



**U10 Session Plan**

**Season** Spring 2016

**Topic**

**DRIBBLING - RUNNING WITH THE BALL**

**Objectives (5 W's)**

**Where:** From the Defensive to the attacking half

**What:** Running with the ball, Receiving, Penetration, Support, Width and Mobility

**When:** In possession of the ball and with space to attack

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

**Organization**

Duration

10 mins

Intensity

Med-High

• Area: In a 20Wx30L yard grid divided into 2 10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

**Coaching Points**

Activity Time

2 mins

Rest

30 Secs

Intervals

4

• What? Technique of Running with the Ball:  
 ~ Push the ball forward with the laces.  
 ~ Each touch of the ball should push it a few steps ahead of the dribbler  
 ~ Keep a natural running stride  
 ~ The head is up and the eyes scan the field

**Stage 1 Dribble Lanes**



**Stage 2 4 v 4 RWB into the Attacking Half**



**Organization**

Duration

15 mins

Intensity

Med-High

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #1, #2, #3, #4 - Opposition team(White): #1, #7, #9, #11- Play to score in the opponent's goal.  
 ~ If a player receives the ball and runs from the defensive half to the attacking half and scores it is worth 10 points. All other goals are 1 point.

**Coaching Points**

Activity Time

4 mins

Rest

1 min

Intervals

3

• What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance  
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Improvisation: When? Why? ~ Mobility: Who? When? Why?

**Organization**

Duration

18 mins

Intensity

Medium

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply

**Coaching Points**

Activity Time

7 mins

Rest

2mins

Intervals

2

• What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance  
 • Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?

**Stage 3 4v4 to Goal**



**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 field play 7v7. All FIFA rules apply. Encourage #2, #3, #7 & #11 when to run with the ball

**Coaching Points**

Technical Execution, Roles and responsibilities of #2, #3, #7, #11. Attacking Principles, 5W's, Speed of Play