



★ U10 RECREATIONAL COACHING CURRICULUM ★

AGE GROUP: U9 or U10 players

TOPIC: Individual Attacking - Dribbling to Penetrate

OBJECTIVES: Teach players how to dribble, running with the ball and fakes & feints. Establish situations (1 v 1) in the attacking half of the field where players should look to take risks and beat opponents on the dribble to create goal scoring opportunities.

Warm Up Activity

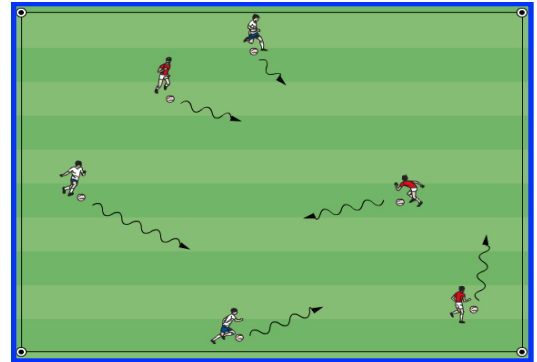
Area: 35 x 20 yards.

Organization: Each player has a ball:

1. Ask players to dribble around freely.
2. Ask players to change direction using all surfaces of the feet.
3. Ask players to change tempo of their dribble & find times to explode into open space.
4. Ask players to complete designated moves (chosed from techniques section).

Coaching Points

- Dribbling & Running with the Ball Technique.
- Execution of fakes & feints.



Small Sided Activity

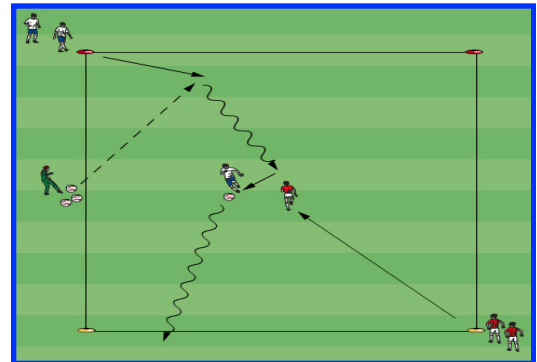
Area: 15 x 20 yards.

Organization

- Place players into two teams.
- Place teams diagonally opposite each other.
- Coach starts activity.
- Players score by dribbling across the oppositions end line.

Coaching Points

- Dribble (keep ball close) as you approach the defender.
- Use a move to **fake** the defender before **changing direction** of the ball.
- **Change pace** coming out of the move and exploit the space behind the def.



Expanded Small Sided Activity

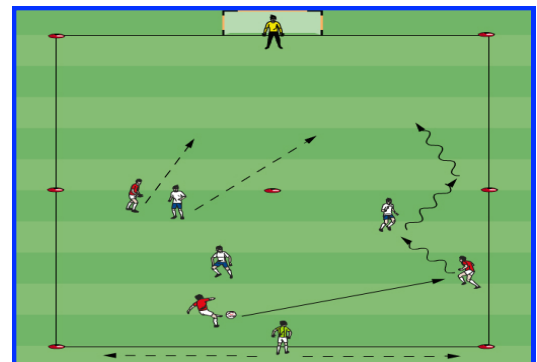
Area: 35 x 40 with a large goal. Place a restraining line 20 yards from goal.

Organization

- 3 v 3 with a GK & Target.
- Attacking team goes to goal, defending team score by passing to the target.
- Attacking team must dribble across the restraining line before going to goal.
- Progression: remove the dribbling restriction.

Coaching Points

- Technical execution: dribbling, fakes & feints and running with the ball.
- Decision in Possession - penetrate or possess? 1 v 1 vs. 2 v 1?
- Support of teammates - angles & distances.



Game

Area: 50 x 60 yards with two large goals.

Organization:

- 5 v 5 with GKs.
- Game rules apply.

Coaching Points

- When, Where & Why would we dribble to penetrate?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

