U10 Session Plan

Week 3

Season Spring 2016 Topic **DRIBBLING TO BEAT AN OPPONENT**

(5 W's)

Who: #7,#9,#11 Where: In the attacking half What: Dribbling to beat an Objectives ppponent, Receiving, Shooting, Penetration, Mobility and improvisation

When: Confronted by a defender near the goal

Why: To penetrate the opponents defense and create goal scoring opportunities

Organization

Duration | 12 mins

Intensity Med-High

4

Stage 1 **Dribble Triangle**



Players #7, #9, and #11 start at a cone with a ball and dribbles to perform one of the moves below at the central cone

Interval 1: Fake and Take

~ Interval 2: Circle and Take

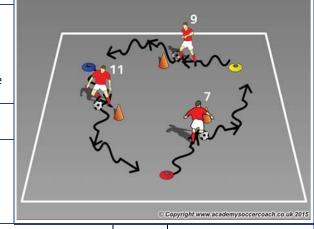
Interval 3: Double Fake and Take

~ Interval 4: Double Circle and Take

Coaching Points

Activity Time 2 mins Rest 1 min Intervals

- What? Technique of Dribbling to Beat an Opponent
- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- Change direction and get away from the opponent quickly



4 v 4 Solo Dribbling Stage 2

Organization

15 mins

Intensity Med-High

Area: In a 20Wx30L yard field with goals

• Target team (Red): #1, #7, #9, #11 - Opposition team(White): #1, #4, #5, #6 - Play to score in the opponent's goal.

Duration

 \sim If a player dribbles a defender, passes to a teammate who scores, or if they score themselves, it is worth 50 points. Play to 150 points. All other goals are 1 point

Coaching Points

Activity Time 4 mins Rest 1 min Intervals

 What? Technique ~ Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance $\,^\sim$ Shooting: Accuracy and Placement

Principles of Attack - Penetration: Who? Where? When? Why? ~ Mobility: Who? When? Why? - Improvisation: When? Where? Why?

Organization

Duration

18 mins

Intensity

Medium

Stage 3

4v4 to Goal

Area: In a 20Wx30L yard field with goals

Target team (Red): #1, #7, #9, #11 - Opposition (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply. If any player dribbles the GK and scores, the goal is worth 100 points.

Coaching Points

Activity Time 7 mins

Rest 2mins

Intervals

What? Technique ~ Dribbling: to beat an opponent ~ 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? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?



Rest 3 mins

Intervals 2

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Stage 4 - 7v7	Duration	30 mins	Formation R GK-3-2-1 v W GK-2-3-1	Activity Time 12 mins

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