



Billerica Youth Soccer Association - U10 Clinics (Fridays)

Week Six

Drill #1 - Warm Up: "Bulldog" (without ball)

One catcher in middle of field marked out with 2 end lines, all other players at one end behind the line. When coach shouts 'go' or 'bulldog' all players have to run from one end line to the other end line without being tagged by the catcher. If a player is tagged they must join the catcher trying to tag the remaining players.

Once all players are safely over the end line, coach shouts 'go' again and all remaining players have to run to opposite end. Last player to be caught is the winner.

Drill #2 - "Bulldog" (with ball)

Game progresses to all players having a ball at their feet and must run from end to end while keeping their ball under control. If player has their ball kicked out by catcher or if they lose control & ball leaves field they too become a catcher.

Drill #3 - Dribbling Zones

Field split into 3 zones, first 2 zones contain 1 defender each, the 3rd zone has an empty goal. All other players start at the beginning of zone 1 and have to dribble all the way to the 3rd zone where they take a shot into the goal. If player is tackled by a defender, they must return to the start of zone 1 before all players try again. After a few shots, new defenders are introduced.

Progression - 1 defender in the first zone, 2 defenders in the 2nd and a goalkeeper in zone 3. All other players have to dribble into 3rd zone before shooting into goal. After all players have returned to start, coach sets players off again. After a few shots change the defenders/goalkeeper.

Coaching points:

- * close control
- * dribble using laces predominantly, head up aware of defenders
- * look for space, don't go straight towards defender
- * accelerate into open space

PHIL TAIT SOCCER 1 ON 1

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