

U10 Session Plan Week 2		Season Spring 2016		Topic DRIBBLING AND TURNING	
Objectives (5 W's)		Who: #7, #9, #11 What: Dribbling and turning with the ball, Receiving, Penetration, 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	
<ul style="list-style-type: none"> Area: In a 15x15x15 yard 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: Cruyff 					
Coaching Points		Activity Time 2 mins	Rest 1 min	Intervals 4	
<ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 3	
<ul style="list-style-type: none"> 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	
<ul style="list-style-type: none"> 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. All rules apply. 					
Coaching Points		Activity Time 7 mins	Rest 2 mins	Intervals 2	
<ul style="list-style-type: none"> What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement 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 yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball			
Coaching Points		Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.			