



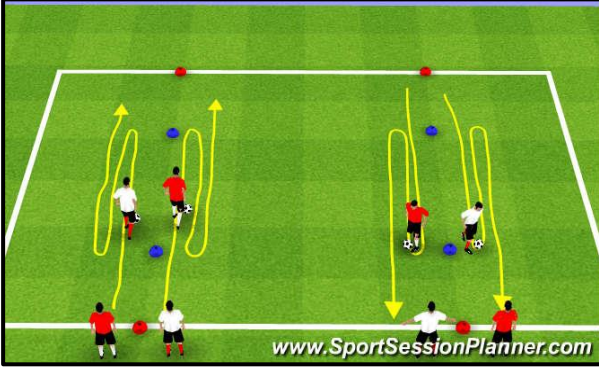
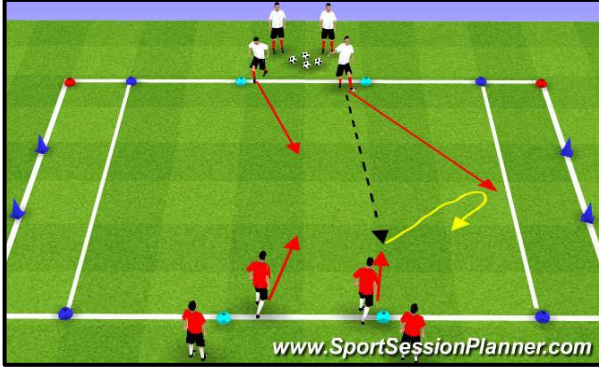
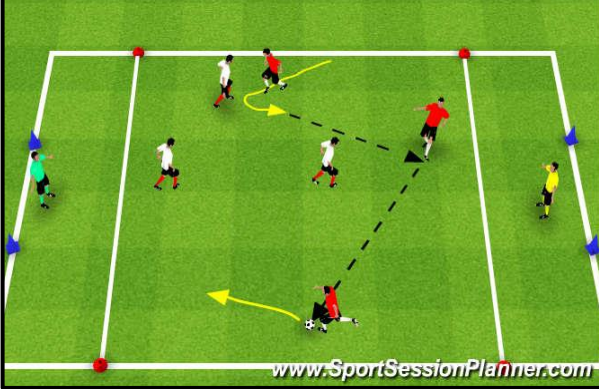
2013 - U10 - Spring Lesson Plan - Week Two



Module 1: Dribbling

Topic: Dribbling and Turning

Objective: To improve the player's ability to dribble and turn when under pressure by an opponent

Stage	Organization	Diagram	Key Coaching Points
Stage I Technical Warm up	<p>Turning in Two's:</p> <ul style="list-style-type: none"> Place 4 cones (two red and two blue) in a 12-15 yard line Pair up the players and place them by the cones One player will give the go sign and both will dribble into the turning zone When the dribblers cross the other end line, the next players inline go <p>Turns: Inside of the foot cut, Outside of the foot hook, Drag back and Cruyff</p>	 <p>www.SportSessionPlanner.com</p>	<p>Dribble:</p> <ul style="list-style-type: none"> Keep the ball close to your feet Keep head up Approach the defender under control Fake and acceleration Where to dribble When confronted with defenders, pass them by changing direction of the ball and take a big touch Look for space behind the defender to attack Use your teammate to create dribbling opportunities
Stage II Small Sided Activity	<p>2v2 to Two Lateral Goals:</p> <p>Area 20Lx25W yard grid with two Finish Zones of 3 yards each</p> <ul style="list-style-type: none"> Pair up the players and place them by the cones Place the groups of two between the light blue cones One group, the defenders, will serve the ball to the attackers When the attackers receive the ball, they will try to score in any of the lateral goals. If the defending team gets the ball, they can also score 	 <p>www.SportSessionPlanner.com</p>	<p>Turning:</p> <ul style="list-style-type: none"> Use the appropriate surface for the appropriate turn Keep your body between the defender and the ball Players must accelerate after the turn When confronted by a defender, decide to dribble or turn Where and how to turn
Stage III Expanded Small Sided Activity	<p>4v4 (GK+4v4+GK):</p> <p>Area 30Wx40L yard grid with two finishing zones of 5 yards each</p> <ul style="list-style-type: none"> Two teams are trying to score in the opponent's goal The players will try to perform a turn under pressure and enter the Finishing Zone for a 100 point goal, any other goal is only 1 point 	 <p>www.SportSessionPlanner.com</p>	
Stage IV Game	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball 		