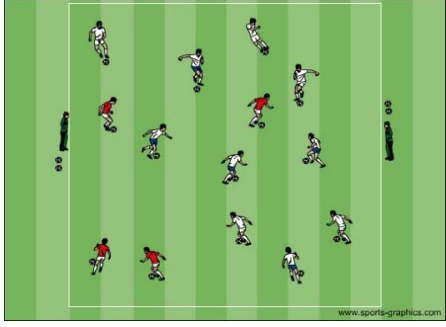
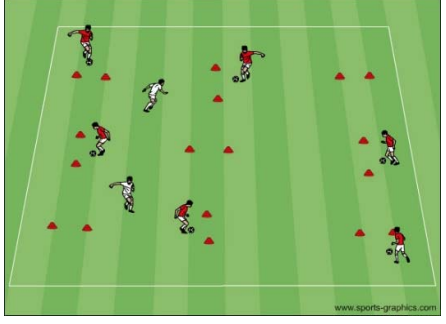




	Age Group: U10 Week # 2	Dribbling	Coaching Points
Technical warm-up	<p>Free Dribble---use entire space, everyone with a ball, use inside, outside, and sole of the foot. Practice two or three moves, coach calls out changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a change of direction move (escape move Move.)</p>		<p>Move 1: Pull back – ball in front of player, put sole of foot on ball, pull it back (keeping your body facing the ball the whole time to shield it) and burst of speed in opposite direction.</p> <p>Move 2: Step over and turn – ball in front of player, in one motion - bring right foot to the right side of the ball, then move it towards the front of the ball, finally have your right foot so it ends up in front of and on the left side of the ball (both feet end up on same side of ball for a moment). Then take your right foot and turn to the right and back into the ball, using the outside of the right foot to push the ball back behind you with a burst of speed in the opposite direction.</p> <p>Move 3: Cruyff - fake like you're kicking the ball with your right instep and then step past the ball with your supporting foot (left foot). Then rotate your right foot so that your toes point downward. Then use the inside of your right foot to make contact with the ball so that it rolls behind the support foot before you play the ball with your left foot</p>
Small-sided Activity	<p>Gates with defenders--- Coaches can select 2-3 players who do not have soccer balls and are now the defenders. Meaning; the players with soccer balls are trying to get through as many gates as possible, while the defenders are trying to steal their soccer balls away. If the defender steals a players' soccer ball away, that player must then go try and steal a soccer ball from someone else. Players without a soccer ball when the coach calls time are then the defenders to start the next round.</p>		<p>Recognizing opportunities where the gates are, and where are the defenders on the field and having the ball under control.</p> <p>Keep ball within one step, try to keep head up, bend knees, stay low, after a move need a burst of speed, need to perform moves at maximum pace with success, balance and body control are of great importance.</p>
Expanded small-sided Activity	<p>3v3 to four small goals--- “Dual fields” Teams comprised of 3 players. To score you must either dribble into one of the two goals (3 points) or shoot the ball through knee height or below (1 point)</p>		<p>Stress recognizing opportunities where space is on the field and bursting into that space while under control of ball. If needed have two fields and have team (s) on deck for each field.</p>
Match /Game	<p>6v6 game with Goal keepers (on a 2-1-2 Formation)</p>		<p>Reinforce all coaching points from all activities</p>