mobility		When: In possession of the ball and with space to attack		Why: To penetrate the opponents defense and create goal scoring opportunities	
Organization		Duration 10 mins	Intensity Med-High	Stage 1 Dribble Lanes	
• Area: In a 20Wx30L yard grid divided into 2 10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left					
Coaching Points		Activity Time 2 mins	Rest 30Secs	Intervals 4	
• What? Technique of Running with the Ball: ~ Push the ball forward with the laces. ~ Each touch of the ball should push it a few steps ahead of the dribbler ~ Keep a natural running stride ~ The head is up and the eyes scan the field					
Stage 2 4 v 4 RWB into the Attacking Half		Organization		Duration 15 mins	Intensity Med-High
		• Area: In a 20Wx30L yard field with goals • Target team (Red): #1, #2, #3, #4 - Opposition team(White): #1, #7, #9, #11- Play to score in the opponent's goal. ~ If a player receives the ball and runs from the defensive half to the attacking half and scores it is worth 10 points. All other goals are 1 point.			
Coaching Points		Activity Time 4 mins	Rest 1 min	Intervals 3	
• What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance • Principles of Attack - Penetration: Who? Where? When? Why? ~ Improvisation: When? Why? ~ Mobility: Who? When? Why?					
Organization		Duration 18 mins	Intensity Medium	Stage 3 4v4 to Goal	
• Area: In a 20Wx30L yard field with goals • Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply					
Coaching Points		Activity Time 7 mins	Rest 2mins	Intervals 2	
• What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance • Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?					
Stage 4 - 7v7		Duration 30 mins	Formation R GK-3-2-1 v W GK-2-3-1	Activity Time 12 mins	Rest 3 mins Intervals 2
Organization		In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #7 & #11 when to run with the ball			
Coaching Points		Technical Execution, Roles and responsibilities of #2, #3, #7, #11. Attacking Principles, 5W's, Speed of Play			