



Name: Chris Little

# North Carolina Youth Soccer Association

Topic: U10 Dribbling



<p><b>FUNDAMENTAL – WARM UP</b></p>	<p><b>ORGANIZATION</b>  <b>“GET THEM”</b>          One player is “IT” – must try and hit other players by passing and hitting them below knee = become “IT”          Players must retrieve ball from base and take to open base          Variations          -Left/right foot only          -Different parts of foot – sole, outside/inside          -Change direction to different base on command          -Deception (step-over etc based on ability level)</p>	<p><b>KEY COACHING POINTS</b>          Comfortable with the ball  <u>Change of Speed</u>  <u>Change of Direction</u>          Head Up  <u>Deception</u></p>
<p><b>MATCH REFINED ACTIVITY</b></p>	<p><b>Running the Bases</b>          -Two taggers – tag by hitting players ball!          -Cant be tagged in bases          -Only 1 player allowed in base, if new player arrives old player must leave          Progressions          -Coach can close a base by standing in it          -Use of both feet: different body parts          -Before entering base – use deceptive move</p>	<p>Can they face opponent          Center of Gravity – knees bent          Head Up - Awareness</p>
<p><b>MATCH REFINED ACTIVITY</b></p>	<p><b>Stealing the Bacon</b>          Coach controls the balls and exercise from middle          Call number – players play against each other          Vary serves – middle &amp; each team          Start with individuals – i.e. #2 v #2          Quickly progress to play small groups – 2&amp;3 v 2&amp;3          Rewards          If beat an opponent using move practiced – 2 goals!          Time limit on each duel (speed of play)</p>	<p>Creativity          Confidence          Awareness of players (numbers up etc)</p>
<p><b>MATCH CONDITIONED GAME</b></p>	<p><b>Six Goal Game</b>          3 v3 or 4v4 + GK (depending upon numbers)          Can score on any of three goals (GK can move to any goal)</p>	<p><b>CREATIVITY</b>          Spacing in attack – HEIGHT WIDTH DEPTH          Problem Solving – if goal is guarded?</p>
<p><b>COOL DOWN</b></p>		