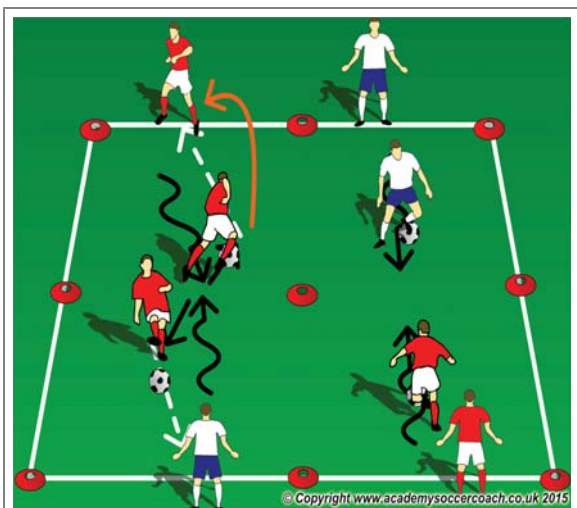


Season Fal 2015 Team/Age Group U10 Week 1

Topic Dribbling and Turning

Objectives 5W's

To improve the ability of the player to turn when dribbling the ball:
 WHO: Player in possession of the ball - WHAT: Technique of dribbling and turning - WHERE: Middle and attacking thirds of the field - WHEN: Confronted by an opponent - WHY: To change direction and protect the ball



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

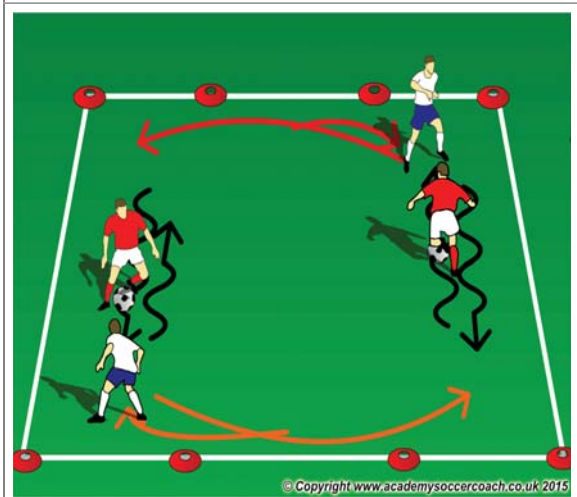
DRIBBLE, TURN and PASS:

Place 3 cones in a straight line with the middle cone 10 yards apart from the end cones. Have the players at opposite ends. On the coach's command the players will dribble to the middle cone and execute the following turns with the right foot and left foot and then pass to the ball to the next player:

- Inside of the foot Cut
- Outside of the foot Hook
- Drag-back
- Cruyff

COACHING POINTS / KEY CONCEPTS

- Technique of Dribbling: To run forward with the ball use the laces to dribble forward
- Technique of Turning: To execute the turns use the inside of the foot, the outside of the foot or the bottom of the foot (the sole.) accelerate after the turn.
- Technique of Passing: Accuracy, pace and time
- Technique of Receiving: Surface selections (foot and ball), first touch, preparation touch, body shape



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

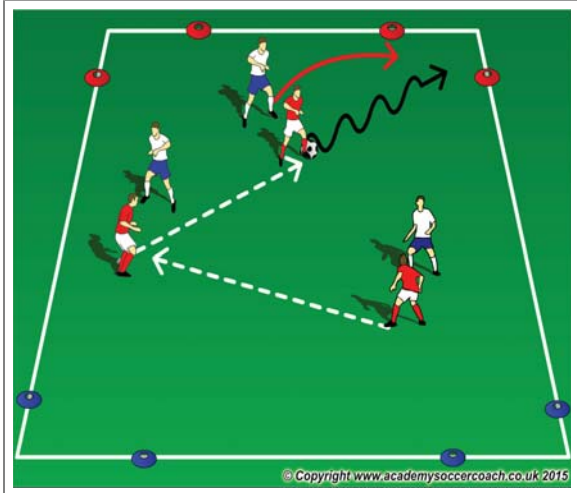
ORGANIZATION - (Physical Environment / Equipment / Players)

TURN and SCORE:

In a 10Wx15L grid place 4 goals on the end line as shown in the graphic. Place a defender at each end to protect the two goals behind them. Have two attackers try to score by dribbling through the goal either in front or behind. If the defender is already in front of the goal the attacker must turn and try to score in the goal at the opposite end. Rotate defenders and attackers each round.

COACHING POINTS / KEY CONCEPTS

- Technique of Dribbling: Use the laces to tun forward with the ball.
- Technique of Turning: Check over the shoulder, use the correct surface for the appropriate turn. Use your body to protect the ball. Transfer the ball to the opposite foot and accelerate after the turn
- Tactical – Penetration: Where and when? - Improvisation: What turn?



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

3v3 to 4 DIAGONAL GOALS:

In a 30Wx40L grid with two diagonal goals on each corner, play 3v3. To score a player must dribble through a diagonal goal.

Coach can add bonus points for the performance of a turn

COACHING POINTS / KEY CONCEPTS

- Techniques – Dribbling, Turning, Passing and Receiving
- Tactical – Penetration, Support, Width, Mobility, and Improvisation, Speed of Play

4. GAME **6v6** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION

- In a 40Wx60L field two teams will play with a specific formation each - Red Team :1-2-3, Blue Team: 1-1-3-1
- Encouraging players to recognize when to dribble and turn with the ball

COACHING POINTS / KEY CONCEPTS

- Roles and responsibilities of the players in the attacking team. Speed of play and execution.