U10 Session Plan

Week 2

Season Spring 2016 Topic **DRIBBLING AND TURNING**

(5 W's)

Who: #7, #9, #11 What: Dribbling and turning with the ball, Receiving, Penetration, Objectives Support, Width and Mobility Where: Final Third

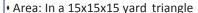
When: In possession and under pressure Why: To keep possession, penetrate the opponents defense and create goal scoring opportunities

Organization

Duration | 12 mins

Intensity Med-High

Stage 1 Dribble Triangle

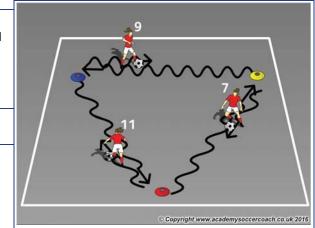


Players #7, #9, #11 start at a cone with a ball and will use the laces to push the ball forward toward the next cone and perform a turn.

~Interval 1: Cut ~ Interval 2: Hook ~Interval 3: Drag-back ~Interval 4: Cruvff

Coaching Points Activity Time 2 mins Rest 1 min Intervals 4

- What? Technique of Dribbling and Turning
- ~ Push the ball forward with the laces
- ~ Check over the shoulder before performing the turn
- ~ Keep your body between the defender and the ball
- ~ Surface of the foot and surface of the ball to use. Accelerate after the turn



Stage 2 4 v 4 Turning to Score

Organization

Duration

15 mins

Intensity Med-High

Area: In a 20Wx30L yard field with goals

Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal.

~When a player is under pressure turns, dribbles and scores or sets up a teammate who scores, the goal is 100 points. Play to 300 points. All other goals are 1 point.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement.
- Principles of Attack Penetration: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration

18 mins

Intensity

Medium

Stage 3

4 v 4 to Goal



Target team(Red): #1, #7, #9, #11 - Opposition team(White): #1, #2, #3, #4,- Play to score in the opponent's goal. All rules apply.

Coaching Points

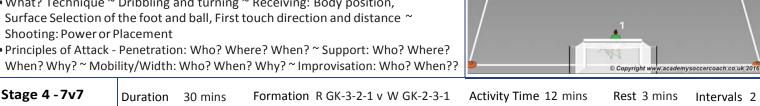
Activity Time 7 mins

Rest 2mins

What? Technique ~ Dribbling and turning ~ Receiving: Body position,

Shooting: Power or Placement

Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where?



In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball Organization **Coaching Points** Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.