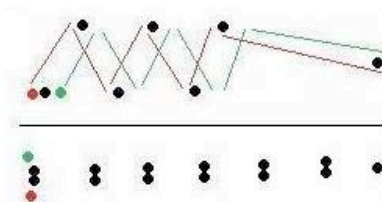
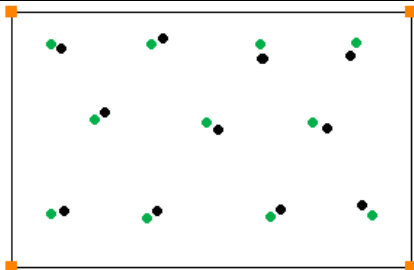


COACHING SESSION PLAN

Session Type	U10 week 2, practice 2
Theme of Session	Dribbling

Key phrases for today's theme;

- Fast feet- *work together, don't make any noise on the ground, bend your knees*
- Dribbling- *little touches, try and use either foot and switch feet when you change direction*
- End zone- *dribble into end zone whenever you can, open space up for you and your teammates.*
- Game- *go for goal when you can, pass first- dribble second.*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Basic fast feet; paired work</p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises not races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		<p>10 minutes maximum</p>
<p>Dribbling and the poke tackle; King of the Ring</p> <p>Set up a 20x30 yard grid, giving each player a ball and telling them to dribble around inside the area.</p> <p>Tell the players the aim is to keep their ball inside the ring, but get other players balls out the ring. On the coach's command of 'King of the Ring', the players should try to kick other player's balls out of the area.</p> <p>If and when players' balls get knocked out of the area the coach should get them to build a 'human wall' making the area smaller and smaller as fewer players are left in the area.</p> <p>Key points;</p> <ul style="list-style-type: none"> • <i>use of inside and outside</i> • <i>use of right and left foot</i> • <i>ball remains under close control at different speeds</i> • <i>player plays with head up and glances down at the ball when necessary</i> <p>Players should also be told that the best way to keep control of their ball and get other balls out is to perform a 'poke tackle'. Doing this allows the player</p>		<p>15 minutes</p>

<p>to keep their ball under control as they stretch out a toe to poke the opponent's ball out of the area.</p> <p>Key points for the poke tackle;</p> <ul style="list-style-type: none"> • <i>keep the body's core low</i> • <i>leg should stretch out quickly to poke the ball away, returning back to a central position without stopping</i> • <i>ball is poked with the toe</i> • <i>tackle should be made when the opponents ball is just out of their feet</i> 		
<p>Small-sided-games; end zone soccer</p> <p>Maximum of 4v4 players for U10s. End-zone soccer should be used for running with the ball, dribbling and long passing practices.</p> <p>The aim for the players is to get the ball, under control, into their target end-zone.</p> <p>The set up should be a 25x35 yard area, with two 25x5 yard end-zones on each end.</p>		<p><i>15 minutes maximum</i></p>
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U10s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p><i>Until practice ends</i></p>