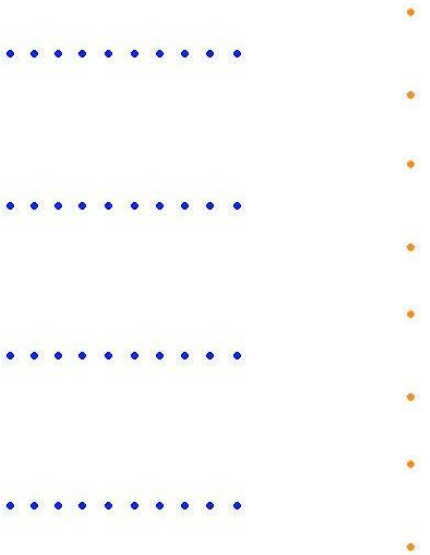
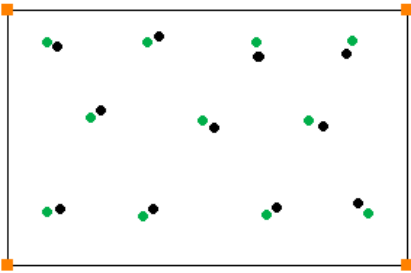


COACHING SESSION PLAN

Session Type	U10 week 8, practice 2
Theme of Session	Dribbling

Key phrases for today's theme;

- FFW- bent knees, bounce on your toes, pad the ground, pump your arms
- Dribbling- head up and glance down, light touches on the ball to keep it close, disguise changes in direction
- Game 1- get into the end zone whenever you can
- Game 2- FREE PLAY

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; single work</p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many as these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> • <i>one step between</i>- getting the knees up over the cones, players put one foot in each gap as they go through • <i>two steps between</i>- as above, but this time players making two steps in each gap • <i>facing right</i>- players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over • <i>facing left</i>- as above but right foot first, left foot meeting • <i>big zigzag</i>- players do big zigzags in and out of the cones • <i>small zigzag</i>- players use little steps to move in and out of the cones • <i>zigzag backwards</i>- as above but players face the 'wrong' way through the cones, moving in and out backwards <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p>		10mins
<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</p>		15mins

<p>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 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>The diagram shows a rectangular field with two narrow end zones at each end. The left end zone is colored orange and the right end zone is colored blue. A black ball is in the center of the field. There are four red dots and four green dots scattered across the field, representing players. Small orange squares are at the corners of the field.</p>	<p>10mins</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>The diagram shows a rectangular field with two narrow goals at each end. A black ball is in the center of the field. There are four red dots and four green dots scattered across the field, representing players. Small orange squares are at the corners of the field.</p>	<p>Until practice ends</p>