

# U10 Session Plan

Week 3

Season **Spring 2016**

Topic

**DRIBBLING TO BEAT AN OPPONENT**

**Objectives (5 W's)**

**Who: #7, #9, #11**      **Where: In the attacking half**      **What: Dribbling to beat an opponent, 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

### Stage 1 Dribble Triangle

- Area: In a 15x15x15 yard triangle with a cone at each midpoint
  - 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 4

- 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

### Stage 2 4 v 4 Solo Dribbling



### 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, #4, #5, #6 - Play to score in the opponent's goal.
- ~ 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 3

- What? Technique ~ Dribbling to beat an opponent ~ 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? - 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 2

- 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?



### 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 to dribble by the defenders

### Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.