

Coach: Stephen Bird

Team: U9-U10

Topic: Dribbling into space

Week: One



A Lifetime of Soccer

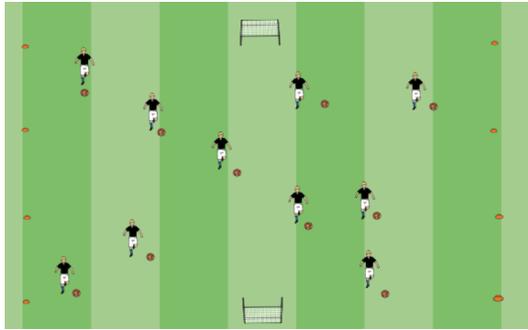
What: Keeping the chin up and protecting the ball

Warm Up

Work: 10-12 Mins

Players dribble around the area as fast as they can. Players will use all 12 parts of their feet. (Inside, Outside, Laces, Toe, Heel, Sole)

Players will change their speed and direction after every third touch.



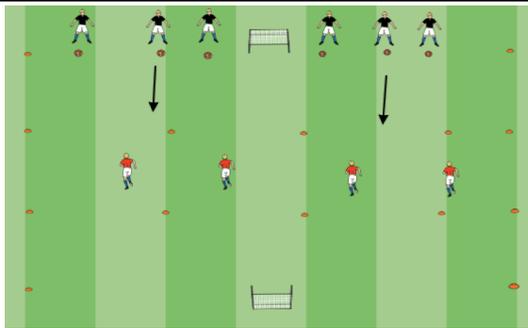
Organization: Field setup for normal scrimmage. Area is 35 x 30.

Technical

Work: 10-12 Mins

Players split into two. Set of players with a ball at their feet on the end line. Other players will be in the middle. The players with the ball are attempting to get to other side. Players in the middle are stealing the ball and keeping it by dribbling to one of the end lines.

Players are attempting to keep their ball, whilst the players without a ball are attempting to win one back. After 2 or 3-minute rounds, whoever has a ball wins the game.



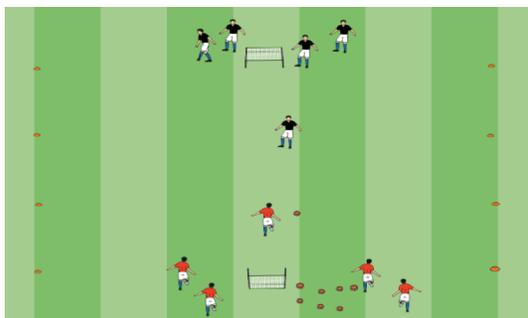
Organization: Add in a 10-yard middle zone for defenders to stay in the middle.

Skill:

Work: 10-12 Mins

1 v 1 to goals. Two teams and one team with all the balls. Players will dribble out and attempt to beat one defender and score a goal. If the defender wins the ball they attempt to score in the opposite goal.

Progression- Players have to attempt a skill move before scoring a goal.



Organization: Make sure games are short and have multiple games going at the same time.

Scrimmage

Work: 10-12 Mins

Key Coaching points:

- Keep your chin up
- What happens if I take a big touch into a small space?
- Why do I change speed and direction?
- Can you perform a skill move?



Organization: Have balls to the side of the field to play the balls in quickly. Keep the game going.